



ECOSCIHROLAB

*Highly
recommended!*



Hack Squat



*Scissor Lat
Pulldown*



*Outer Thigh
Abductor*



Low Row



Seated Row



*Flat Wide
Chest Press*



*Incline
Chest Press*



*Seated
Shoulder Press*



*Wide Grip
Front
Pulldown*



Hack Squat



Seated Leg Extension



Lateral Squat



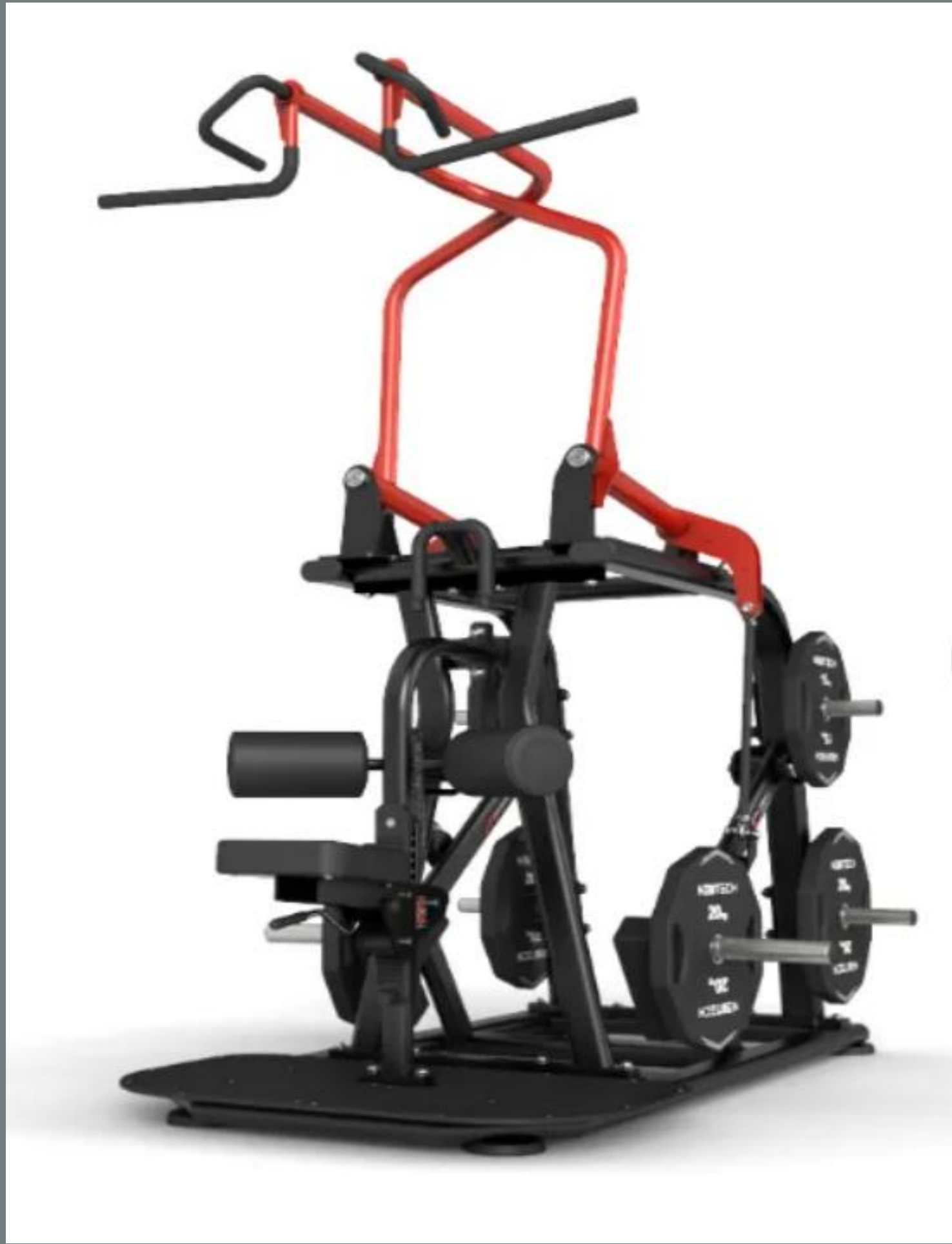
*Lying Leg
Curl*



Hip Bridge



Rear Leg Press



Scissor Lat Pulldown

Triceps Machine





High Pulldown



Leg Press



*Seated
Shoulder Raise*



Seated Chest Press



Incline Chest Press



Hip Bridge 1



Hip Bridge 2