

ABS

ROMAN CHAIR SITUP



HIP FLEXOR



CRUNCH SITUP



SHOULDERS

SHOULDER PRESS



UPRIGHT ROW



SHRUG



CHEST

BENCH PRESS



DECLINE PRESS



INCLINE PRESS



FREE BAR BENCH PRESS



ARMS

PREACHER CURL



TRICEP PRESS DOWN



STANDING CABLE CURL



TRICEP FRENCH PRESS



LEGS

CALF EXTENSION



LEG CURL



SQUAT



LEG EXTENSION



LEG PRESS



BACK

LOW PULLEY ROW



HYPER EXTENSION



DEAD LIFT



LAT PULL DOWN



CABLE PULL OVER

