

FreeMotion Cable Cross Exercises

Split Stance Two Arm Lat Pull Down



Seated Stability Ball Two Arm Lat Pull Down



Single Leg Two Arm Lat Pull Down



Single Leg Alternating Arms Lat Pull Down



Single Leg One Arm Lat Pull Down



FreeMotion Cable Cross Exercises

Single Leg One Arm Lat Pull Down with Rotation



Standing One Arm Pull with Rotation



Standing One Arm Push with Rotation



Standing Two Arm Cable Rotation

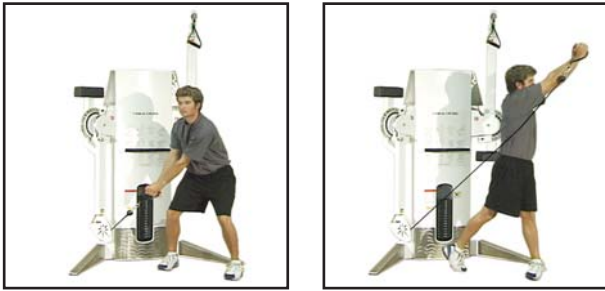


Standing Two Arm Wood Chop High to Low



FreeMotion Cable Cross Exercises

Standing Two Arm Wood Chop Low to High



Split Stance Two Arm Push-Pull



Split Stance Two Arm Incline - Decline Press



Two Arm Reverse Lunge Pull Downs



Two Arm Forward Lunge with Push



FreeMotion Cable Cross Exercises

Standing Leg Curl with Bar



Split Stance Two Arm Shoulder Press



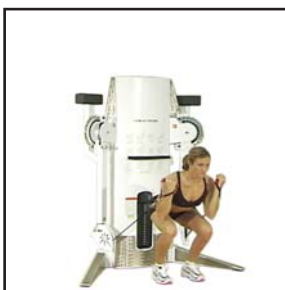
Standing Two Arm Squat to Overhead Press



Standing One Arm Squat to Overhead Press



Standing Alternating Arms Squat to Overhead Press



FreeMotion Cable Cross Exercises

Single Leg Two Arm Biceps Curl



Single Leg Alternating Arms Biceps Curl



Single Leg One Arm Biceps Curl



Single Leg One Arm Triceps Extension



Single Leg Two Arm Shoulder Extension



FreeMotion Cable Cross Exercises

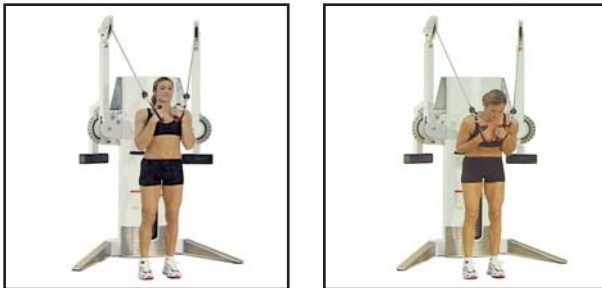
Single Leg Alternating Arms Shoulder Extension



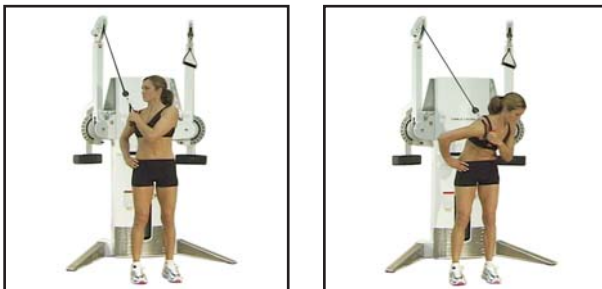
Single Leg One Arm Shoulder Extension



Standing Two Arm Abdominal Crunch



Standing One Arm Abdominal Crunch with Rotation



Single Leg Two Arm Abdominal Crunch



FreeMotion Cable Cross Exercises

Single Leg One Arm Abdominal Crunch with Rotation



Two Arm Stability Ball Abdominal Crunch



Two Arm Stability Ball Abdominal Crunch with Rotation



Two Arm Stability Ball Pullover

