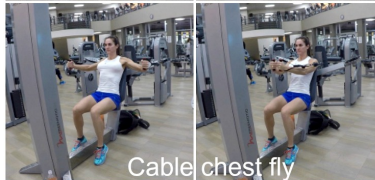




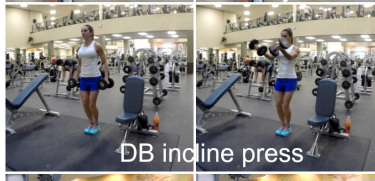
Incline chest press



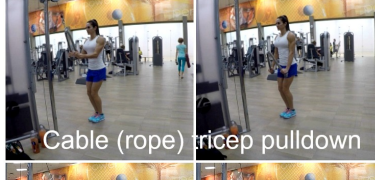
Decline chest press



Cable chest fly



DB incline press



Cable (rope) tricep pulldown



Reverse grip triceps pulldown



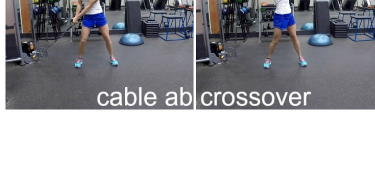
Triceps dips



Cable triceps extensions



Reverse ab crunches



cable ab crossover