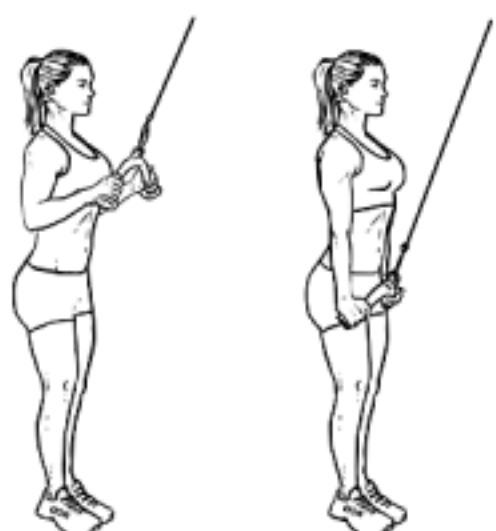
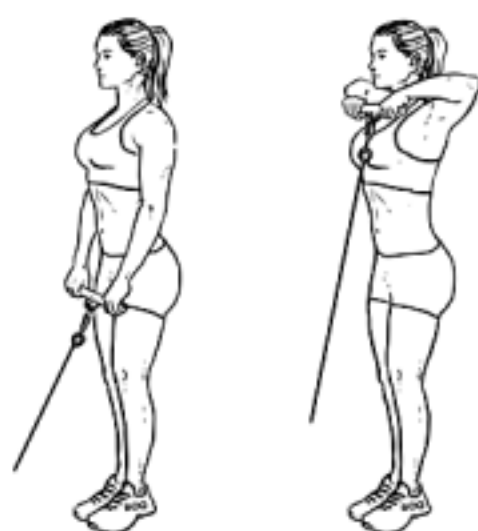


CLICK TO VIEW & PRINT

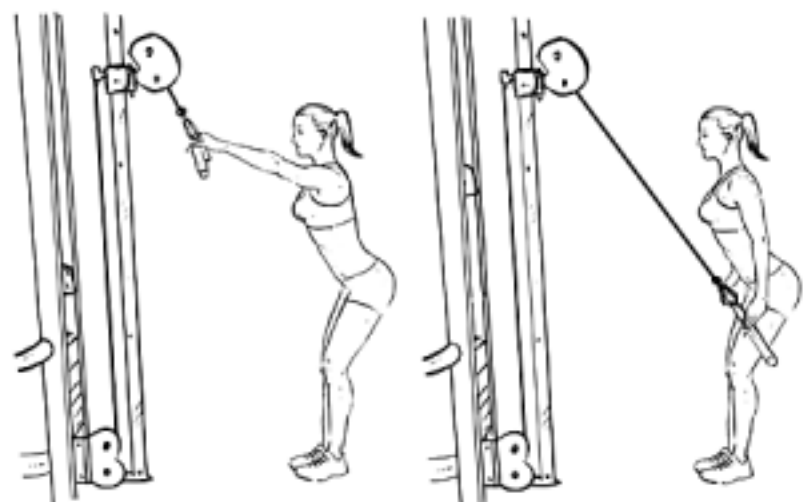
Upper Body



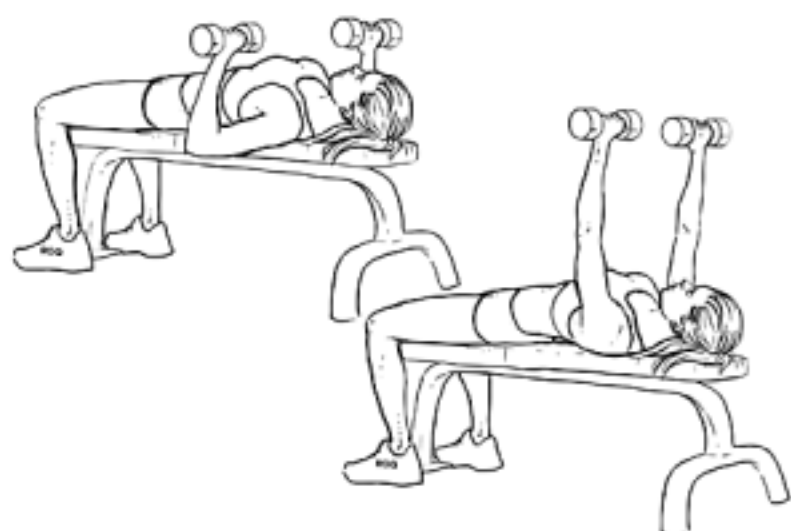
Tricep Cable Rope Push
/Pull Downs



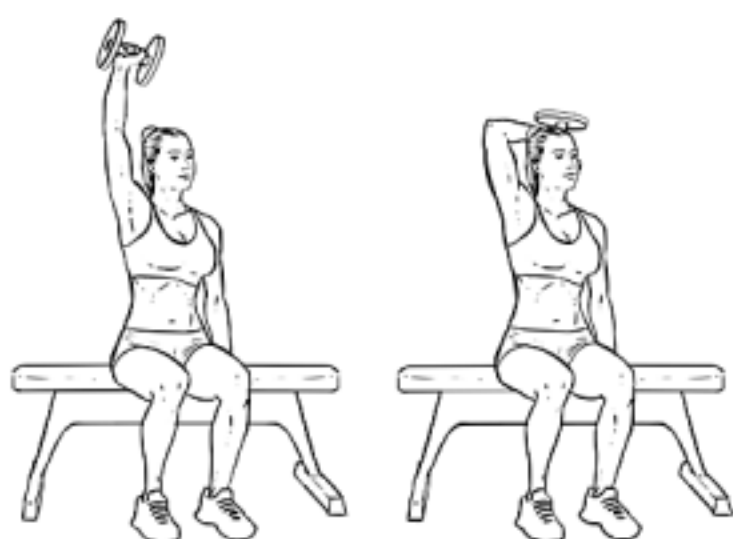
Cable Upright Rows



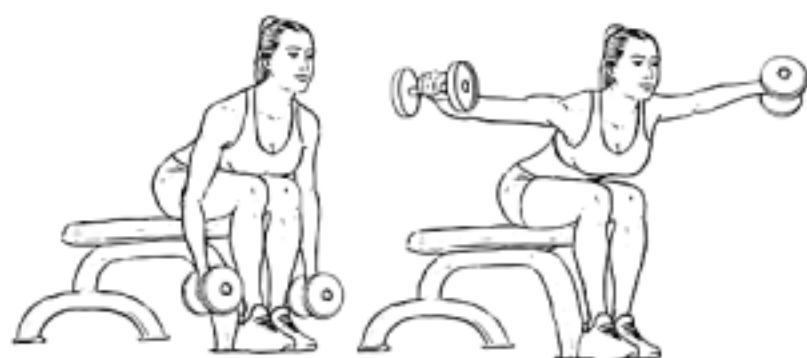
Straight Arm Pulldowns /
Pull Downs / Pullovers



Dumbbell Flat Bench Press



Seated Single Arm Overhead
Dumbbell Tricep Extensions



Seated / Bent Over Rear
Delt Raises

...and 8 more exercises



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