



Close grip cable row



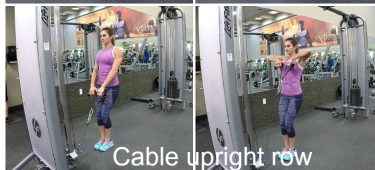
Wide grip lat pulldown



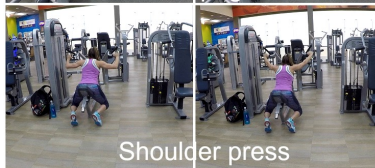
Single arm cable row



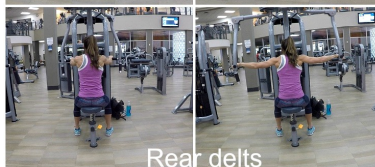
Bent over row



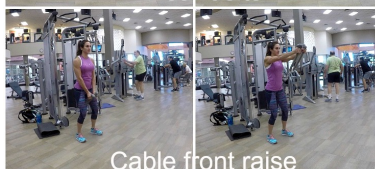
Cable upright row



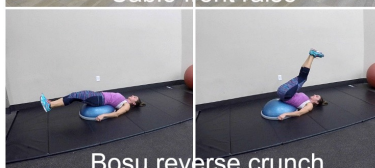
Shoulder press



Rear delts



Cable front raise



Bosu reverse crunch



Bosu crunches