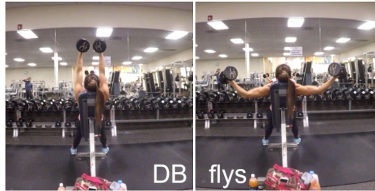




DB front raises



DB flys



Alternating shoulder press



Close grip DB press



Cable rear delts



Barbell chest press



One arm side lateral raise



Close grip chest press,
smith machine



Decline crunches



weighted oblique twist