

Bicep Exercises Chart

Seated Preacher Curls Positions A-B&C



Seated Side Curls Positions A-B&C



Lying Curls Positions A-B&C



Reverse Curls Positions A-B&C



Seated Curls Positions A-B&C



Kneeling EZ BAR Curls Positions A-B&C



EZ BAR Curls Positions A-B&C



Tricep Exercises

Kneeling Kickbacks (overhanded) Positions A-B&C



Seated Extensions (overhanded) Positions A-B&C



Seated Extensions (underhand) Positions A-B&C



Skull Crushers EZ BAR Positions A-B&C



Tricep Dips Positions A-B&C



Back Exercises

Cable Rows Positions A-B&C



EZ BAR Pulls (underhand) Positions A-B&C



EZ BAR Pulls (overhand) Positions A-B&C



Lat Pull Downs Positions A-B&C



Pull- Ups Positions A-B&C



Reverse Flys Positions A-B&C



Pull-Ups Positions A-B&C



Shoulder Exercises

Lying Shoulder Press Positions A-B&C



Reverse Seated Front Raises Positions A-B&C



Lying Front Raises Positions A-B&C



Lying Side Raises Positions A-B&C



Seated Reverse Press Positions A-B&C



Rear Delt Flys Positions A-B&C



Chest Exercises

Pulls-Overs Positions A-B&C



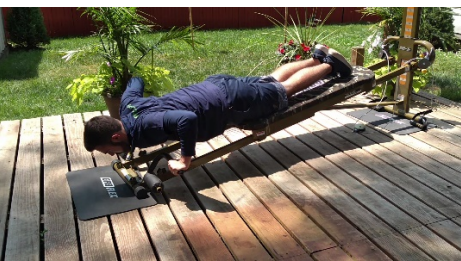
Seated Flys Positions A-B&C



Bench Press Positions A-B&C



Decline Pushups (lower chest) Positions A-B&C



Incline Press (upper chest) Positions A-B&C



Leg Exercises

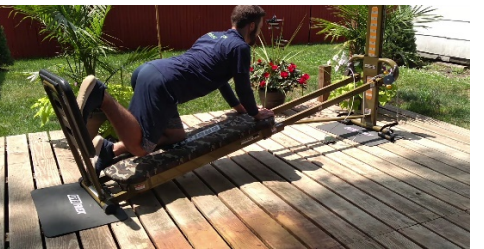
Double Leg Press Positions A-B&C



Single Side Leg Press Positions A-B&C



Kneeling Single Leg Press Positions A-B&C

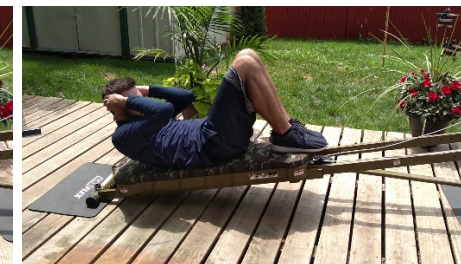


Ab Exercises

Kneeling Single Leg Press Positions A-B&C



Kneeling Single Leg Press Positions, A-B&C



Kneeling Single Leg Press Positions A-B&C

