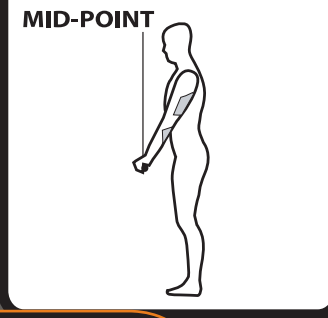
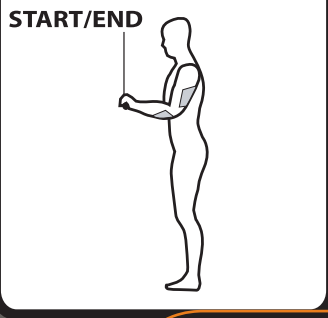
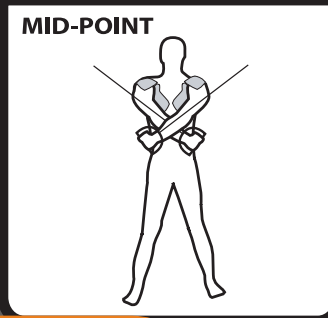
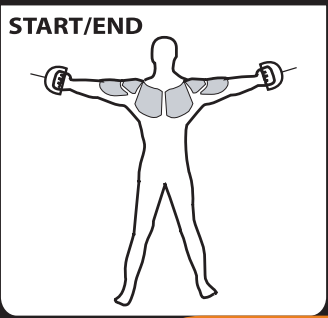


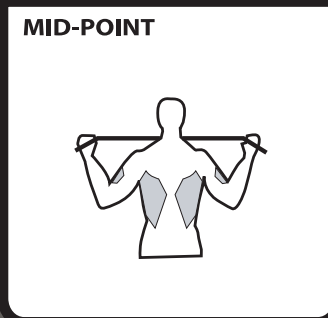
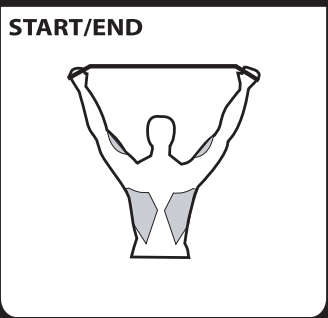
## HIGH PULLEY STATION



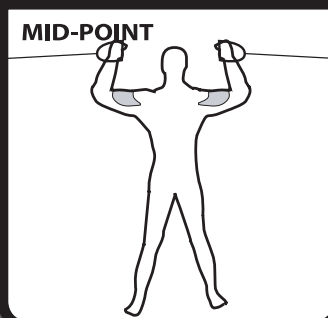
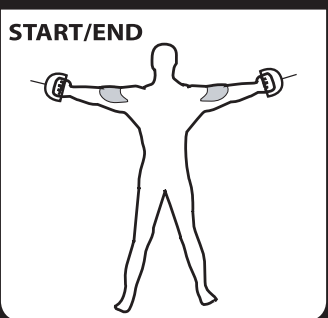
**TRICEP PUSHDOWN**



**DUAL CROSSOVER**

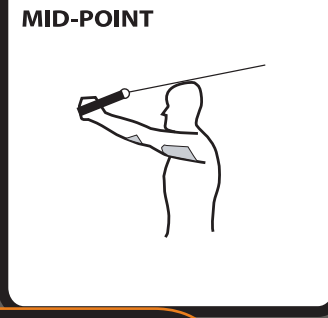
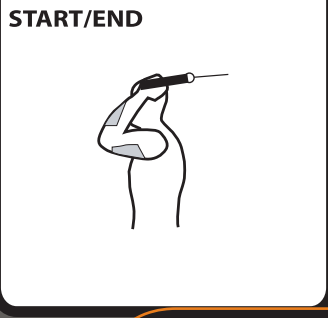


**PULL UP**

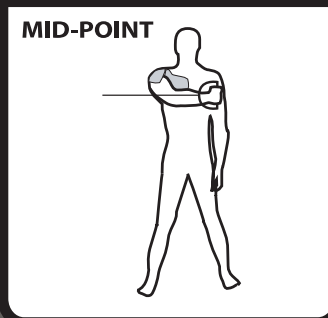
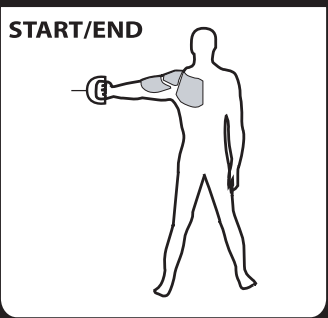


**DUAL ARM CURL**

## MID PULLEY STATION

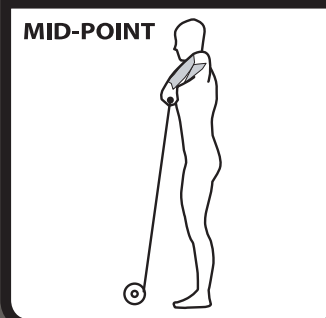
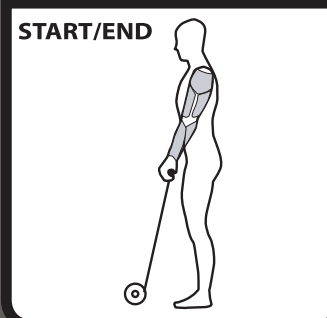


**TRICEP EXTENSION**

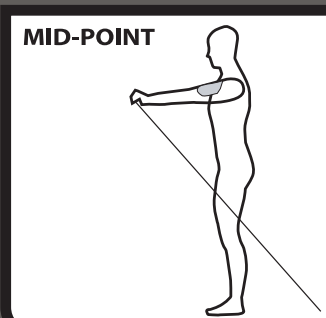
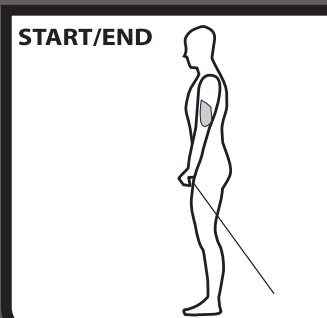


**PECTORAL CROSSOVER**

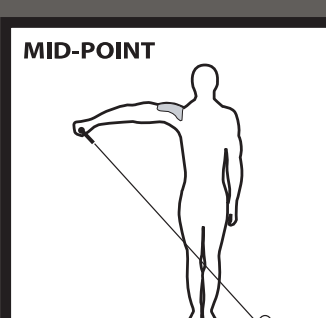
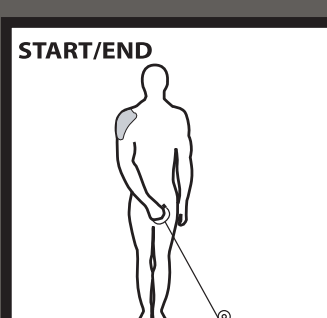
## LOW PULLEY STATION



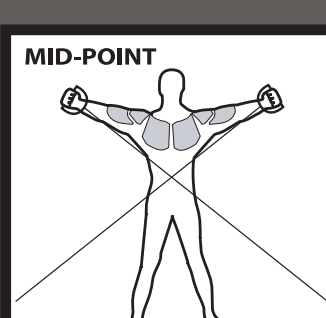
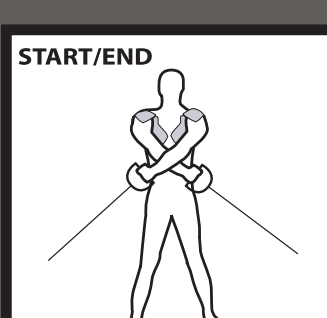
**UPRIGHT ROW**



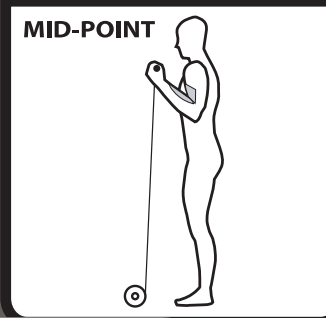
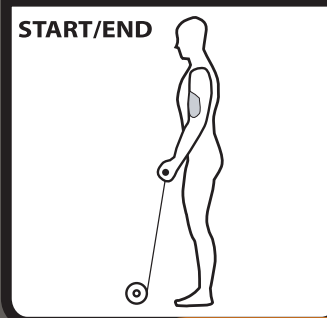
**FRONT DELTOID RAISE**



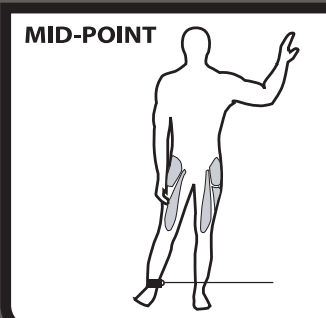
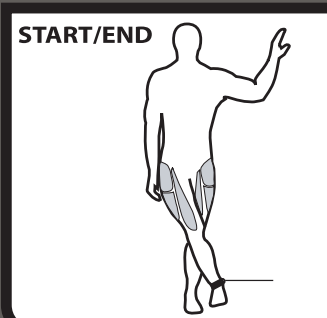
**SIDE DELTOID RAISE**



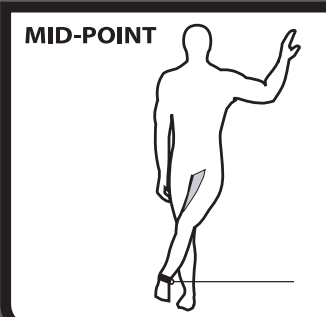
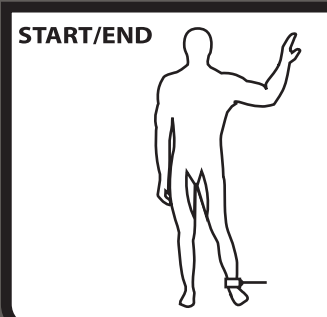
**DUAL DELTOID RAISE**



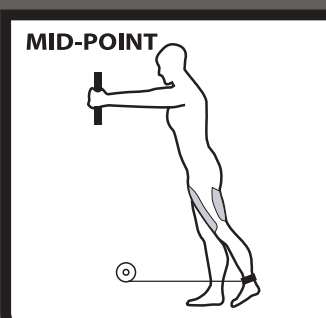
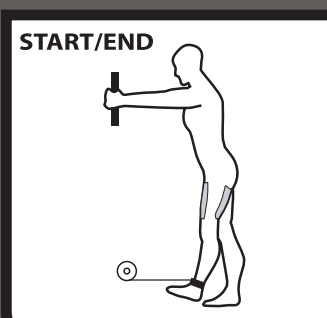
**ARM CURL**



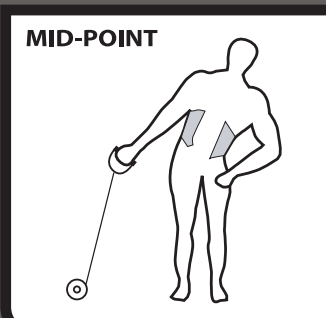
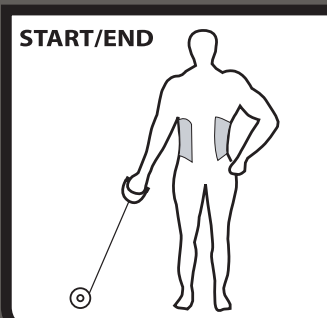
**OUTER THIGH**



**INNER THIGH**



**BACK KICK**



**SIDE BEND**