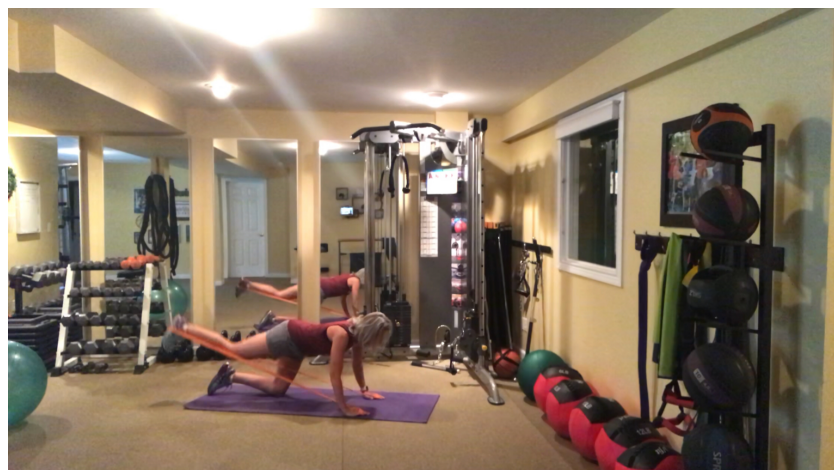




Seated rows



Chest press



Leg extensions