

Chest

Seated Chest Press



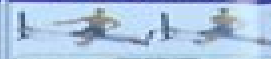
Seated Chest Fly



Incline Push-Up



Lateral Chest Fly

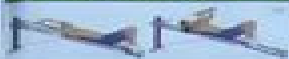


Back

Pull-Up



Front Pullover



Seated Row

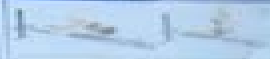


Iron Cross/Snow Angel

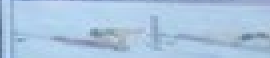


Compound

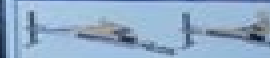
Squat



Core Extension



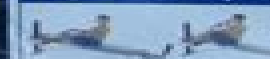
Toe Touch Row



Lying Leg Curl w/ Crunch



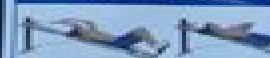
Leg curl w/ Biceps Curl



Leg Curl w/ Seated Fly

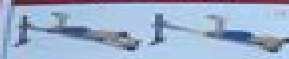


Arm Pulldown

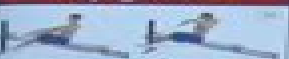


Shoulders

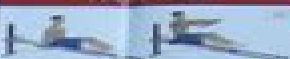
Shoulder Press



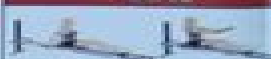
Upright Row



Front Raise



Serve

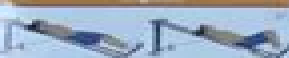


Legs

Leg Curl Lying or Seated



Squat



Outer Leg & Thigh

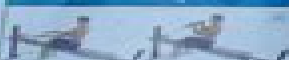


Sprinter Start



Arms

Seated Biceps Curl



Lying Triceps



Lateral Biceps

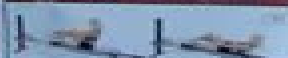


Lateral Triceps Extension

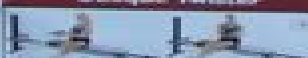


Abs

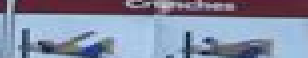
Sit-Up with Cables



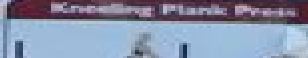
Oblique Twister



Crunches



Knocking Plank Press



Stretch

Front Leg Stretch



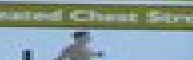
Toe Touch Stretch



Seated Back Stretch



Seated Chest Stretch



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