



REGULAR PUSH-UP CHEST



REGULAR PUSH-UP CHEST



INCLINE DB BENCH CHEST



INCLINE DB BENCH CHEST



INCLINE DB FLYES CHEST



INCLINE DB FLYES CHEST



STATIONARY DB LUNGE LEGS



STATIONARY DB LUNGE LEGS



BOSU SQUATS LEGS



BOSU SQUATS LEGS

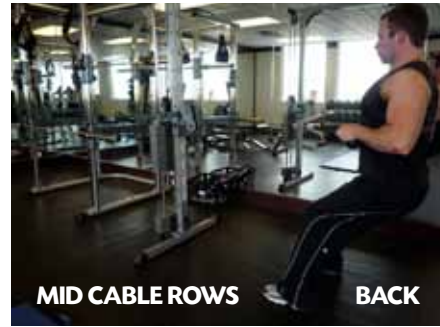
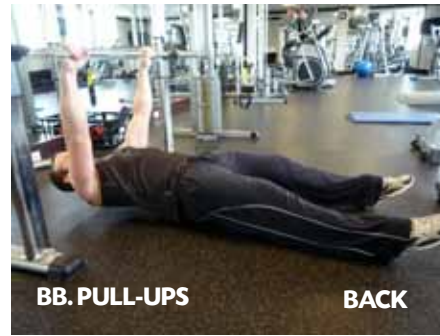


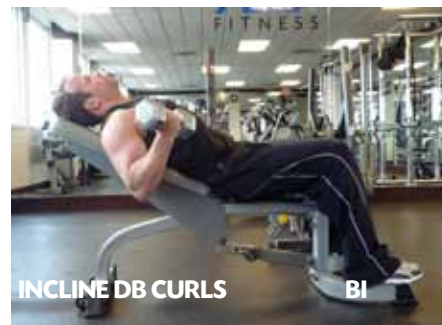
BOSU HAMSTRING CURLS LEGS



BOSU HAMSTRING CURLS LEGS

BACK / SHOULDER





BI (BICEPS) CON'T / TRI (TRICEPS)



ABS

