



Smith machine chest press



Barbell bicep curl



DB bench press



DB hammer curls



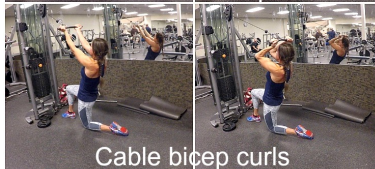
DB incline press



DB spider curls



Decline chest press



Cable bicep curls



Reverse crunch



Seated crunches