

Equipment Tutorials

Bench Press



EZ Curl Bar



Lat Pull Down



Leg Press



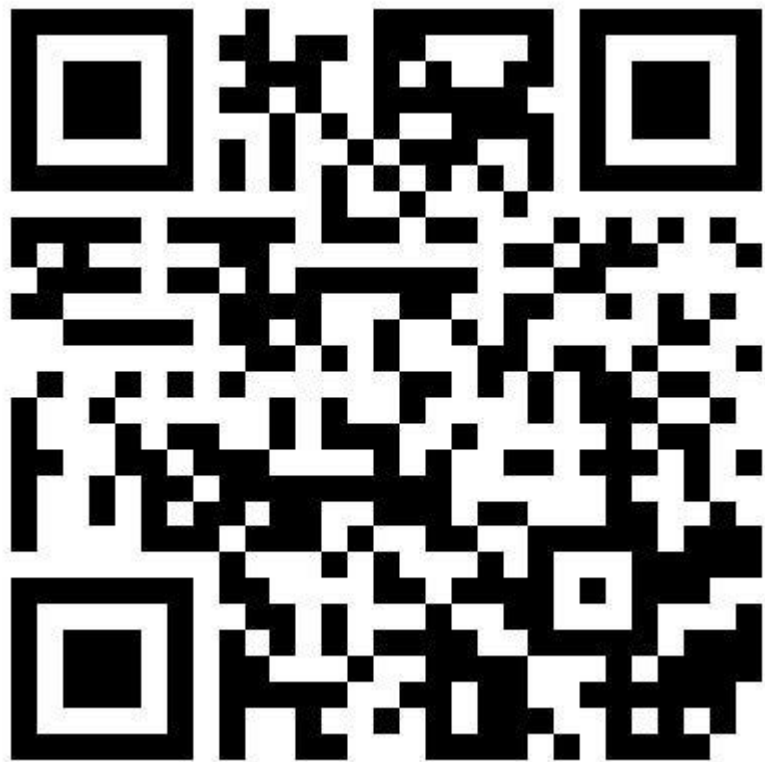
Pec Fly



Seated Chest 2



Seated Chest Press



Seated Leg Curl



Seated Row



Tricep Extension

