



Seated Chest Press



Seated Shoulder Press



Pectoral Fly/Rear Deltoid



Bicep Curl



Cable Triceps Pull-down



Lat Pull Down



Seated Leg Press



Leg Curl



Leg Extension



Smith Guided Squat Rack



Squat Rack



Universal Stand



Kettle Bells



Medicine Balls



Body Bars



Free Weights



Rope



Bench