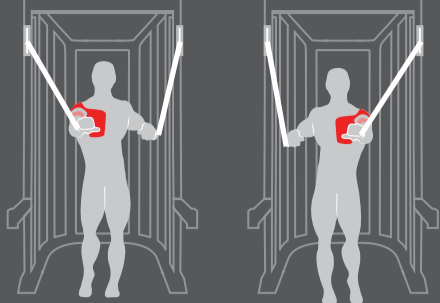
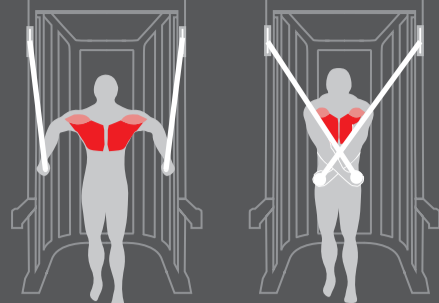


FORCE USA G20

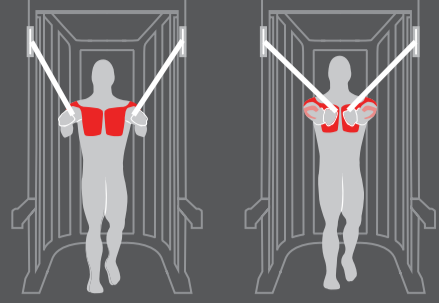
ALTERNATING CHEST PRESS



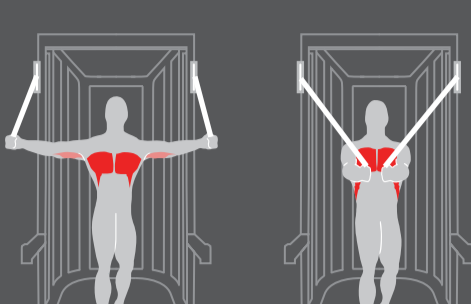
CABLE CROSSOVER



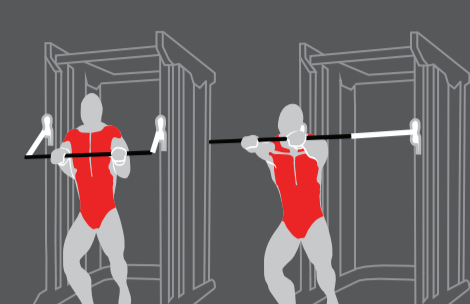
CHEST PRESS



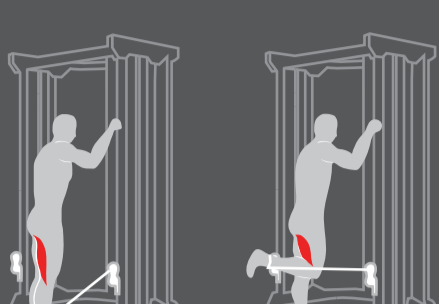
CHEST FLY



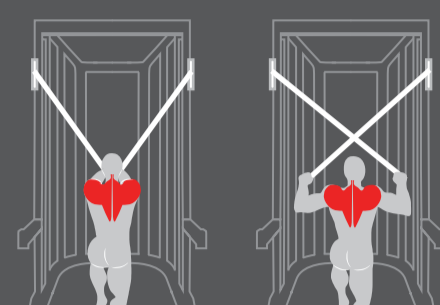
CHEST PRESS WITH BAR



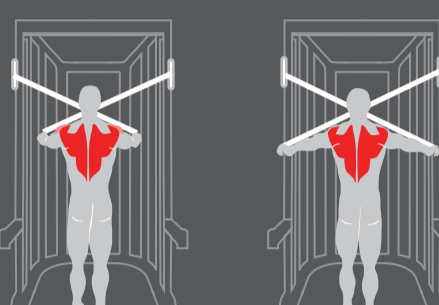
LEG CURL



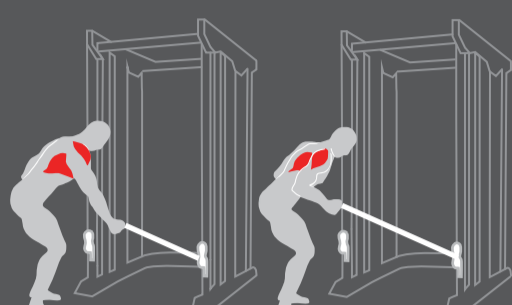
REVERSE CABLE CROSSOVER



REVERSE FLY



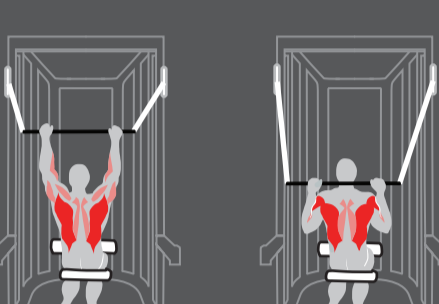
SINGLE ARM ROW



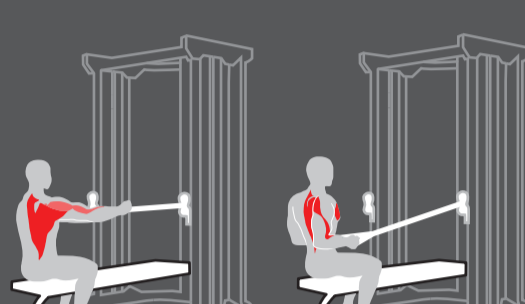
BENT OVER ROW



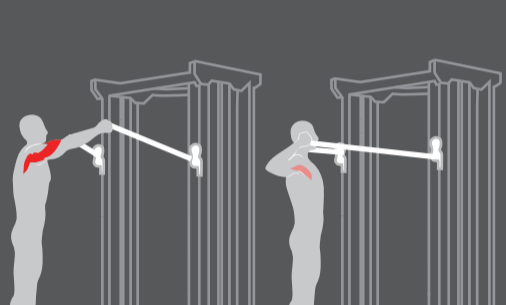
LAT PULLDOWN



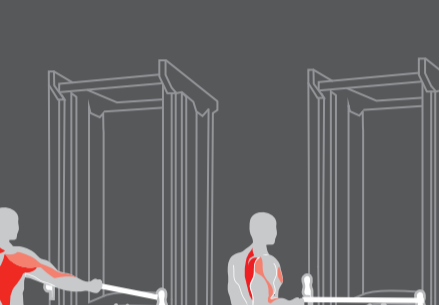
SEATED MID ROW



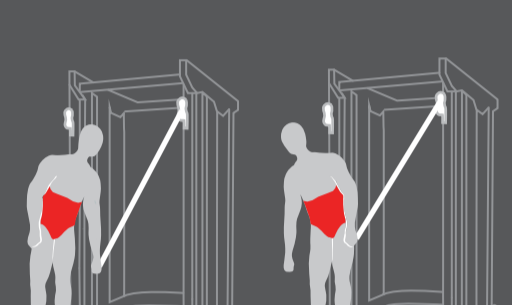
FACEPULL



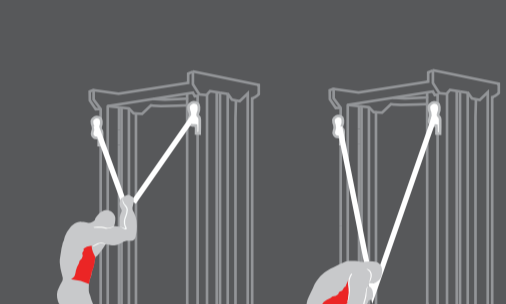
SEATED ROW



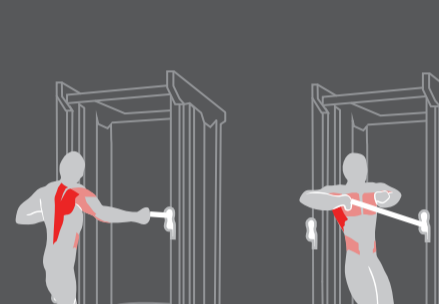
SIDE BEND



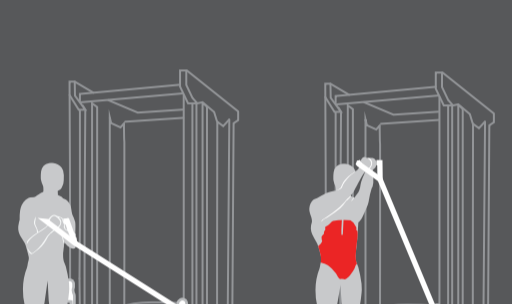
CRUNCH



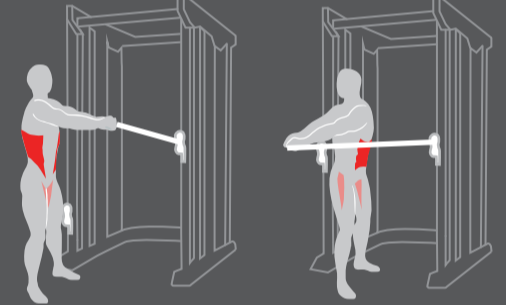
ROTATIONAL ROW



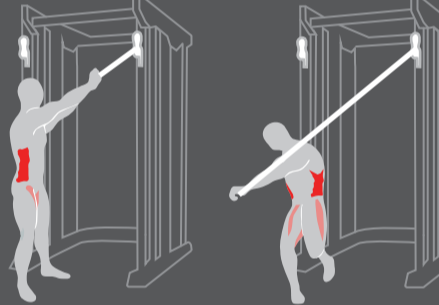
ANTI ROTATION



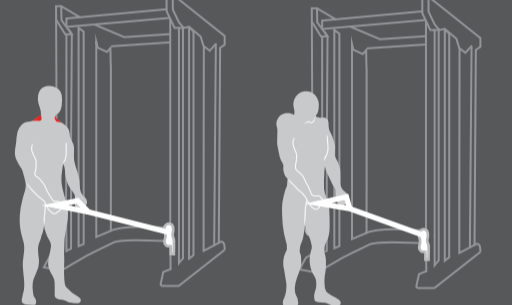
LATERAL WOODCHOP



WOODCHOPPER



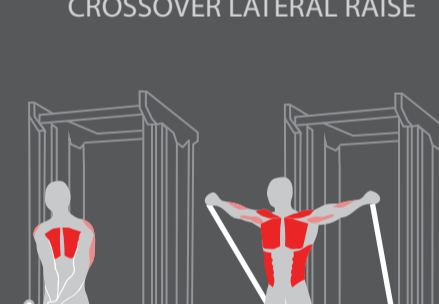
SHOULDER SHRUG



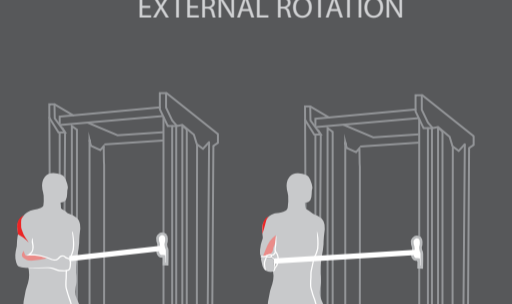
UPRIGHT ROW



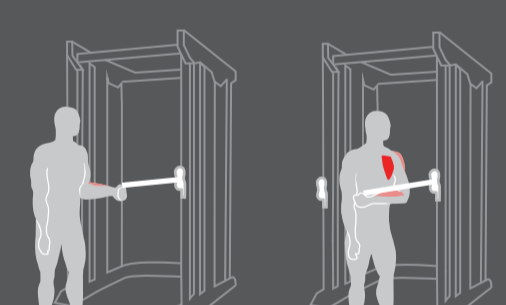
CROSSOVER LATERAL RAISE



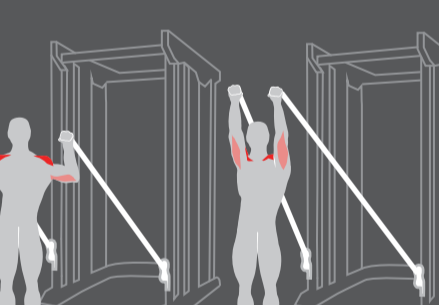
EXTERNAL ROTATION



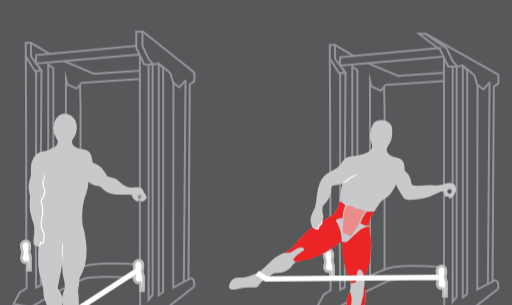
INTERNAL ROTATION



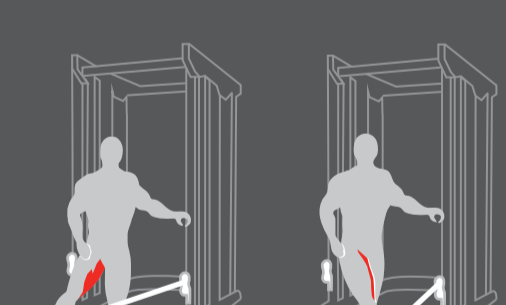
SHOULDER PRESS



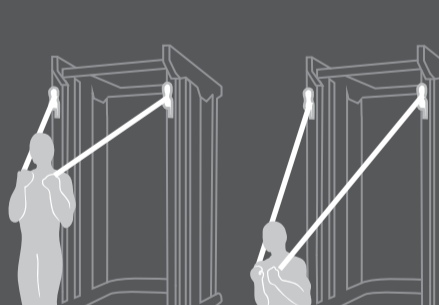
EXTERNAL HIP ABDUCTION



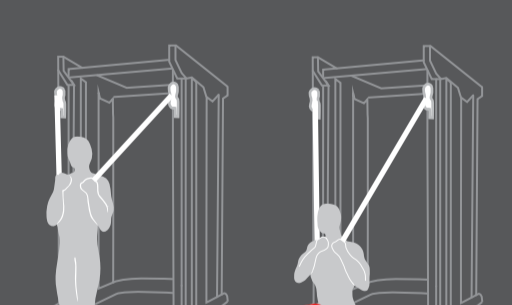
INTERNAL HIP ABDUCTION



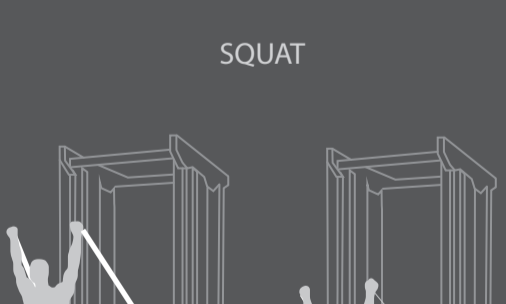
LUNGE



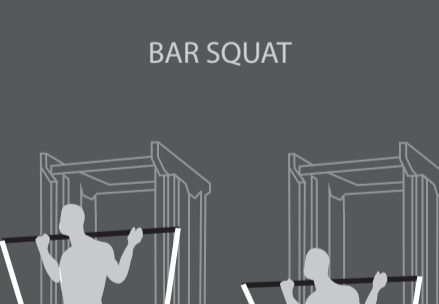
PISTOL SQUAT



SQUAT



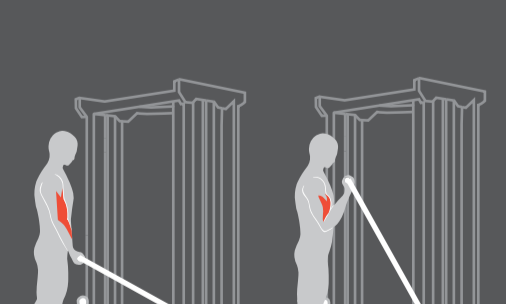
BAR SQUAT



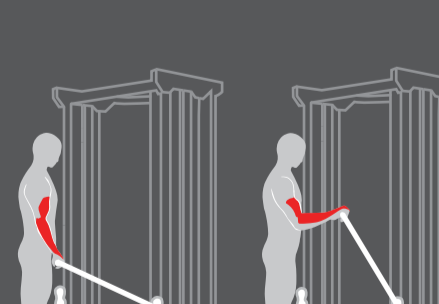
BENCH LEG PRESS



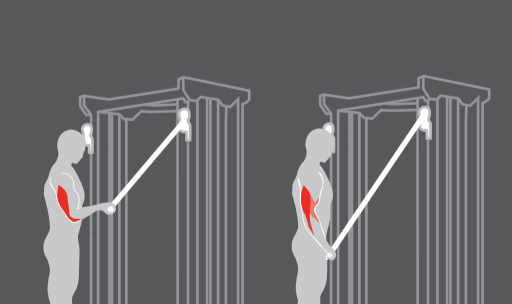
BICEP CURL



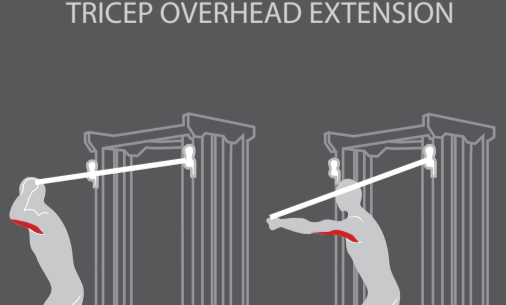
REVERSE BICEP CURL



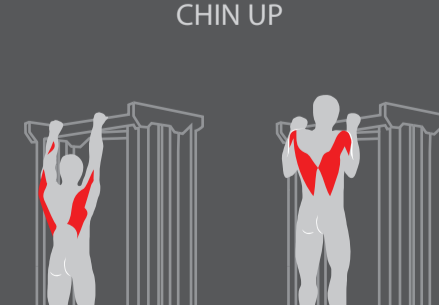
TRICEP EXTENSION



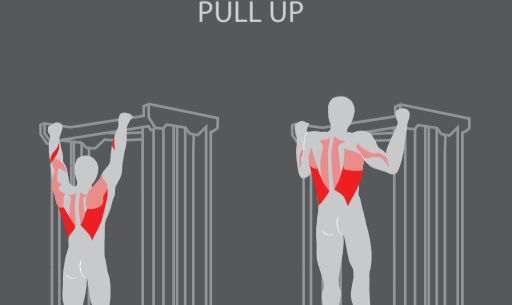
TRICEP OVERHEAD EXTENSION



CHIN UP



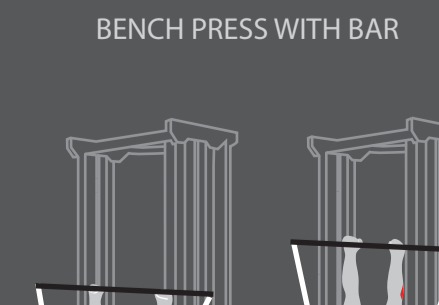
PULL UP



BENCH PRESS



BENCH PRESS WITH BAR



SEATED SHOULDER PRESS WITH BAR

