



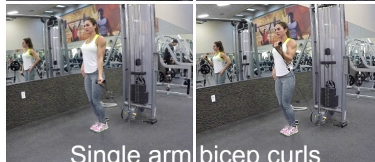
Preacher Curls



Bicep cable curls



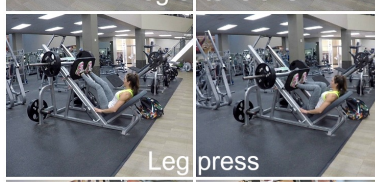
Cable hammer curls



Single arm bicep curls



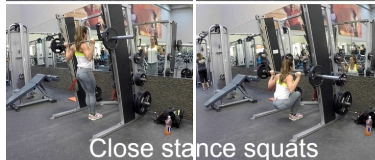
Leg extensions



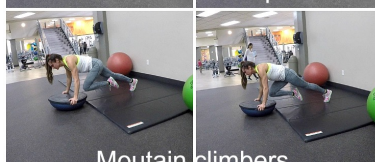
Leg press



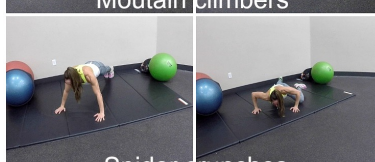
Smith machine hip thrust



Close stance squats



Moutain climbers



Spider crunches