

PUSH-UP

1.



2.



Regina Catholic Schools

FLY



1.



2.



Regina Catholic Schools

BICEPS CURL



2.



Regina Catholic Schools

TRICEPS DIP



Regina Catholic Schools

TRICEPS EXTENSION

1.



2.



Regina Catholic Schools

LAT PULL DOWN



1.



2.



Regina Catholic Schools

SHOULDER PRESS



1.



2.



Regina Catholic Schools

DECLINE PUSH-UP

1.



2.



Regina Catholic Schools

PUSH PASS

1.



2.



3.



Regina Catholic Schools

T PUSH-UP



front SHOULDER RAISE



side SHOULDER RAISE



1.



2.



Regina Catholic Schools

TRICEPS KICKBACK

1.



2.



Regina Catholic Schools

front PULL UP



WALKING PUSH-UP

1.



2.



3.



4.



STANDING ROW



1.



2.



Regina Catholic Schools

reverse BICEPS CURL

1.



2.



Regina Catholic Schools

FOREARMS



WOOD CHOP



1.



2.



Regina Catholic Schools

Stability BALL PRESS

1.



2.



Regina Catholic Schools

PRESS

