

001. CABLE CROSSOVER

x 2

002. CHEST PRESS

x 2

003. LATERAL RAISE

x 1

004. UPRIGHT ROW

x 1

005. BENT OVER ROW

x 1

006. SEATED ROW

x 1

007. FACE PULL

x 2

008. STRAIGHT-ARM PULL DOWN

x 1

009. REVERSE FLYS

x 2

010. SEATED LAT PULL DOWN

x 2

011. PULL UP

012. SINGLE ARM ROW

x 1

013. STANDING BICEP CURL

x 1

014. TRICEP PUSHDOWN

x 1

015. CABLE CRUNCHES

x 2

016. STANDING WOODCHOP

x 1

017. KICKBACK

x 1

018. HIP ABDUCTOR RAISE

x 1

WORKOUT ACCESSORY KEY :

- HANDLEBAR x 1
- ANKLE STRAP x 1
- HANDLES x 2
- ATTACHING CHAIN x 3