



Bicep Curl



Leg Extension



Pectoral Fly



Chest Press



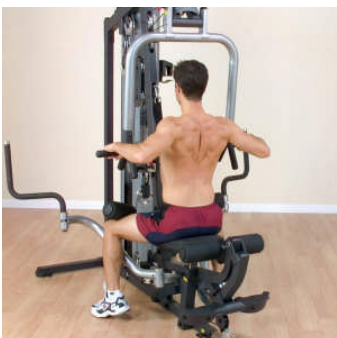
Tricep Extension



Lat Pulldown



Leg Abduction



Mid Row