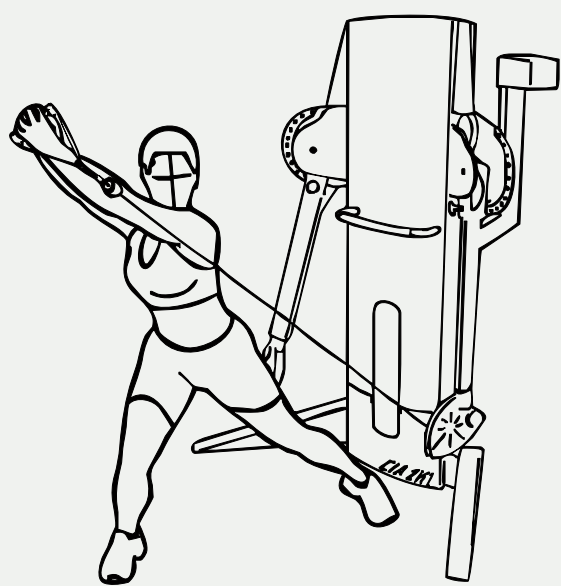
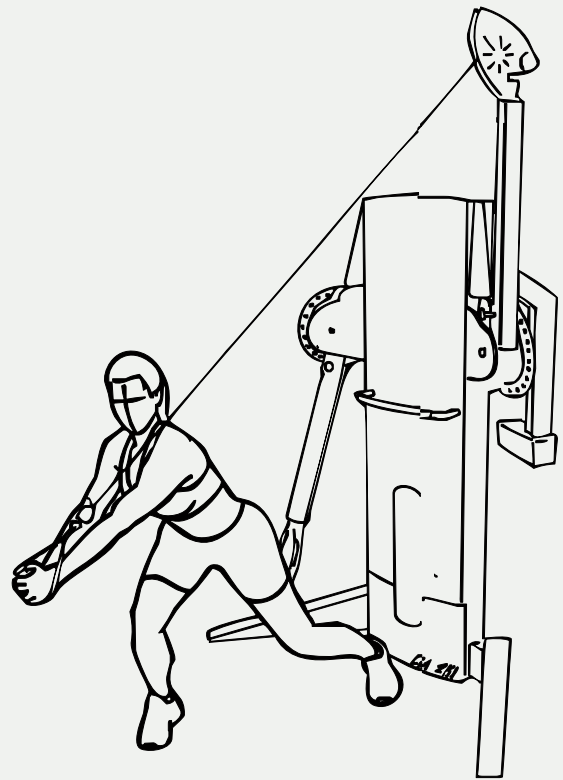


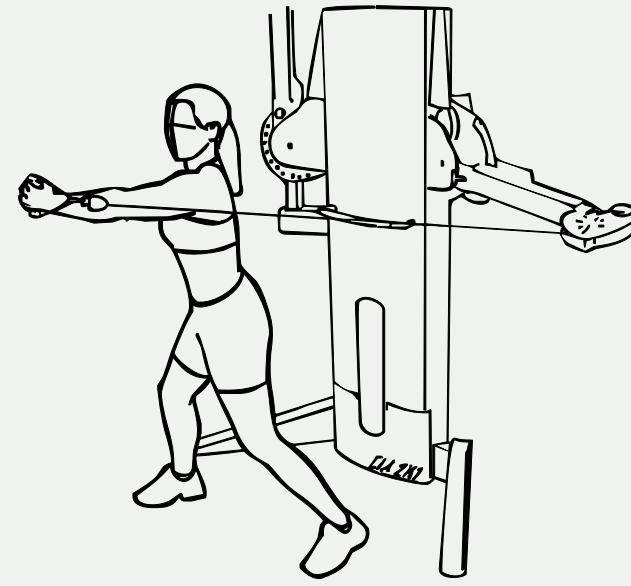
CABLE CROSS



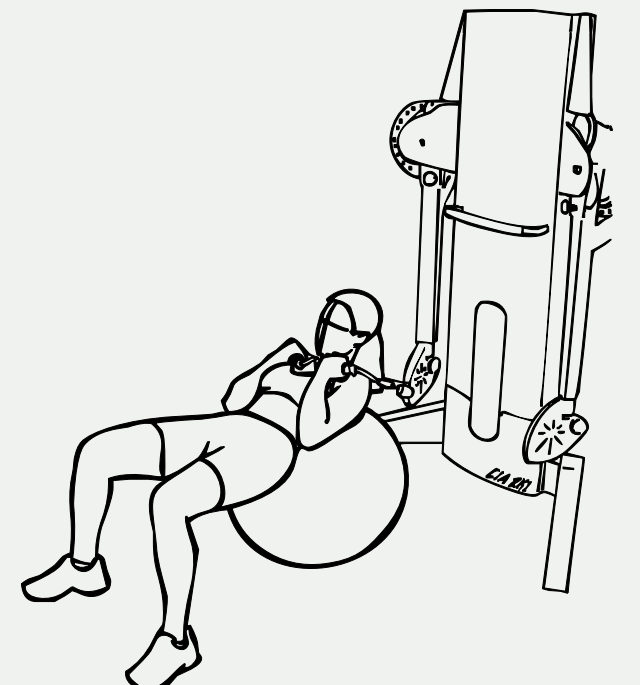
**WOOD CHOP
LOW TO HIGH**



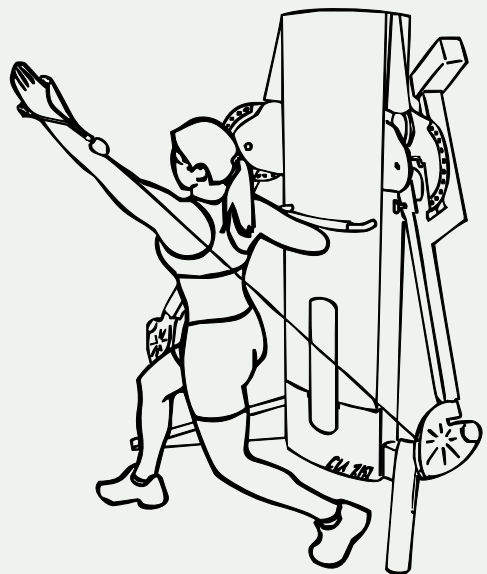
**WOOD CHOP
HIGH TO LOW**



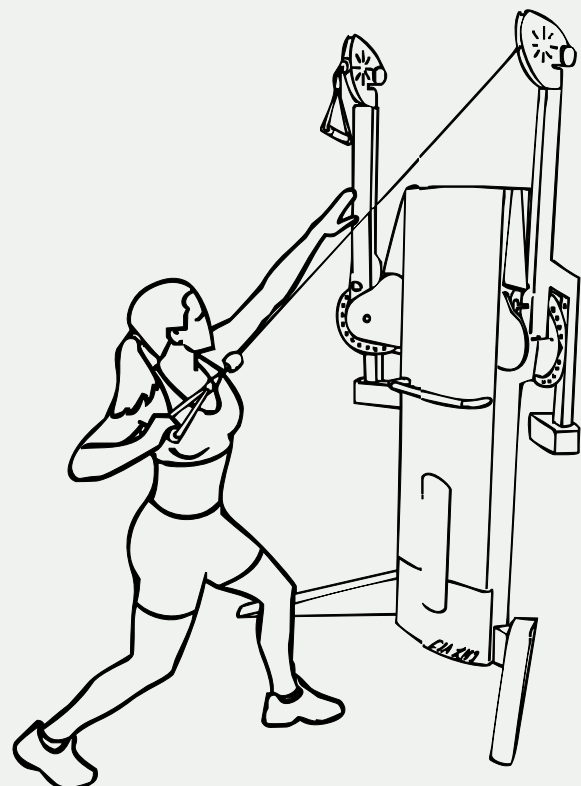
TWIST



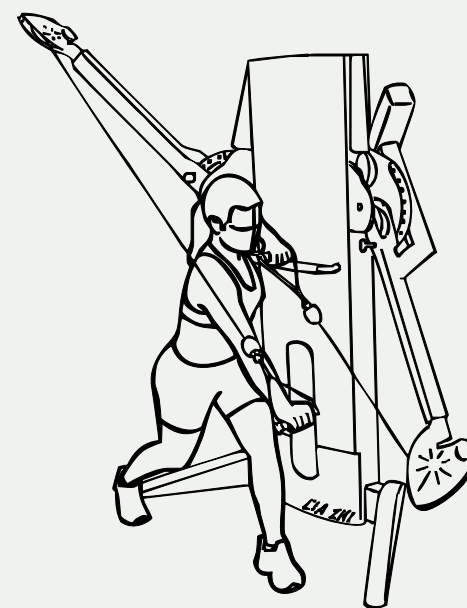
**ABDOMINAL
CRUNCH**



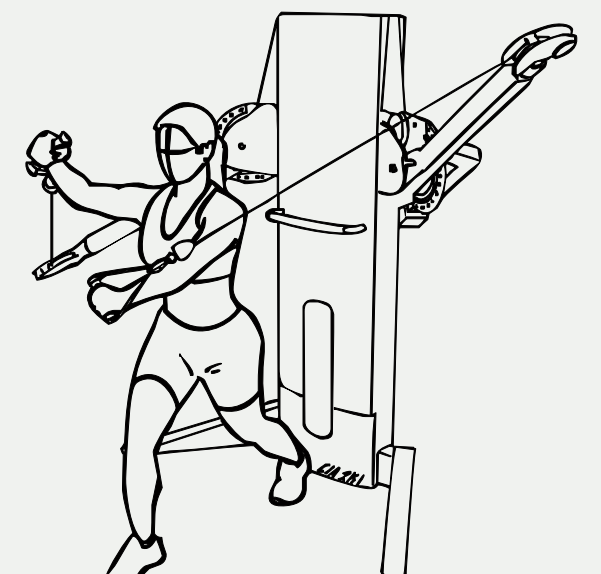
**PUSH WITH
ROTATION**



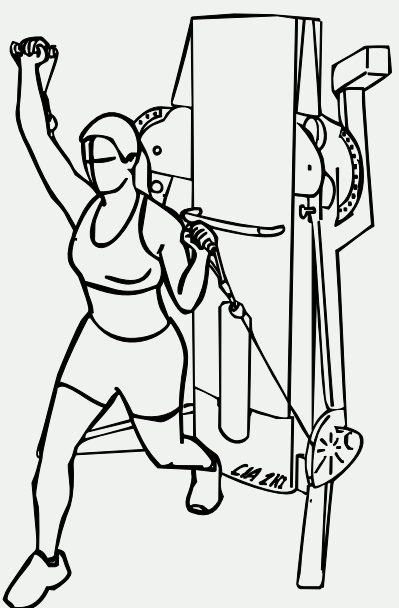
**PULL WITH
ROTATION**



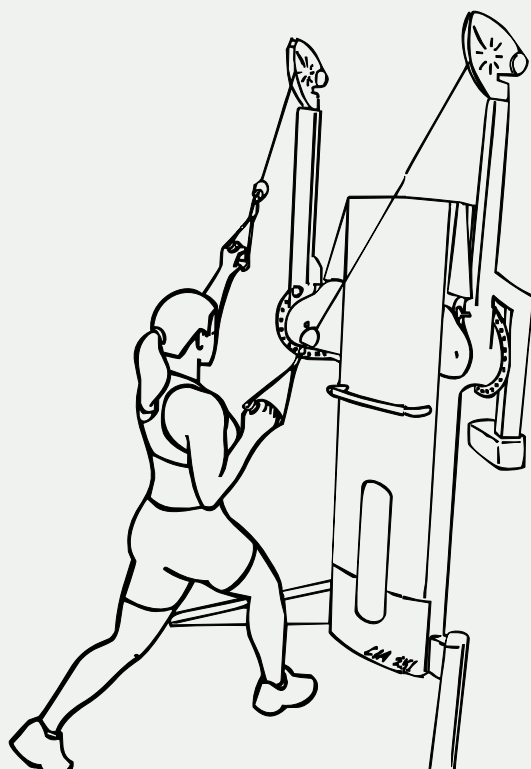
**PUSH-PULL
COMBINATION**



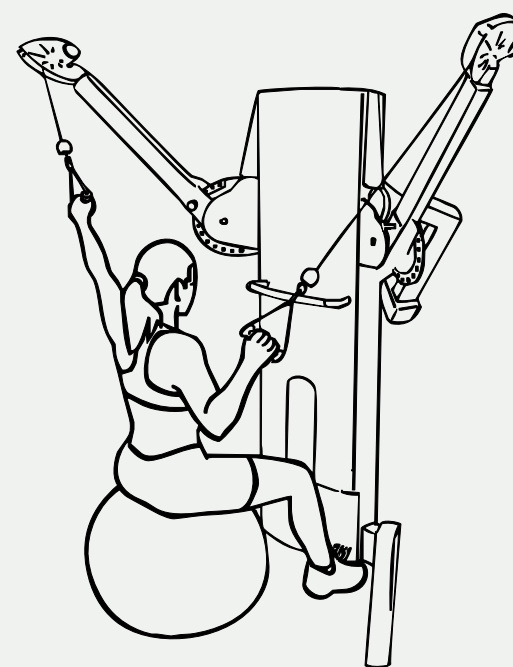
**INCLINE - DECLINE
PRESS**



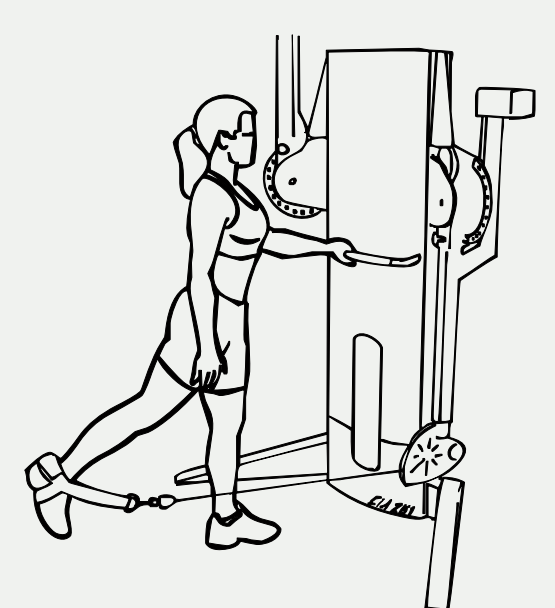
SHOULDER PRESS



ROW



LAT PULL



HAMSTRING