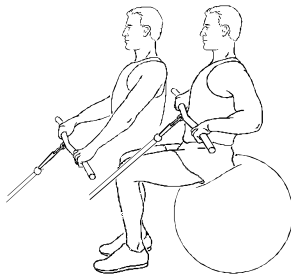


BACK - 9 Row: Wide Grip – Sitting (Cable)

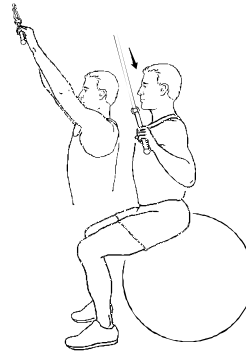
Pull weight to top of abdomen, keeping back straight.



Do 3 sets.
 Complete 10 repetitions.

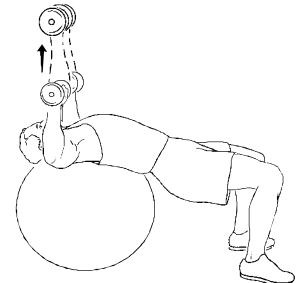
BACK - 16 Pull-Down: Wide Grip – Sitting (Cable)

Pull weight to top of chest. Keep low back arched.



Do 3 sets.
 Complete 12 repetitions.

CHEST - 1 Press (Dumbbell)



Press dumbbells over chest while maintaining bridge. Do 3 sets. Complete 12 repetitions.

LEGS - 1 Squat Supported (Dumbbell)

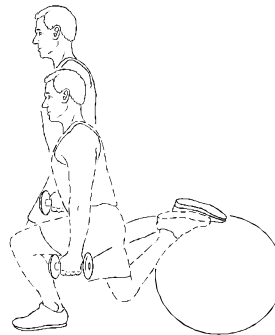
Back straight, bend knees, but do not allow them past toes.



Do 3 sets.
 Complete 12 repetitions.

LEGS - 3 Squat-Split Foot on Ball

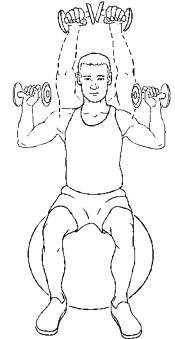
Back straight. Do not allow knees past toes. Repeat with other leg on ball.



Do 3 sets.
 Complete 12 repetitions.

SHOULDER - 1 Press (Dumbbell)

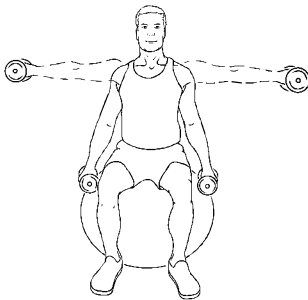
Back straight, press dumbbells over head.



Do 3 sets.
 Complete 12 repetitions.

SHOULDER - 9 Raise: Side (Dumbbell)

Back straight, raise dumbbells from sides.



Do 3 sets.
 Complete 12 repetitions.

TRICEPS - 12 Extension: Sitting (Cable)

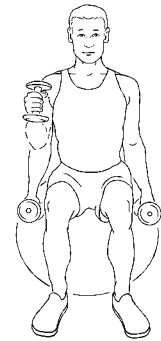
With upper arms vertical, raise cable by extending elbows. Keep feet flat and back straight.



Do 3 sets.
 Complete 12 repetitions.

BICEPS - 4 Curl: Hammer Grip – Alternating (Dumbbell)

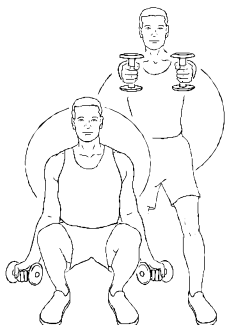
Supported by ball with knees slightly bent, palms in, forearms neutral, curl one dumbbell. Repeat with other arm.



Do 3 sets.
 Complete 12 repetitions.

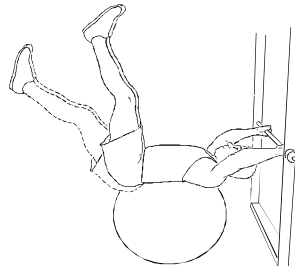
COMBO - 5 Squat Supported / Chest Fly

Bring dumbbells toward midline, chest level while rising.



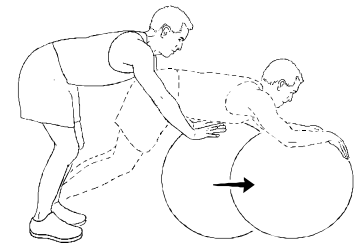
Do 3 sets.
 Complete 12 repetitions.

ABS - 9 Straight Leg Raise



Grasp stable bar. Keeping abdominals tensed, extend hips then reverse direction. Do 3 sets. Complete 20 repetitions.

ABS - 20 Ball Roll: Advanced



With hands on ball, back straight, knees off the floor, begin to roll forward, progressively tensing abdominals. Caution: Do not hyperextend the low back. Breathing out, roll back to start position. Do 3 sets. Complete 12 repetitions.