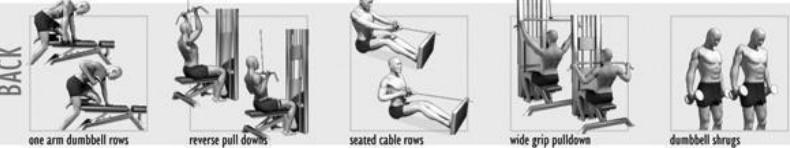


# REFERENCE CHART

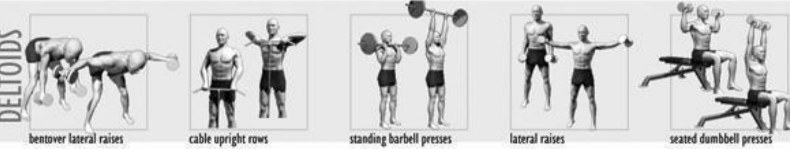
## LEGS



## BACK



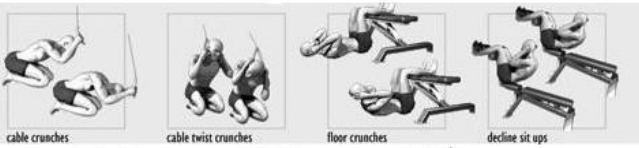
## DELTOIDS



## CHEST



## ABS



## TRICEPS



## BICEPS

