



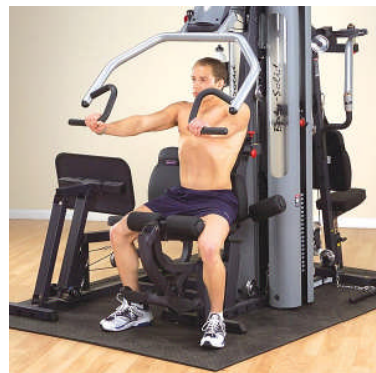
Shoulder Press



Lat Pull Down



Ab Crunch



Chest Press



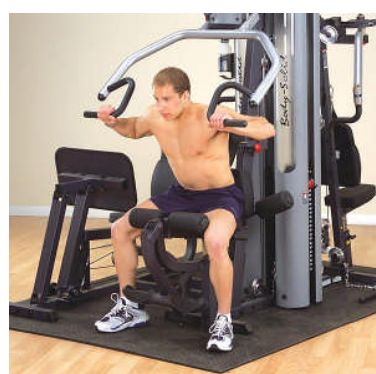
Pec Dec



Bicep Curl



Leg Press



Incline Press