



Side Lateral Raise



Close Grip Lat pulldown



DB shoulder press



Cable lat pull through



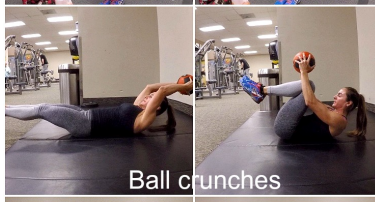
Barbell front raise



T-bar row



Plate upright row



Ball crunches



Plank to knee crunch