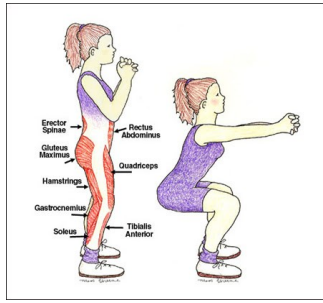
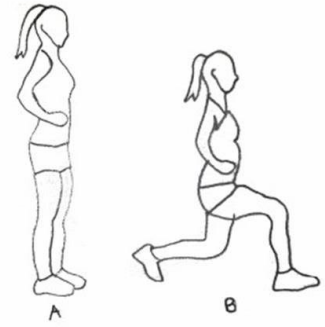


1. Leg Press



Chris Philpot



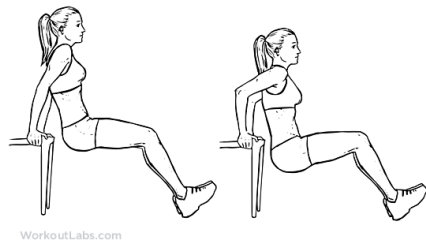
2. Leg Extension



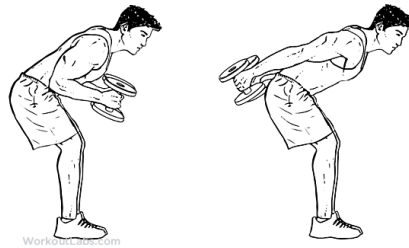
3. Leg Curl



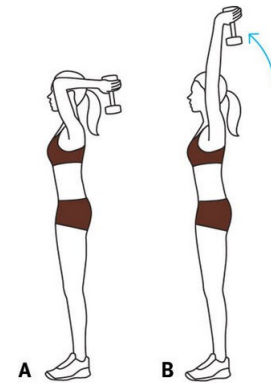
4. Triceps Press



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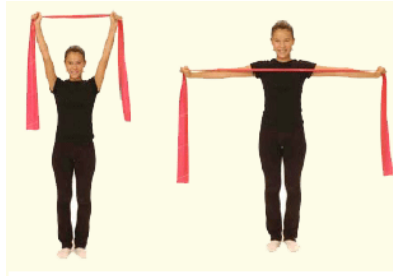
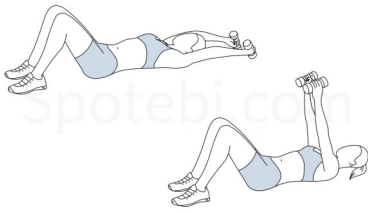
WorkoutLabs.com



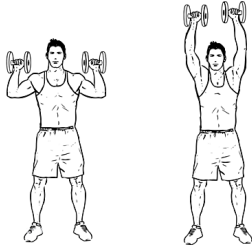
5. Arm Curl



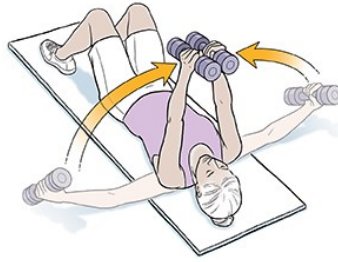
6. Pulldown



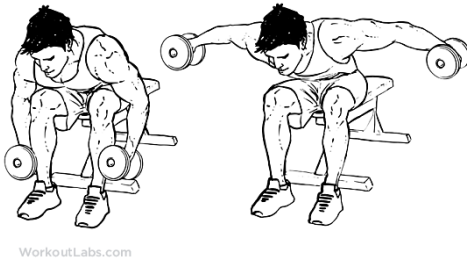
7. Overhead Press



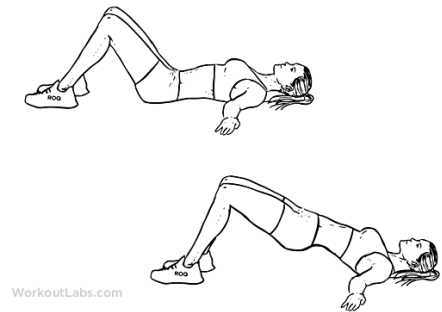
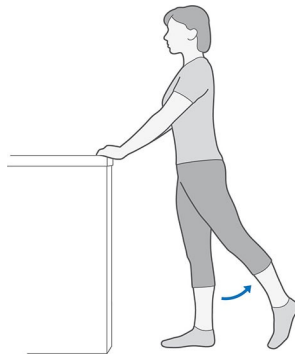
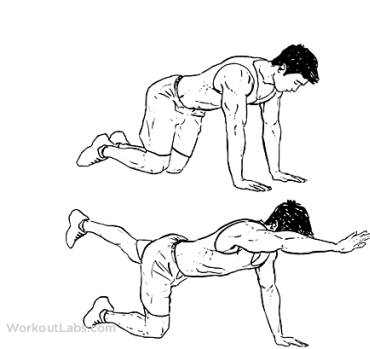
8a. Pec Fly



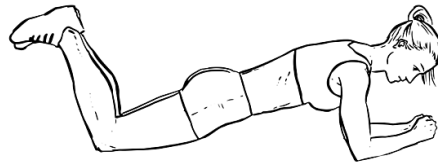
8b. Rear Delt



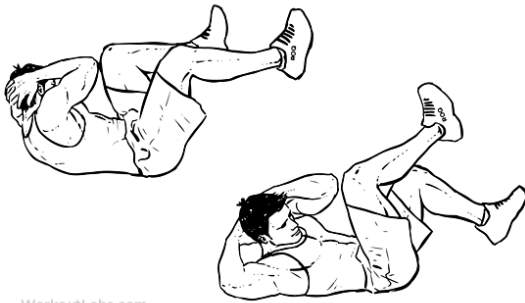
9. Back Extension



10. Abdominal



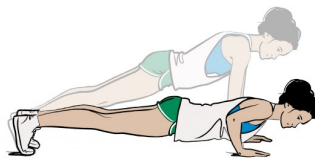
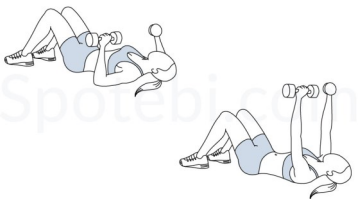
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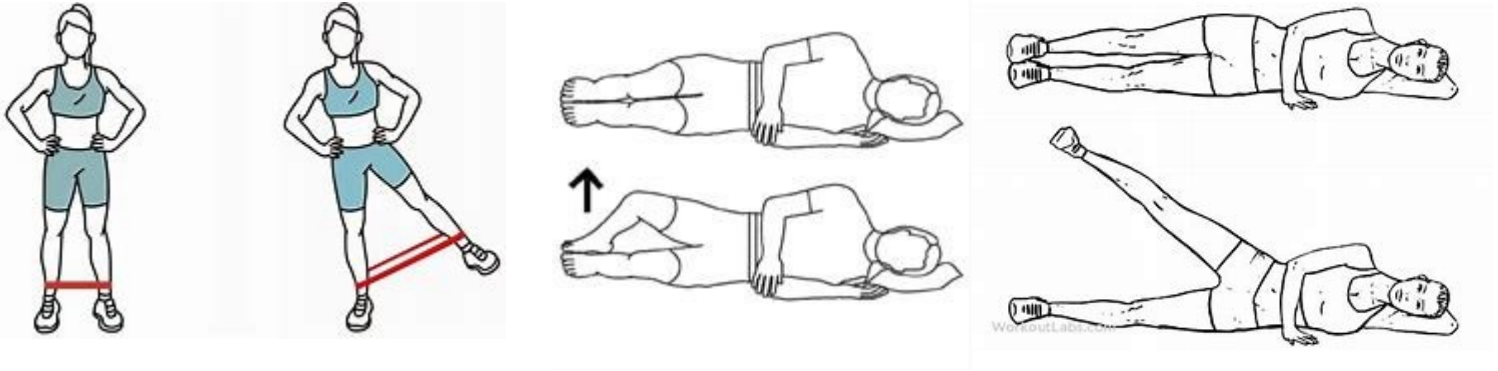
11. Chest Press



12. Dip/Chin Assist—See 4 and 5 above.

Additional Leg Exercises

Hip Abduction



Hip Adduction

