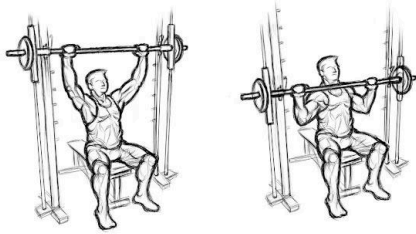
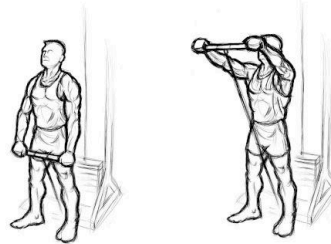


Shoulder Exercise Chart

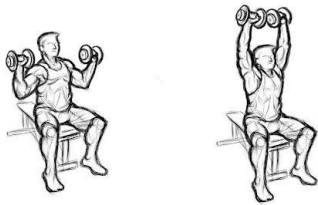
Machine Shoulder Press



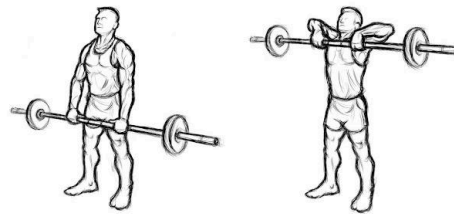
Cable Front Raise



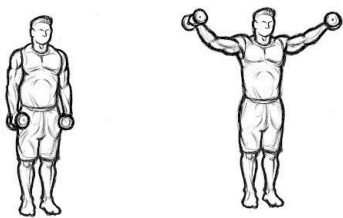
Dumbbell Press



Upright Rows



Dumbbell Lateral Raise



Military Press

