



stright bar bench press



Incline DB flys



Flat bench chest press



Barbell close grip press



Wide leg squats



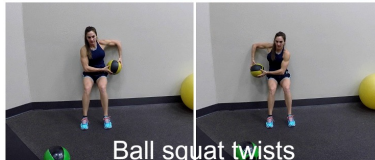
Close leg stance squats (heels on DB)



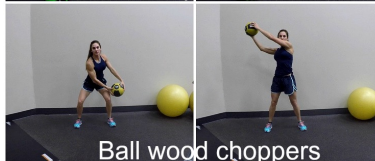
vertical leg press



V-squats



Ball squat twists



Ball wood choppers