

CHEST INTEGRATION



ONE-ARM BICEP CURL



ONE-ARM TRICEPS EXTENSION



BICEPS CURL



OVERHEAD TRICEPS EXTENSION



TWO-ARM TRICEPS EXTENSION

ARMS INTEGRATION



CROSS OVER REAR DELT FLY



EXTERNAL ROTATION



FRONT RAISES



INTERNAL ROTATION



LATERAL RAISES

SHOULDER INTEGRATION



SHRUGS

CORE MOVEMENTS



PLANK REAR DELT FLY



PLANK TRICEPS EXTENSION



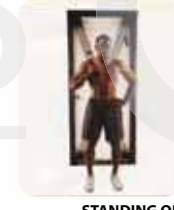
PLANK ONE-ARM OVERHEAD PRESS



KNEELING CRUNCH



STANDING CRUNCH WITH KNEE RAISE



STANDING OBLIQUE CRUNCH WITH KNEE RAISE



STANDING CRUNCH



HIGH TO LOW CHOP

CHEST INTEGRATION



PLANK ONE-ARM LAT PULL



LOW TO HIGH CHOP



STANDING OBLIQUE CRUNCH



PLANK ONE-ARM FLY



SIDE PLANK BICEP CURL