



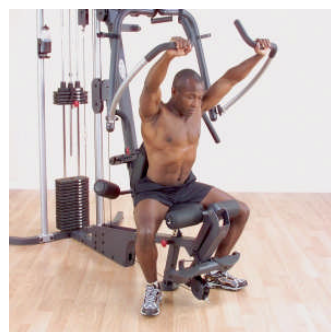
Ab Crunch



Pec Dec



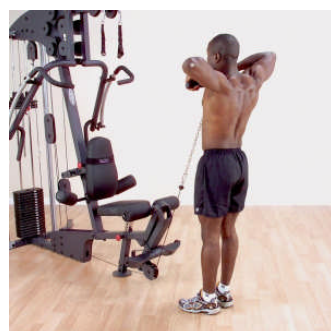
Back Hyper



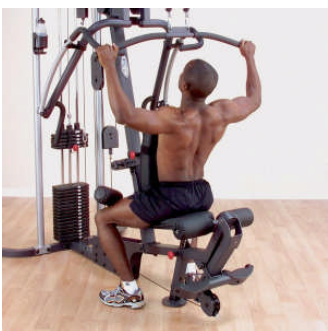
Shoulder Press



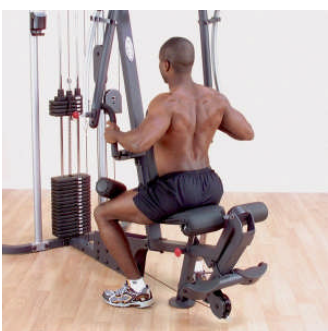
Chest Press



Upright Row



Front Lateral Pulldown



Mid Row