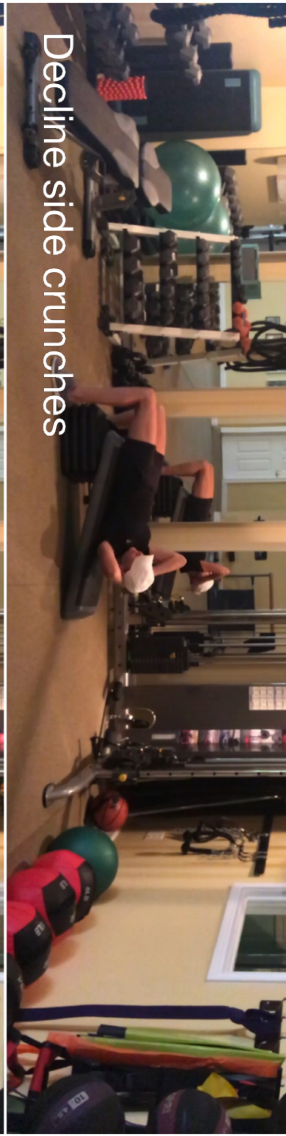


"V" sit w/ biceps curls



Incline fly w/ leg extension



Decline side crunches



Prone flies