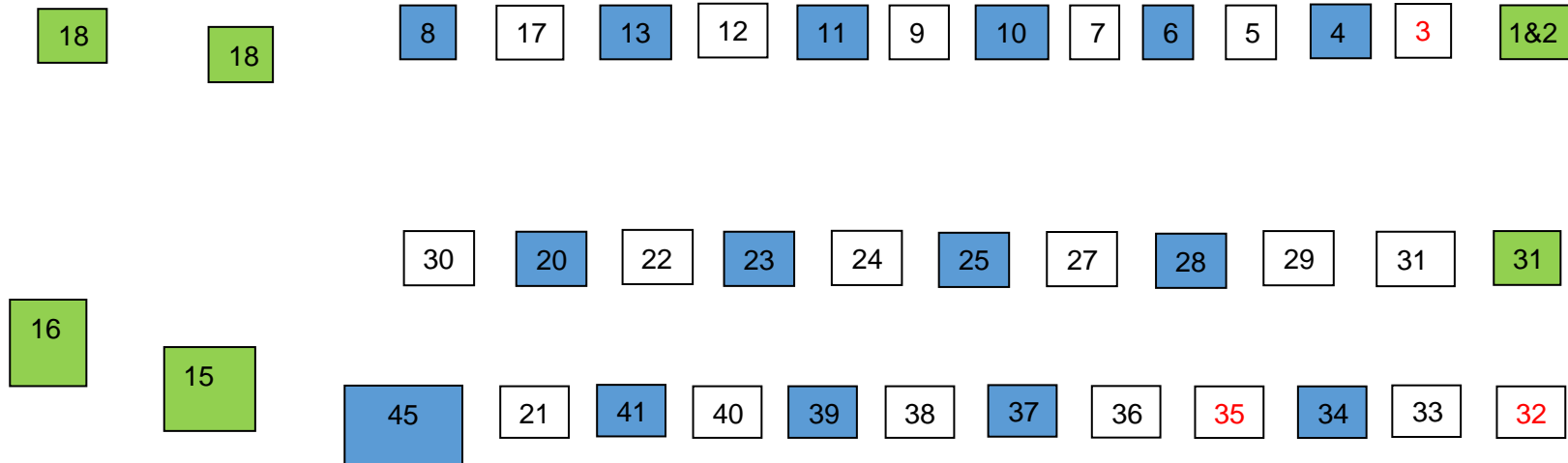


EXIT



- 1. Assisted Chin
- 2. Assisted Dip
- 3. ~~Glute extension~~
- 4. HS Decline Press
- 5. HS Incline Press
- 6. HS Selectorized Row
- 7. HS High Row
- 8. HS Super Incline Press
- 9. HS Bicep Curl
- 10. HS Shoulder Press
- 11. HS Back Extension
- 12. HS Plate-Loaded Row
- 13. HS Front Lat Pulldown

- 15. Plate-Loaded Leg Press
- 16. HS Leg Curl
- 17. V-Squat
- 18. Bench Press

- 20. LF Bicep Curl
- 21. LF Lateral Raise
- 22. LF Shoulder Press
- 23. LF Row
- 24. LF Lat Pulldown
- 25. LF Pec Fly/Rear Deltoid

- 27. LF Chest Press
- 28. LF Back Extension
- 29. LF Ab Crunch
- 30. LF Leg Curl
- 31. LF Leg Press
- 32. ~~FM Ab~~
- 33. FM Squat
- 34. FM Calf
- 35. ~~FM Ham Curl~~
- 36. FM Seated Quad
- 37. FM Step
- 38. FM Lift

- 39. FM Chest
- 40. FM Lat
- 41. FM Row
- 45. FM Cable Cross

BLUE – A Day
WHITE – B Day
GREEN – All Days
RED – No use

MACHINES REMOVED:
 HS Selectorized Bicep
 HS Selectorized Tricep
 FM Bicep
 FM Tricep
 FM Shoulder
 HS Seated Calf