

4. Leg Curl (Seated or Lying)



5. Cross Cable Row



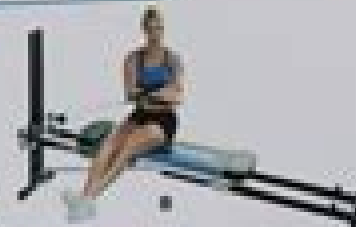
6. Seated Biceps Curl



7. Outer Hip & Thigh



8. Oblique Twister



9. Seated Chest Press



10. Pullover



11. Pullover with Crunch



Total Gym Ex Exercise Manual

Shasha Hu



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