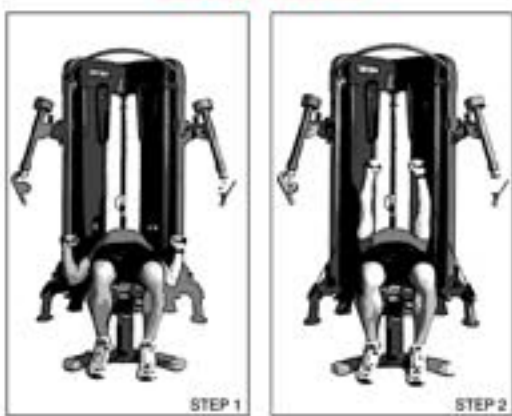


BENCH PRESS



PULLEY POSITION
Low Pulleys

ACCESSORY GRIP
Single D-Ring Stirrup Handles or Straight Swivel Bar

MUSCLE GROUP
Chest

FRONT CABLE CROSS-OVER



PULLEY POSITION
Arm Pulleys

ACCESSORY
Double D-Ring Stirrup Handles

MUSCLE GROUP
Chest, Shoulders

CABLE SHRUG

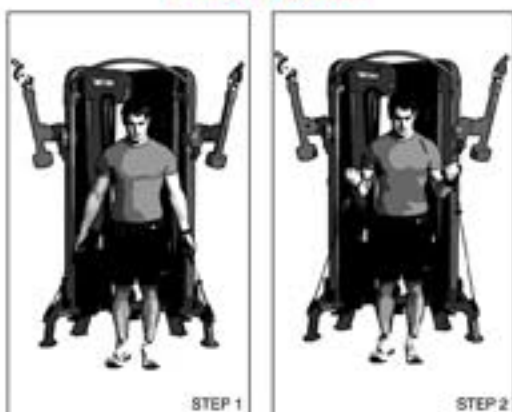


PULLEY POSITION
Low Pulleys

ACCESSORY
Single D-Ring Stirrup Handles or Straight Swivel Bar

MUSCLE GROUP
Shoulders

BICEPS CURL



PULLEY POSITION
Low Pulleys

ACCESSORY
Single D-Ring Stirrup Handles or Straight Swivel Bar

MUSCLE GROUP
Biceps

TRICEPS EXTENSION



PULLEY POSITION
Arm Pulley

ACCESSORY
Triceps Rope

MUSCLE GROUP
Triceps

CABLE CROSS-OVER

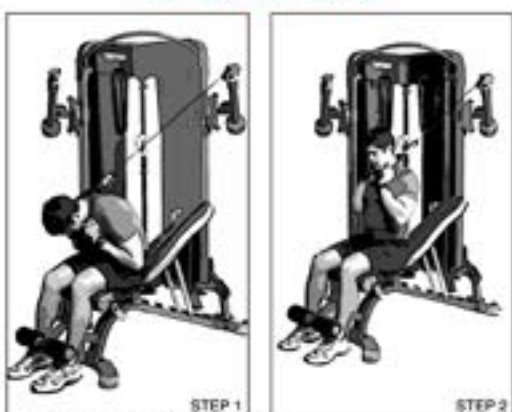


PULLEY POSITION
Arm Pulleys

ACCESSORY
Double D-Ring Stirrup Handles

MUSCLE GROUP
Upper Back

CABLE CRUNCH

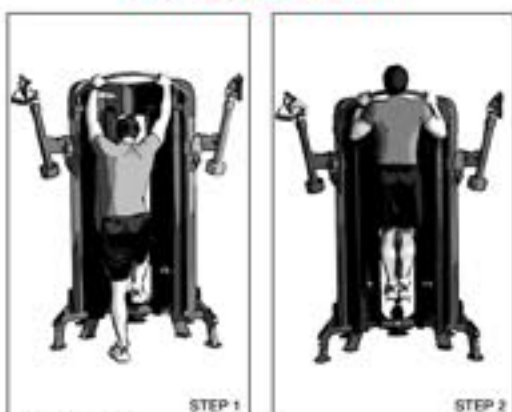


PULLEY POSITION
Arm Pulley or Center Pulley

ACCESSORY
Triceps Rope

MUSCLE GROUP
Abs

ASSISTED PULL-UP



ACCESSORY
Chin Bar, Foot Plate

MUSCLE GROUP
Shoulders, Back, Arms