

Arms

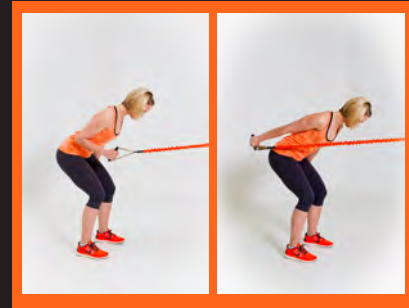
bicep curls



start

finish

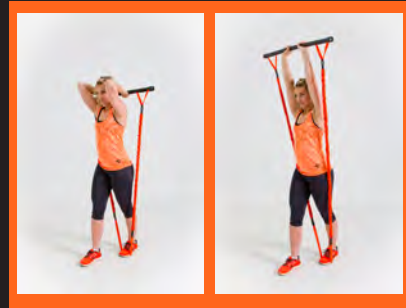
tri kickback



start

finish

overhead tri extension

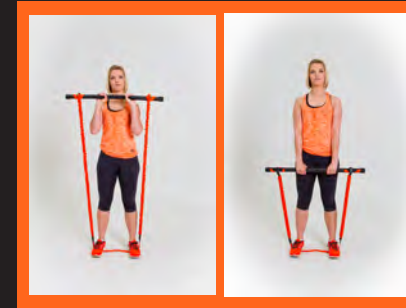


start

finish

Arms with Bar

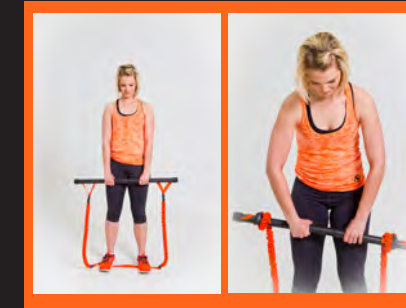
reverse curls



start

finish

forearm rolls



start

finish

overhead triceps extension



start

finish

Shoulders

lateral raise



start

finish

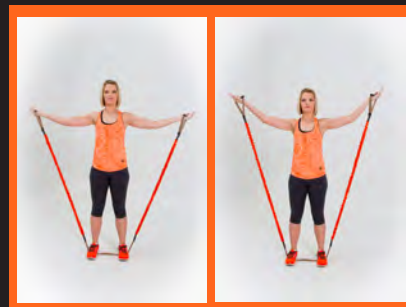
y raise



start

finish

palm up



start

finish

Shoulders with Bar

shoulder press



start

finish

upright row



start

finish

front raise

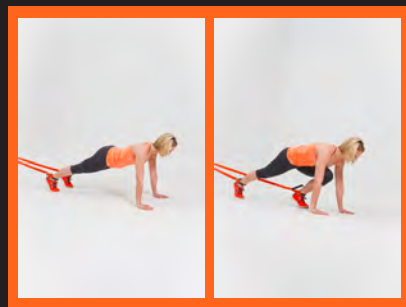


start

finish

Abs

mtn climbers



start

finish

russian twist



start

finish

chop low-high



start

finish

Abs with Bar

torso twist



start

finish

overhead rotations



start

finish

back extension



start

finish

Back/Chest

flies



start

finish

reverse flies



start

finish

lat pull



start

finish

Back/Chest with Bar

chest press



start

finish

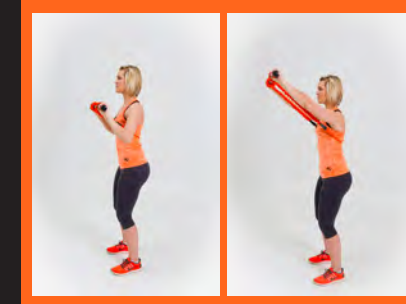
back rows



start

finish

incline press



start

finish

Legs

squat facing away



start

finish

squat facing anchor



start

finish

calf raise



start

finish

Legs with Bar

front squat



start

finish

bouncing lunge



start

finish

straight leg deadlift

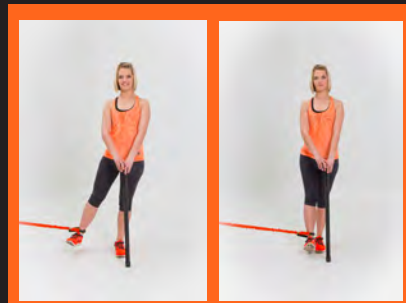


start

finish

Hips/Butt

inner thigh



start

finish

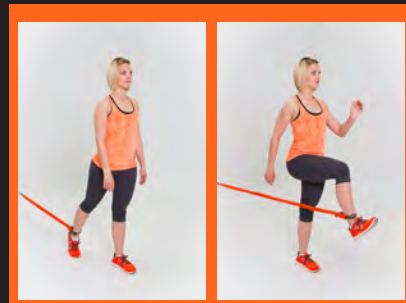
outer thigh



start

finish

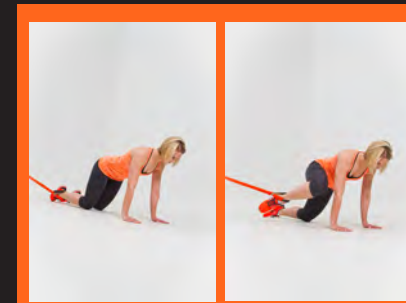
hip flexor



start

finish

hurdler



start

finish

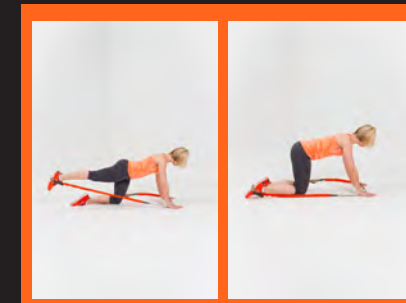
side leg lift



start

finish

kneeling hip extension



start

finish