Complete each exercise for 30 seconds or # of reps

Dumb Bell Reverse Flye:

    

 

Cuban Press:

      

3 Way Delt Raises:

      

Back Extension on SB:

 

Supermans:

 

Sky Diver:

 

Cobra:

 

Superball Extensions on SB:

 

Laingers:

 

Rope Laingers:

 

DB Bent Over Row (Bench):

 

Seated Row:

 

BB Bent Over Row: (125)

 