

CABLE COLUMN



CABLE CROSSOVER
(Pectoralis Major & Minor)



REVERSE FLY
(Rear Deltoids)



FRONT DELTOID RAISE
(Front Deltoids)



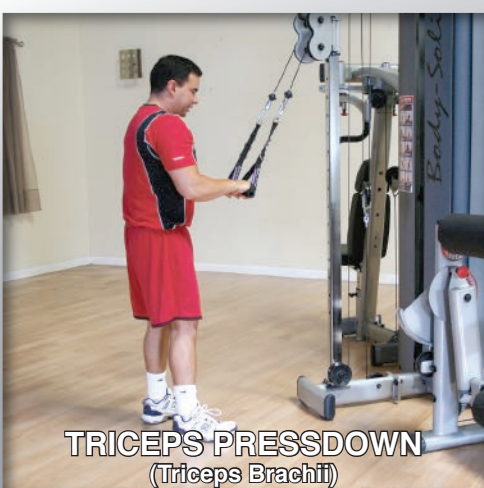
LATERAL DELTOID RAISE
(Side Deltoids)



UPRIGHT ROW
(Deltoids & Trapezius)



CONCENTRATION CURL
(Biceps Brachii)



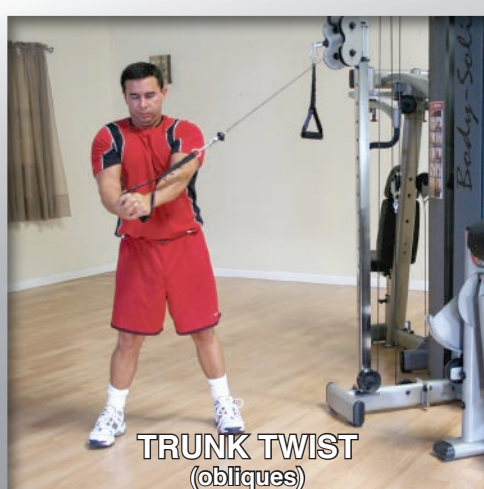
TRICEPS PRESSDOWN
(Triceps Brachii)



TRICEPS KICKBACK
(Triceps Brachii)



SHOULDER SHRUG
(Trapezius)



TRUNK TWIST
(obliques)