




EQUIPMENT NAME	MACHINE INFO	SAFETY INFO
 <p>Shoulder Press</p>	<p>SETS: REPS:</p> <p>LBS:</p> <p>PUSH / PULL</p>	
 <p>Seated Row</p>	<p>SETS: REPS:</p> <p>LBS:</p> <p>PUSH / PULL</p>	
 <p>Chest Press</p>	<p>SETS: REPS:</p> <p>LBS:</p> <p>PUSH / PULL</p>	



Shoulder Raise

SETS:

REPS:

LBS:

PUSH / PULL



Biceps Curl

SETS:

REPS:

LBS:

PUSH / PULL



Lat Pulldown

SETS:

REPS:

LBS:

PUSH / PULL



Front/Rear Delt Fly

SETS:

REPS:

LBS:

PUSH / PULL



Cable Crossover

SETS:

REPS:

LBS:

PUSH / PULL



Triceps Extension

SETS:

REPS:

LBS:

PUSH / PULL



Smith Machine

SETS:

REPS:

LBS:

PUSH / PULL



Seated Leg Curl

SETS:

REPS:

LBS:

PUSH / PULL



Leg Extension

SETS:

REPS:

LBS:

PUSH / PULL



Hack Squat

SETS:

REPS:

LBS:

PUSH / PULL



Leg Press

SETS:

REPS:

LBS:

PUSH / PULL



Leg Abduction

SETS:

REPS:

LBS:

PUSH / PULL



Leg Adduction

SETS:

REPS:

LBS:

PUSH / PULL



Glute Extension

SETS:

REPS:

LBS:

PUSH / PULL



Abdominal Rotation

SETS:

REPS:

LBS:

PUSH / PULL



Back Extension

SETS:

REPS:

LBS:

PUSH / PULL



Abdominal Crunch

SETS:

REPS:

LBS:

PUSH / PULL