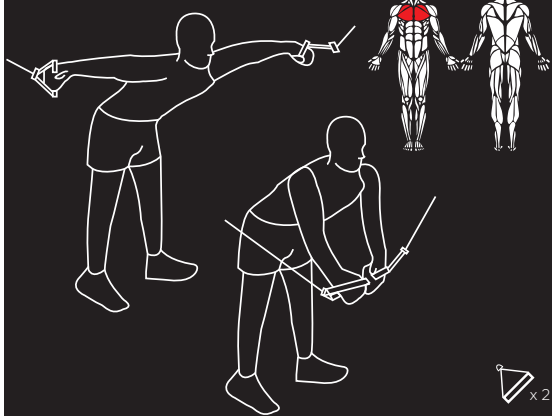


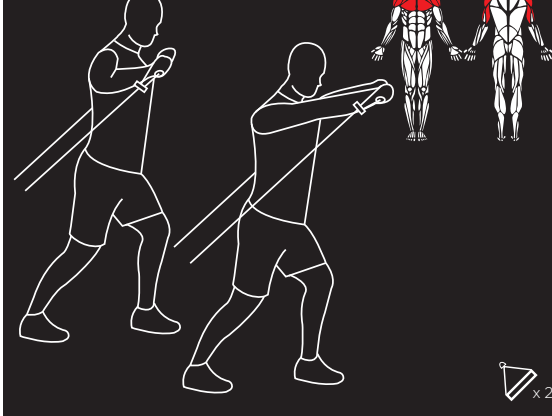
001.

CABLE CROSSOVER



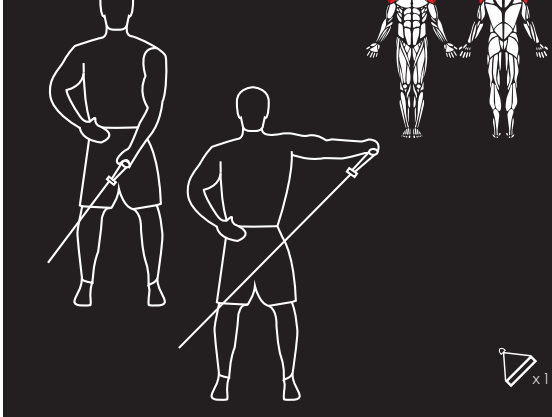
002.

CHEST PRESS



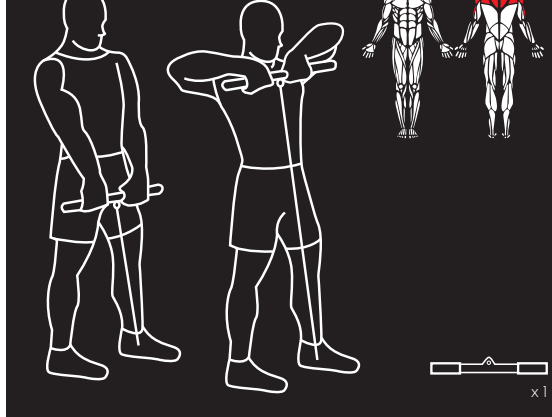
003.

LATERAL RAISE



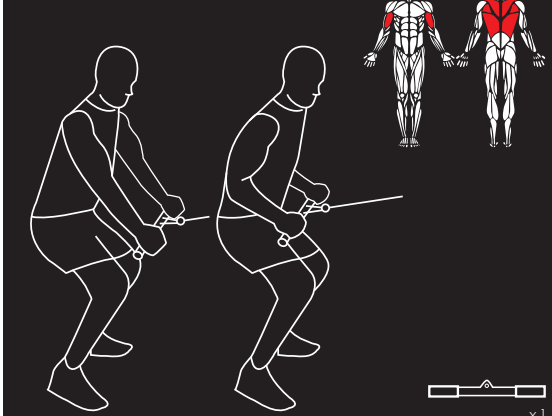
004.

UPRIGHT ROW



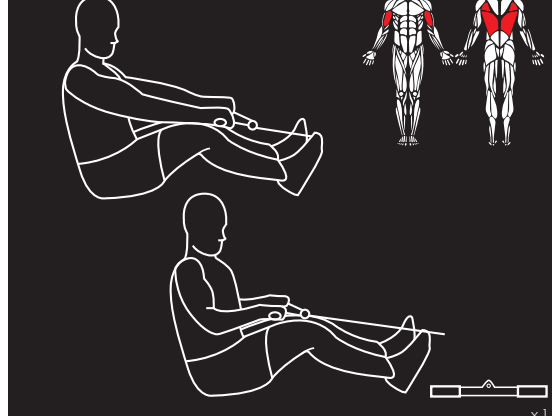
005.

BENT OVER ROW



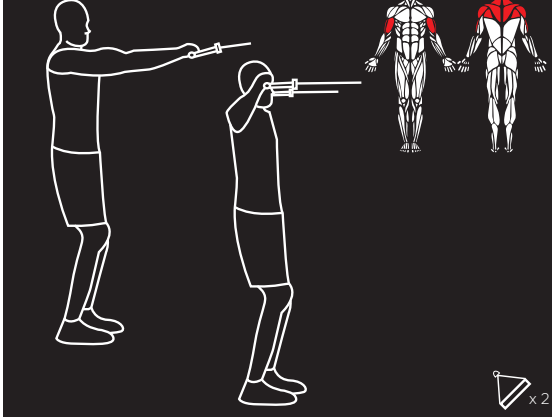
006.

SEATED ROW



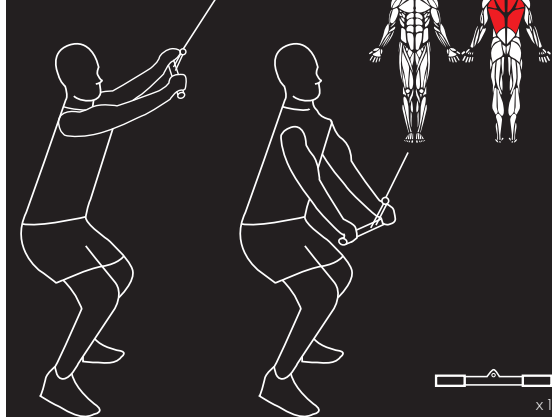
007.

FACE PULL



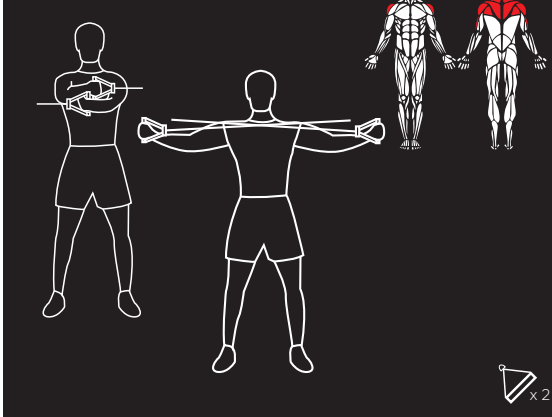
008.

STRAIGHT-ARM PULL DOWN



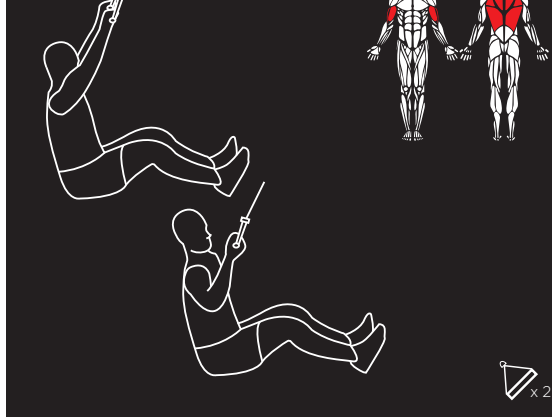
009.

REVERSE FLYS



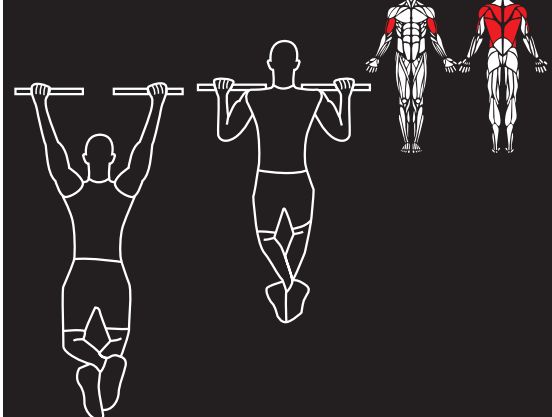
010.

SEATED LAT PULL DOWN



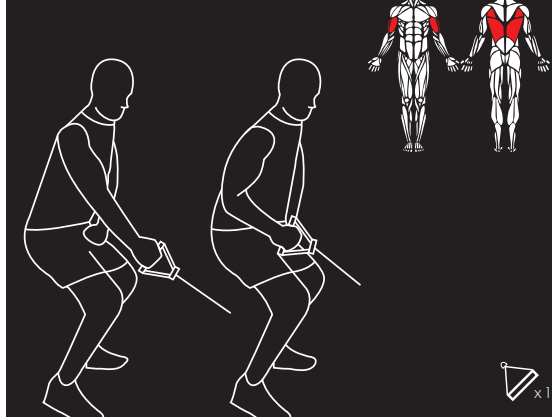
011.

PULL UP



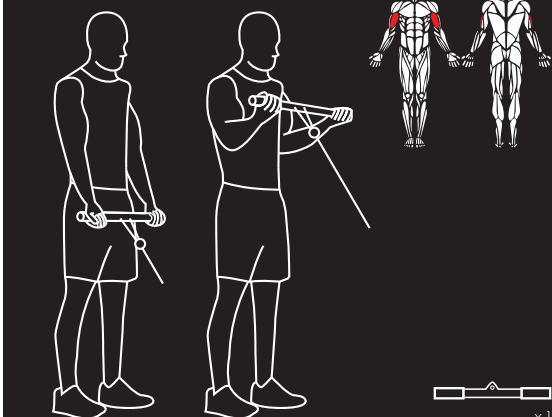
012.

SINGLE ARM ROW



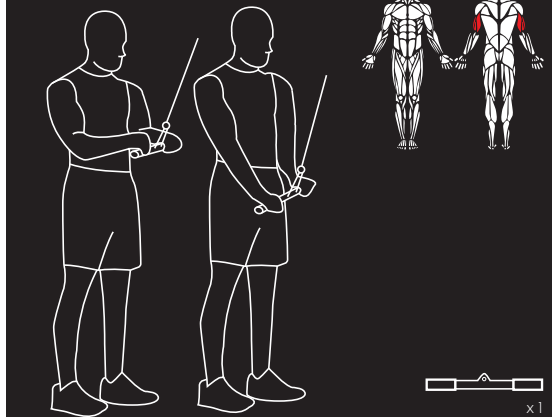
013.

STANDING BICEP CURL



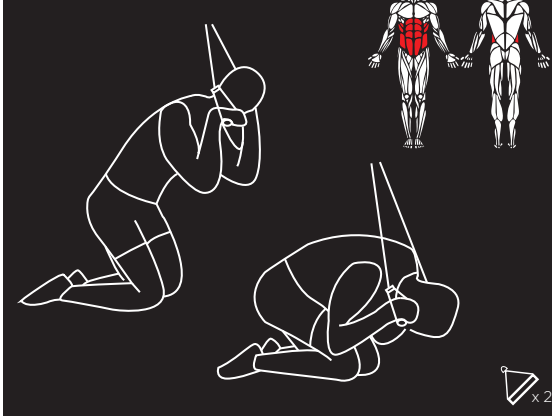
014.

TRICEP PUSHDOWN



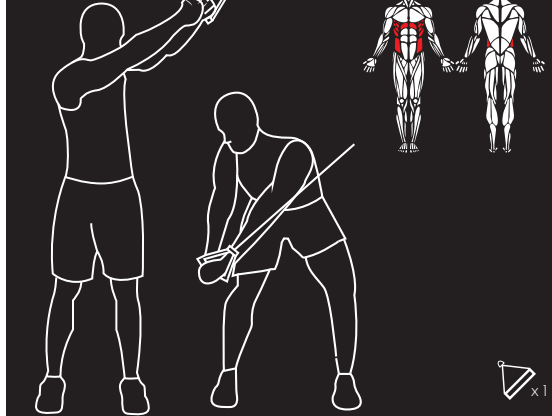
015.

CABLE CRUNCHES



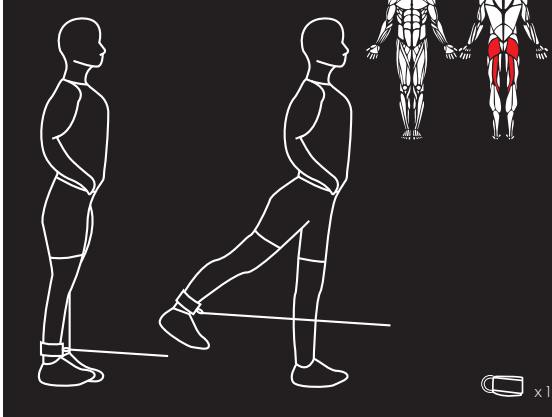
016.

STANDING WOODCHOP



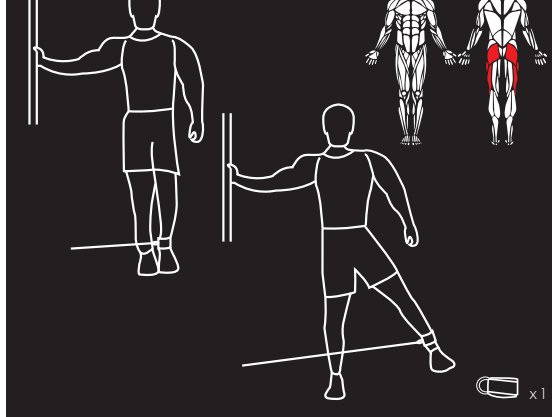
017.

KICKBACK



018.

HIP ABDUCTOR RAISE



WORKOUT ACCESSORY KEY :



HANDLEBAR x 1



HANDLES x 2



ANKLE STRAP x 1



ATTACHING CHAIN x 3