

1. Leg Extension



X8 / / / / /

2. D.B. 2-Arm Incline Flys



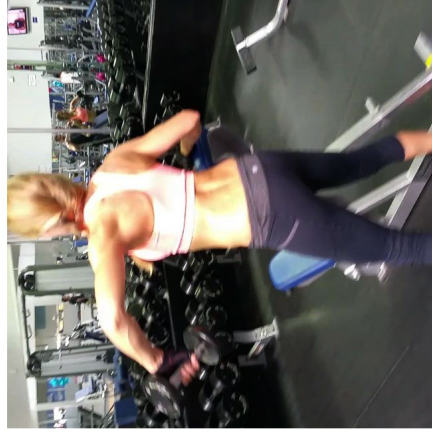
X8 / / / / /

3. 1-Arm Rear Delt



X9 / / / / /

4. 1-Arm Reverse Side Raise



X9 / / / / /

5. Lat Pulldw front VX Handle



X8 / / /
D.S X4 / / X6 / / X8 / /

6. Tricep Cable Extension



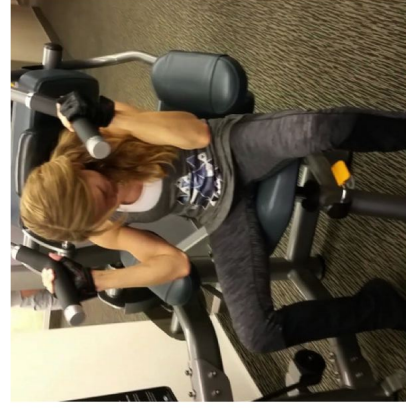
X10 / / / / /

7. D.B. Incline 1-Arm Bicep Curl



X12 / / /
D.S X8 / / X8 / /

8. AB Crunch



X10 / / / / /
X18 / / /