



Leg Extension



Leg Curl



Lat Pull-Down Elbows Side



Lat Pull-Down Arm Front



Pull Over Standing



One Arm Standing Row



Chest Press



Dumbbell Cross



Dumbbell Cross Incline



Dumbbell Pull Over



Shoulder Press Bar



Shoulder Press Dumbbells



Vertical Row Bicep



Larry Scott Bar Biceps



Larry Scott One Dumbbell



Biceps Larry Scott Dumbbells



Arm Extension Sitting Dumbbell



Arm Extension Standing