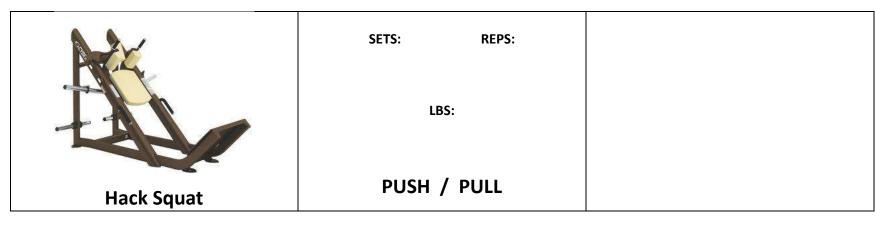
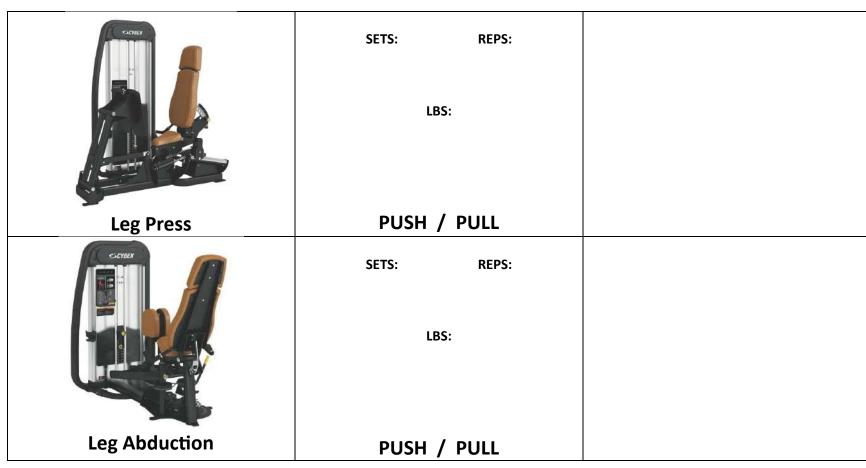
| EQUIPMENT NAME | MACHINE INFO | SAFETY INFO |
|-----------------------------|-------------------|-------------|
| C-COSC 181 181 181 | SETS: REPS: | |
| Shoulder Press | PUSH / PULL | |
| SORE | SETS: REPS: LBS: | |
| Seated Row | PUSH / PULL | |
| CVIIIX | SETS: REPS: LBS: | |
| Chest Press | PUSH / PULL | |

| SCHOOL STATES | SETS: REPS: | |
|----------------|-------------|--|
| Shoulder Raise | PUSH / PULL | |
| SOTEX | SETS: REPS: | |
| Biceps Curl | PUSH / PULL | |
| | SETS: REPS: | |
| Lat Pulldown | PUSH / PULL | |

| | SETS: REPS: LBS: | |
|---------------------|-------------------|--|
| Front/Rear Delt Fly | PUSH / PULL | |
| | SETS: REPS: | |
| Cable Crossover | PUSH / PULL | |
| | SETS: REPS: LBS: | |
| Triceps Extension | PUSH / PULL | |

| E | SETS: REPS: | |
|---------------------|-------------|--|
| | LBS: | |
| | PUSH / PULL | |
| Smith Machine | | |
| GC1851 | SETS: REPS: | |
| | LBS: | |
| Seated Leg Curl | PUSH / PULL | |
| SCYGEX DA 33. | SETS: REPS: | |
| | LBS: | |
| | | |
| Leg Extension | PUSH / PULL | |





| GORR | SETS: REPS: | |
|---------------------------|-------------------|--|
| Leg Adduction | PUSH / PULL | |
| SEYBEK | SETS: REPS: LBS: | |
| Glute Extension | PUSH / PULL | |
| OCYGEN 1 | SETS: REPS: | |
| Abdominal Rotation | PUSH / PULL | |

| SCYBEX | SETS: REPS: | |
|------------------|-------------|--|
| Back Extension | PUSH / PULL | |
| SEYBEX | SETS: REPS: | |
| Abdominal Crunch | PUSH / PULL | |