

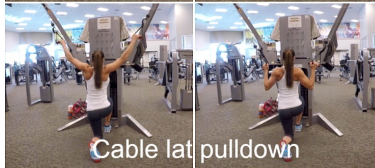
Cable row



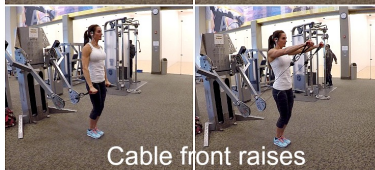
Wide grip lat pull up



Rear delts



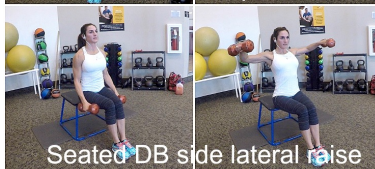
Cable lat pulldown



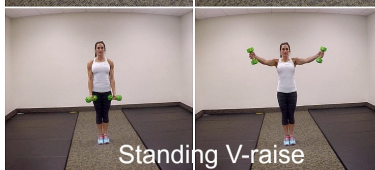
Cable front raises



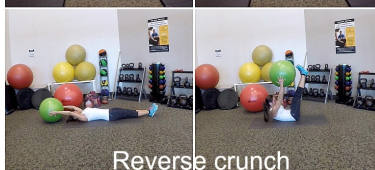
DB arnold press



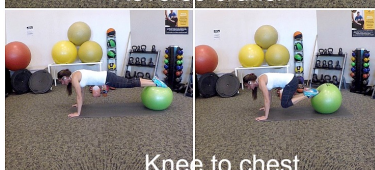
Seated DB side lateral raise



Standing V-raise



Reverse crunch



Knee to chest