

LOWER BODY FOCUS



ONE-LEG CALF RAISE



HIP EXTENSION



ONE-LEG SQUAT



ADDUCTION



ABDUCTION



SQUATS



SUMO SQUATS



REVERSE LUNGES



LUNGE



ONE-ARM PRESS WITH OPPOSITE KNEE LIFT



ONE-LEG LUNGE



LUNGE WITH ONE-ARM PRESS

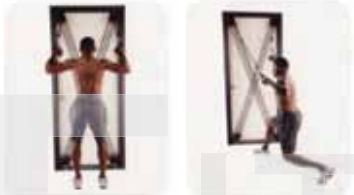


LUNGE WITH ONE_ARM BICEP CURL



RESISTED MOUNTAIN CLIMBERS

COMPOUND MOVEMENTS



REVERSE LUNGE WITH LAT PULL



SQUAT TO ONE-ARM PULL WITH ROTATION



SQUAT TO ONE-ARM OVERHEAD PRESS WITH ROTATION



SQUAT TO TWO-ARM OVERHEAD PRESS



SQUAT TO PULL THROUGHS



SQUAT CALF RAISE

COMPOUND MOVEMENTS



ONE-ARM ROW WITH OPPOSITE RESISTED HIP EXTENSION



LAT PULL DOWNS



LOW ROW

CHEST INTEGRATION



ONE-ARM FLY



SPLIT FLY



STANDING CHEST PRESS



STANDING FLY