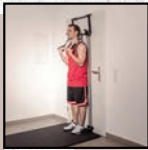


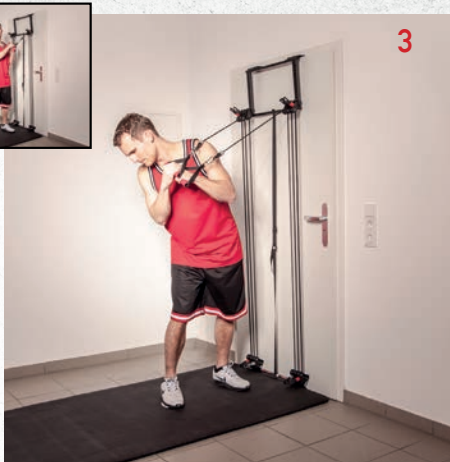
ABS



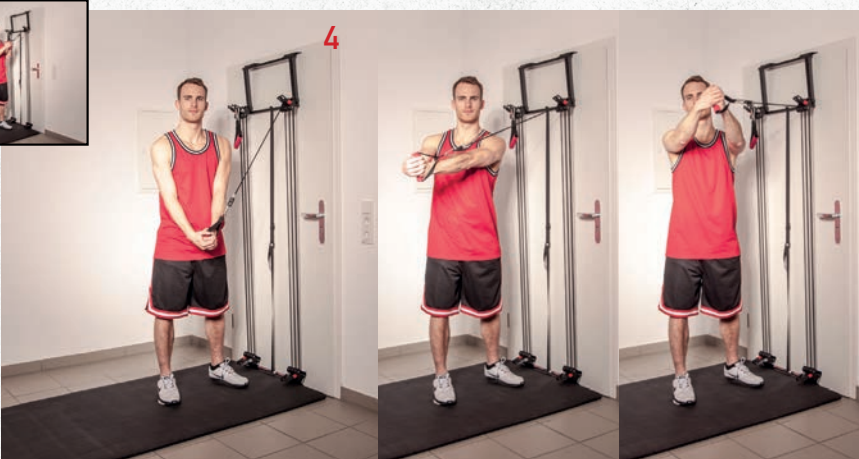
STANDING CRUNCH LEFT OBLIQUE



STANDING CRUNCH RIGHT OBLIQUE
(VAR: FORWARD CRUNCH)



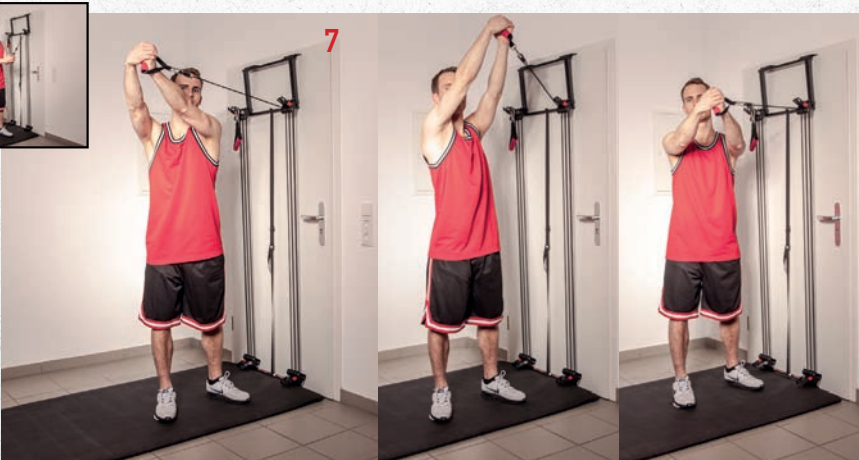
STANDING SIDE CRUNCH



STANDING AB DOT DRILL - THREE STOPPING POINTS
(VAR: OPPOSITE SIDE)



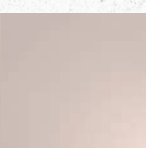
STANDING AB DOT DRILL BOTTOM PULLEY
(VAR: OPPOSITE SIDE)



AROUND THE WORLD TOP PULLEY - ONE CONTINUOUS MOTION
(VAR: COUNTER CLOCKWISE)



AROUND THE WORLD BOTTOM PULLEY
(VAR: COUNTER CLOCKWISE)





FLOOR CRUNCH



OVERHEAD CRUNCH



PENGUIN CRUNCH



PUNCHING CRUNCH ALTERNATING



CRUNCH FLY



CRUNCH SIDE CHOP
(VAR. OPPOSITE SIDE)



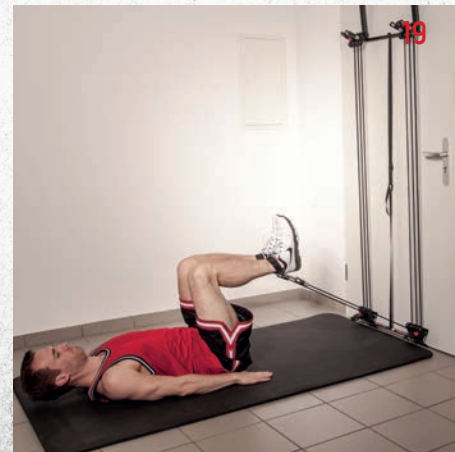
AROUND THE WORLD PIKE
(VAR. OPPOSITE SIDE)



SCISSOR CRUNCH
(VAR. OPPOSITE LEG)



PIKE CRUNCH
(VAR. ROTATE RIGHT, ROTATE LEFT)



KNEES TO CHEST CRUNCH



ARM LEG TOUCHES



PERFECT PIKE FACING AWAY



22

OPPOSITE ARM LEG CRUNCH
(VAR: OPPOSITE SIDE)



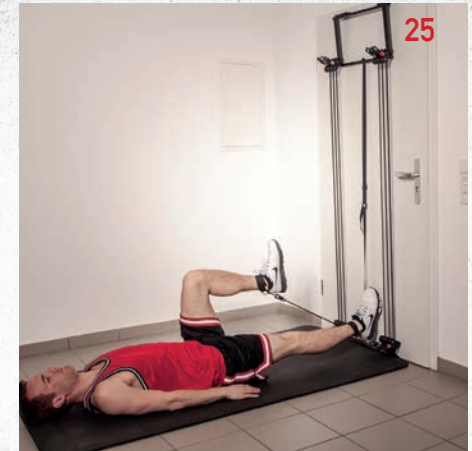
23

SIDE PIKE HOLD



24

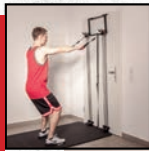
PIKE TO PULL OVER



25

BICYCLE

ARMS and BACK



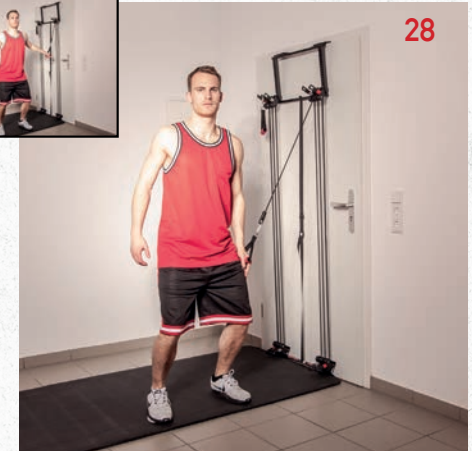
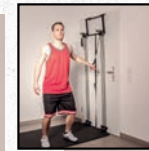
26

PULL DOWN WIDE GRIP
(VAR: ALL STANCES & GRIPS)



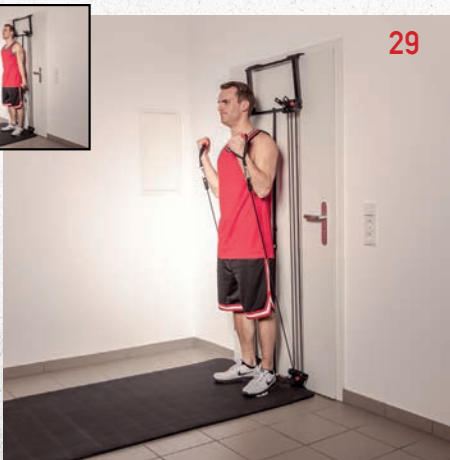
27

PULL DOWN CROSS CABLE
(VAR: ALL STANCES)



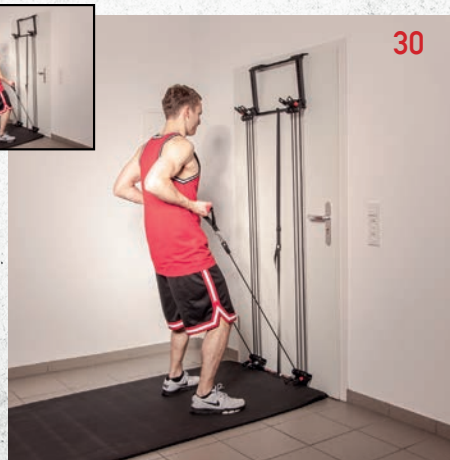
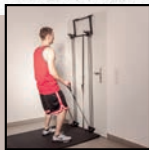
28

ADDUCTOR
(VAR: OPPOSITE SIDE)



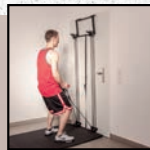
29

BICEP CURL



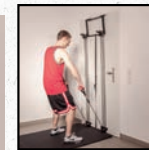
30

STANDING ROW
(VAR: ALL STANCES)



31

STANDING CROSS ROW
(VAR: ALL STANCES)



32

UPRIGHT ROW
(VAR: ALL STANCES)



33

STRAIGHT ARM PULL DOWN
(VAR: ALL STANCES)



34

CROSS CABLE STRAIGHT ARM PULL DOWN
(VAR: ALL STANCES)



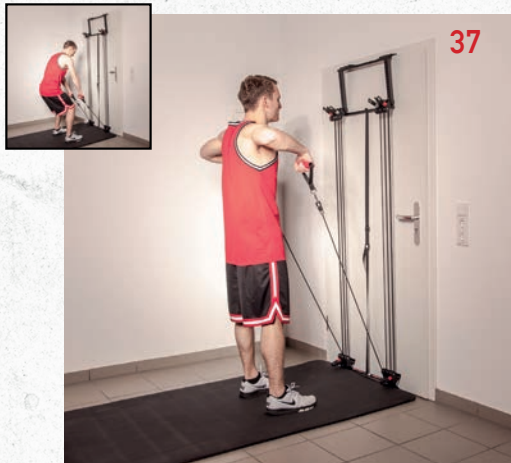
35

BOTTOM PULLEYS STRAIGHT ARM PUSH BACK
(VAR: ALL STANCES)



36

REAR DELT RAISE
(VAR: ALL STANCES)



37

HIGH PULL
(VAR: ALL STANCES)

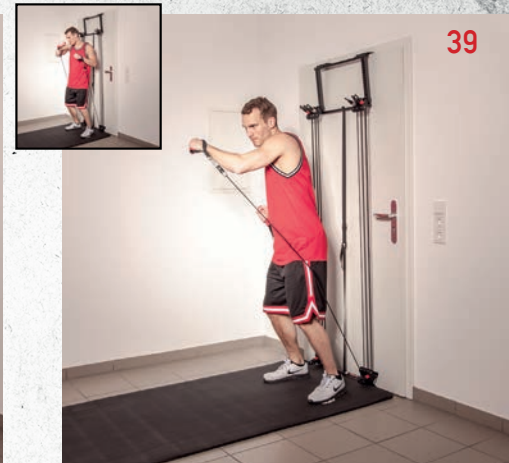


CHEST and SHOULDERS



38

CHEST PRESS
(VAR: ALL STANCES)



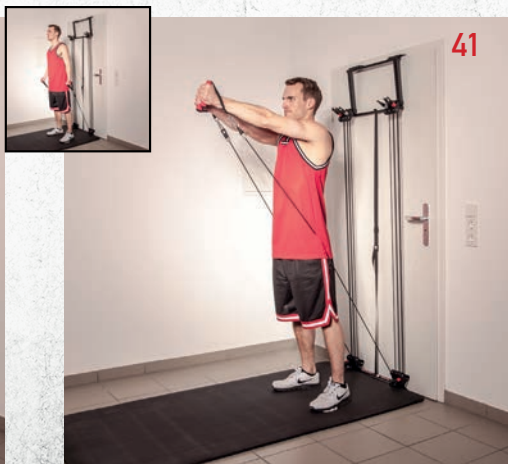
39

SINGLE ARM CHEST PRESS
(VAR: ALL STANCES)



40

DECLINE PRESS
(VAR: ALL STANCES)



41

CHEST FLY
(VAR: ALL STANCES)



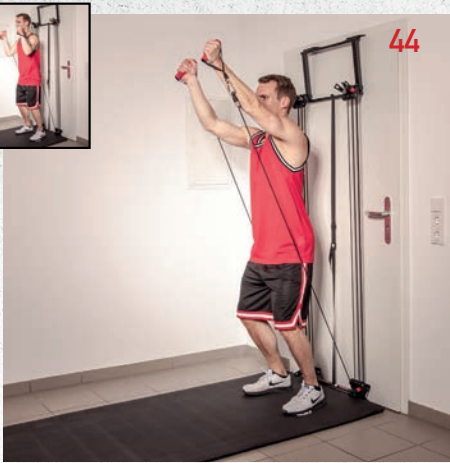
42

MILITARY PRESS
(VAR: ALL STANCES)



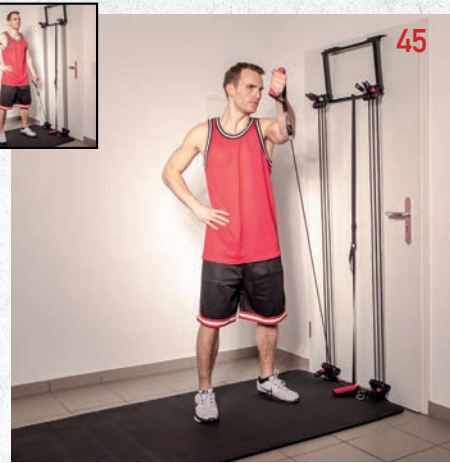
43

CLOSE GRIP DEVLIN PRESS
(VAR: ALL STANCES & GRIP)



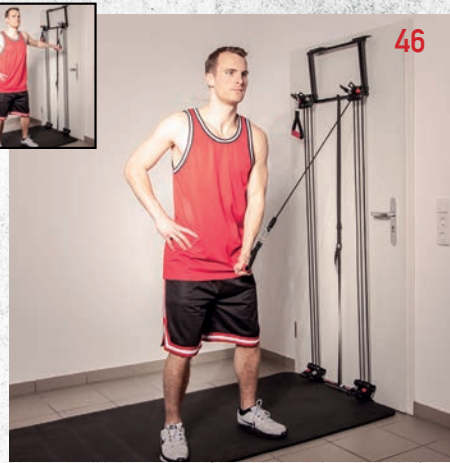
44

CLOSE GRIP PUSH PRESS
(VAR: ALL STANCES & GRIP)



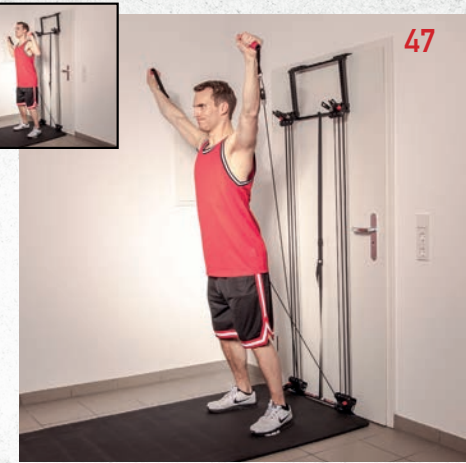
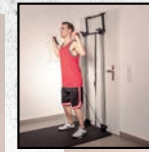
45

SINGLE ARM CHEST FLY
(VAR: ALL STANCES, OPPOSITE SIDE)



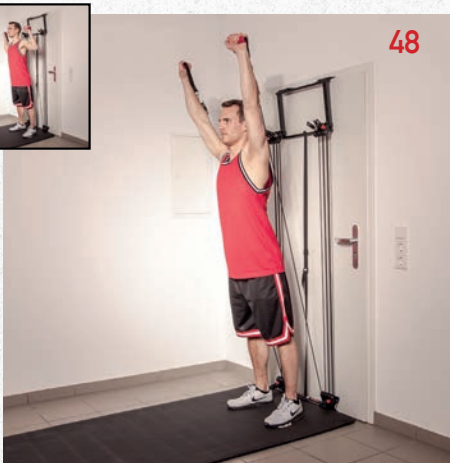
46

SINGLE ARM DECLINE FLY
(VAR: ALL STANCES, OPPOSITE SIDE)



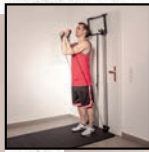
47

CROSS CABLE V PRESS
(VAR: ALL STANCES)



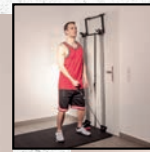
48

SHOULDER PRESS



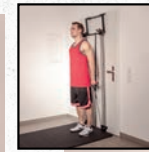
49

ROTATION SHOULDER PRESS
(VAR: ALL STANCES)



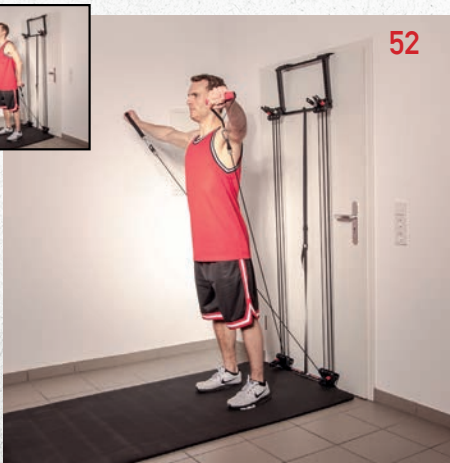
50

SINGLE ARM LATERAL RAISE
(VAR: ALL STANCES, OPPOSITE SIDE)



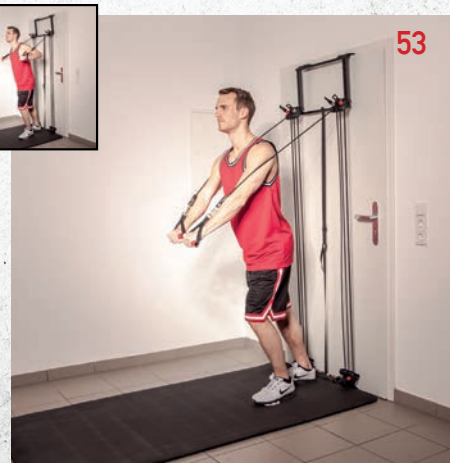
51

FRONT RAISE
(VAR: ALL STANCES)



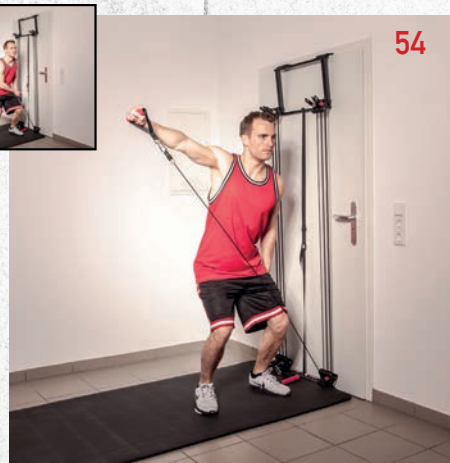
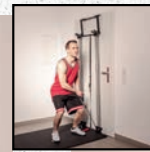
52

CROSS LATERAL RAISE
(VAR: ALL STANCES)



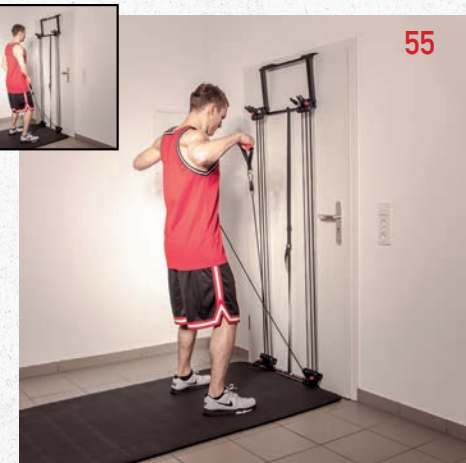
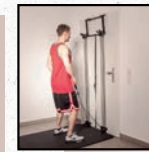
53

STAGGERED DECLINE PRESS
(VAR: ALL STANCES)



54

SINGLE ARM SQUAT RAISE
(VAR: ALL STANCES, OPPOSITE SIDE)



55

CROSS UPRIGHT ROW
(VAR: ALL STANCES)



56

FACING LATERAL RAISE
(VAR: ALL STANCES)

LEGS



57

FRONT LUNGE
(VAR: OPPOSITE LEG)



58

SIDE LUNGE
(VAR: OPPOSITE LEG)



59

FRONT STRAIGHT LEG RAISE
(VAR: OPPOSITE LEG)



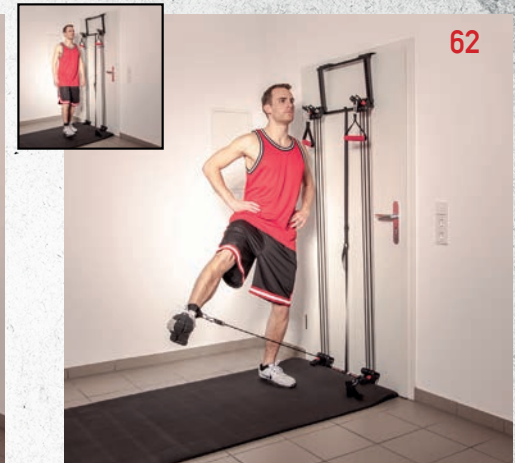
60

MOUNTAIN CLIMBER



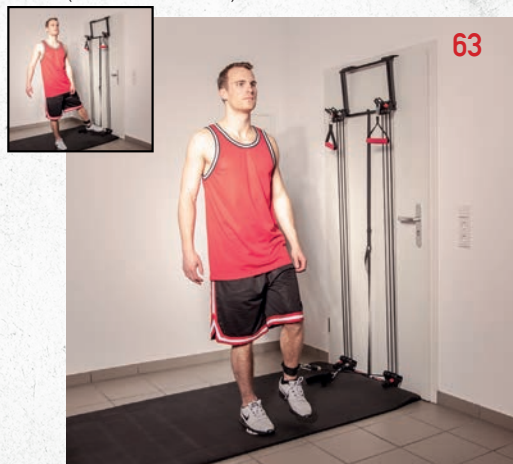
61

SINGLE LEG SQUAT
(VAR: OPPOSITE LEG)



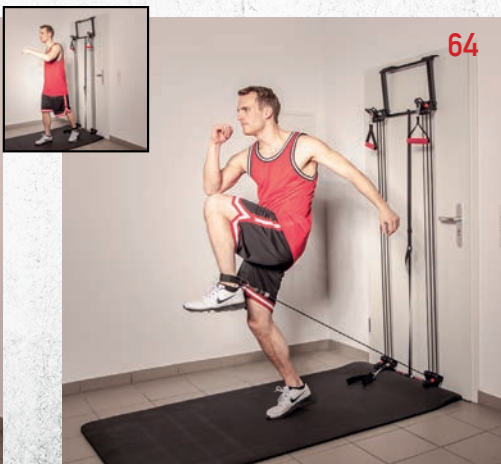
62

ABDUCTORS OUTER THIGH
(VAR: OPPOSITE LEG)



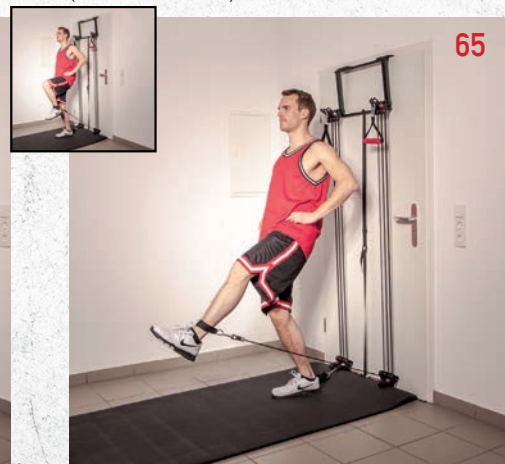
63

ADDUCTORS INNER THIGH
(VAR: OPPOSITE LEG)



64

HIP FLEXION
(VAR: OPPOSITE LEG)



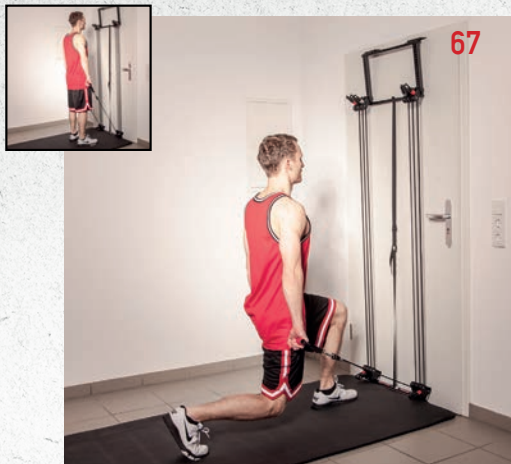
65

LEG EXTENSION
(VAR: OPPOSITE LEG)



66

STAGGERED FORWARD
(VAR: ALL STANCES)



67

BACK LUNGE
(VAR: OPPOSITE LEG)



68

GLUTE KICK BACK
(VAR: OPPOSITE LEG)



69

CALF RAISE



70

HAMSTRING CURL
(VAR: OPPOSITE LEG)



71

SCISSOR KICK
(VAR: OPPOSITE LEG)



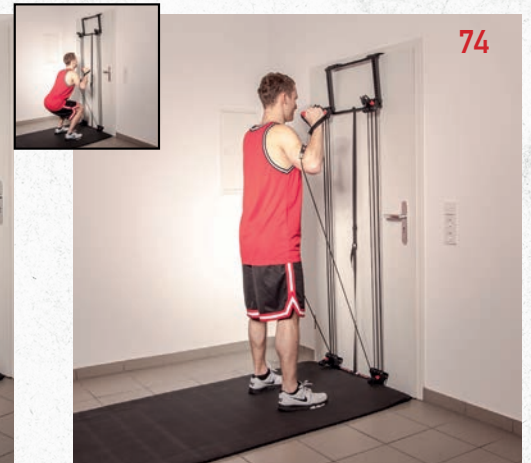
72

LEG CURL
(VAR: OPPOSITE LEG)



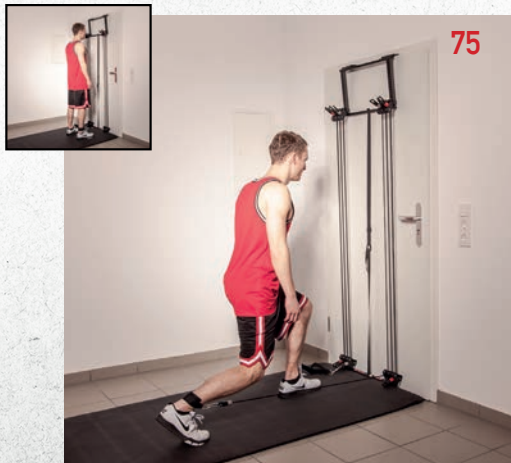
73

FROGGER



74

FACING FRONT SQUA
(VAR: ALL STANCES)



75

ANKLE STRAP BACK LUNGE
(VAR: OPPOSITE LEG)



**COMPOUND
EXERCISES**



76

SQUAT TO MILITARY PRESS WIDE GRIP
(VAR: ALL STANCES & GRIP)



77

SQUAT TO ROTATION PRESS



78

SQUAT TO MILITARY PRESS SINGLE ARM
(VAR: OPPOSITE ARM)



79

STAGGERED SQUAT CLOSE GRIP



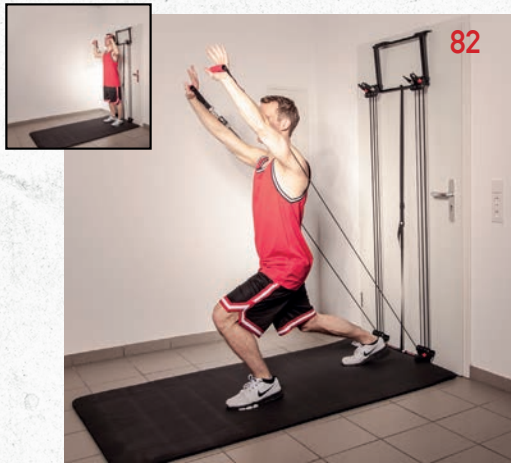
80

STAGGERED SQUAT LATERAL RAISE
(VAR: OPPOSITE ARM)



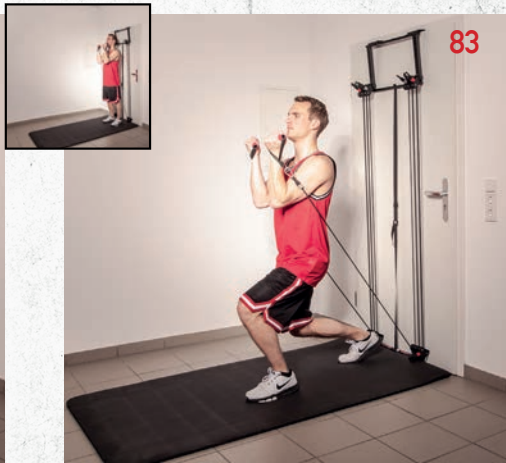
81

SQUAT FRONT RAISE
(VAR: OPPOSITE ARM)



82

ALTERNATING LUNGE TO MILITARY PRESS



83

ALTERNATING LUNGE TO CLOSE GRIP



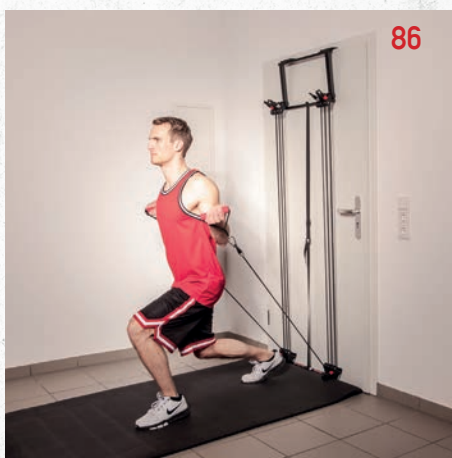
84

ALTERNATING LUNGE TO DECLINE PRESS



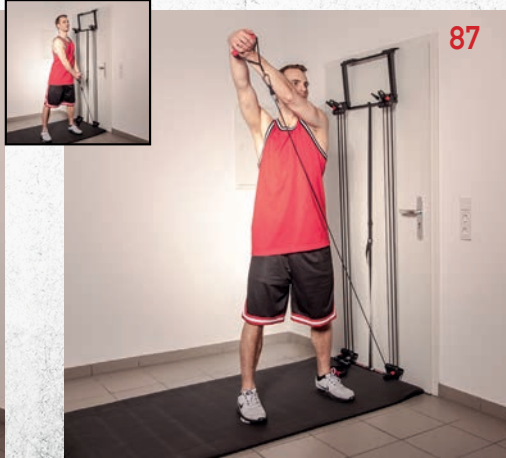
85

ALTERNATING LUNGE TO HAMMER CURL



86

ALTERNATING LUNGE TO BICEPS CURL



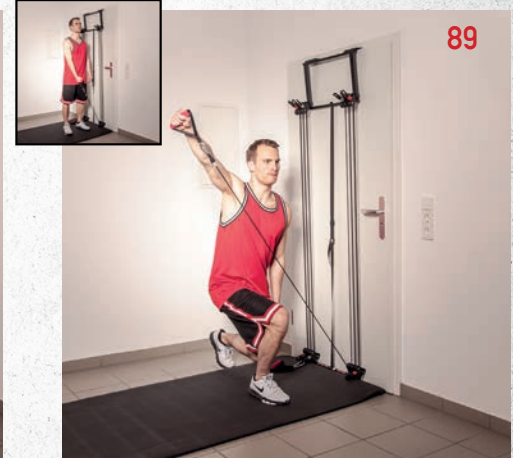
87

SQUAT TO HIGH CHOP
(VAR: OPPOSITE SIDE)



88

ALTERNATING LUNGE TO FRONT RAISE



89

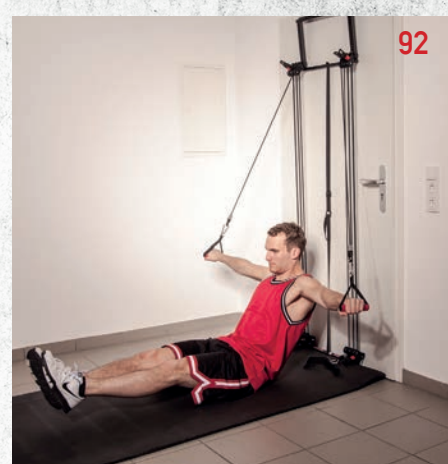
BACK LUNGE TO LATERAL RAISE
(VAR: OPPOSITE LEG & ARM)



90
LUNGE TO PUNCH
(VAR: OPPOSITE LEG & ARM)



91
BICEP CURL TRICEPS EXTENSION
(VAR: OPPOSITE ARMS)



92
PIKE FLUTTER CRUNCH



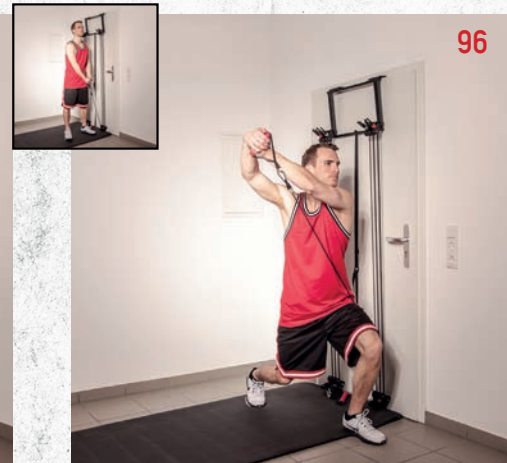
93
PIKE TO CHEST FLY



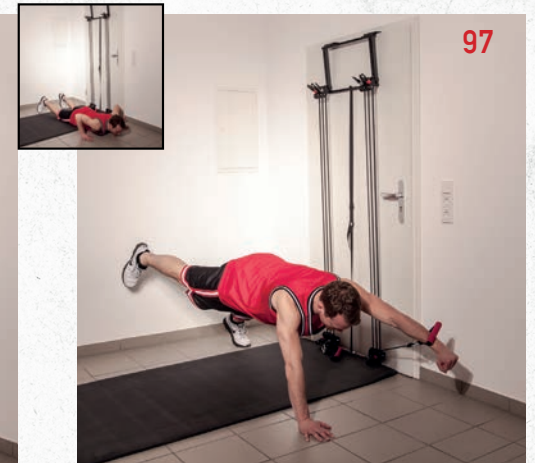
94
PUSH UP TO FRONT RAISE
(VAR: OPPOSITE ARM)



95
PUSH UP HOLD ROTATION
(VAR: OPPOSITE SIDE)



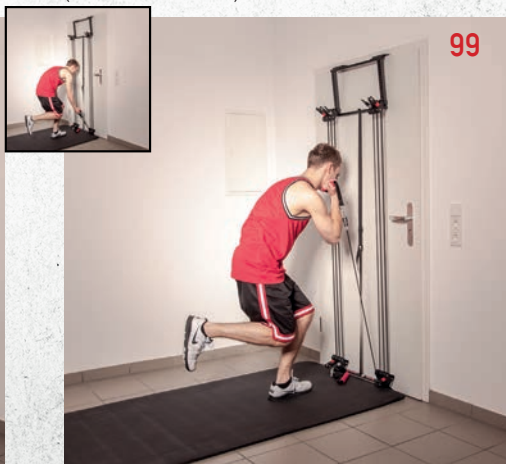
96
BACK LUNGE TO HIGH SHOULDER CHOP
(VAR: OPPOSITE SIDE)



97
PUSH UP OPPOSITE ARM LEG RAISE
(VAR: OPPOSITE LEG & ARM)



98
PIKE TO BICEP CURL ALTERNATING



99
SINGLE LEG SQUAT BICEP CURL
(VAR: OPPOSITE LEG & ARM)



100
SINGLE LEG SQUAT TO HIGH PULL
(VAR: OPPOSITE LEG & ARM)



101
PIKE TO STRAIGHT ARM PULL DOWN



102

PIKE TO BENT ARM PULL DOWN



103

BACK LUNGE TO HIGH LOW ROW
(VAR: OPPOSITE LEG & ARMS)



104

BACK LUNGE TO TRICEPS PUSH DOWN UPRIGHT ROW
(VAR: OPPOSITE LEG & ARMS)



105

BACK LUNGE TO BICEP CURL TO ROW
(VAR: OPPOSITE LEG & ARMS)



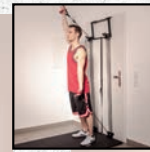
106

BICEP CURL TRICEPS EXTENSION FACING
(VAR: OPPOSITE ARMS)



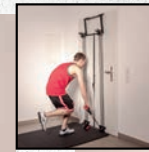
107

BENT OVER STRAIGHT ARM PULL DOWN TO TRICEPS
KICK BACK (VAR: OPPOSITE ARMS)



108

ALLIGATOR



109

SINGLE LEG SQUAT TO ROW
(VAR: OPPOSITE LEG & ARM)