

Star Trac universal machine - - posting -

- Rope skull crushers - low to high
3/4 sets of 8-10 - weight @ 30#
<Triceps> Handle @ 5
- Lateral upright fly - Handle
3x8 - 15# weight
- Single Arm chest flies - Handle
3x10 each side - weight @ 15#
<Handle set at 7>
- Bar front Raise - <Feet away from machine>
3x10-12 reps - weight @ 30#
- Tricep V-Bar pressdown - 3x10
* Elbows in front of center line