



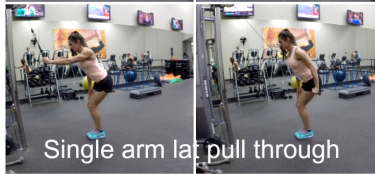
T-bar row



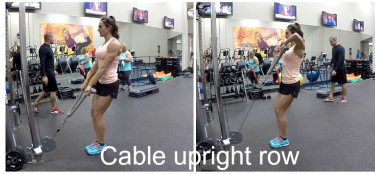
Close grip lat pull down



Decline overhead lat pull



Single arm lat pull through



Cable upright row



Shoulder press



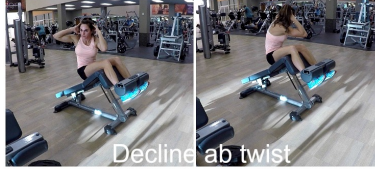
Side Lateral raise



DB rear delts



Weighted decline abs



Decline ab twist