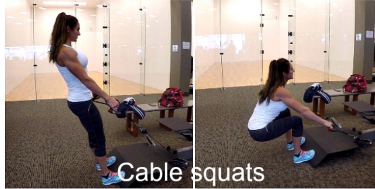




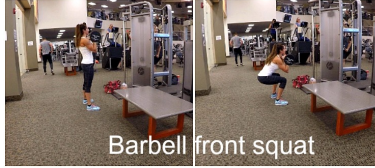
Tricep dips



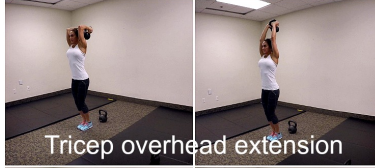
Cable squats



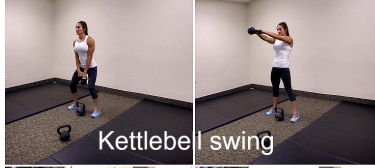
Tricep Pulldown



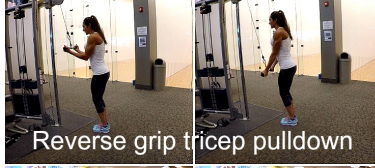
Barbell front squat



Tricep overhead extension



Kettlebell swing



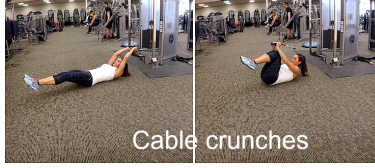
Reverse grip tricep pulldown



Leg extensions



cable wood choppers



Cable crunches