

1. Reverse Thigh Curl



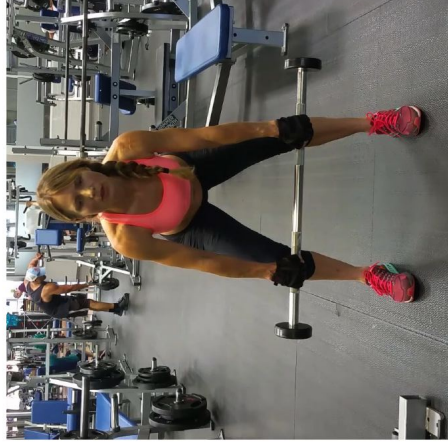
X8 / / / / /

2. Hip Adductor



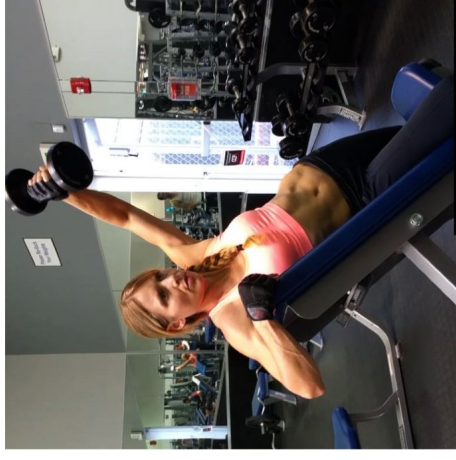
X8 / / / / /

3. B.B. Partial Deadlift



X8 / / / / /

4. D.B. 1-Arm Side Raise



X9 / / / / /

5. D.B. 2-Arm Pullover



X8 / / / / x5 / / /

6. D.B. 1-Arm Row



X8 / / / / x5 / / /

7. Lat Pulldwn Reverse Grip



X7 / / / / x5 / / /