

MUSCLE BUILDER



Shoulders

Legs

Back

Abbs

Chest

Arms



Barbell
Flat
Bench



Barbell
Incline
Bench



Dumbbel
l Flat
Bench



Incline
Dumbbel
l Presses



Decline
Dumbbel
l Presses



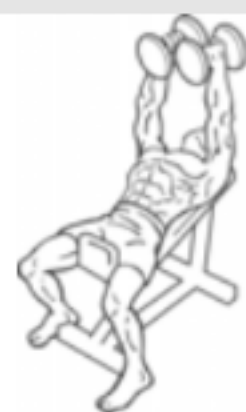
Parallel
Bar Dips



Machine
Presses



Dumbbel
l Flys



Incline
Dumbbel
l Flys

