

**Exit**

Leg Press

Bench Press

Bench Pull

Keiser

Power Rack

Power Rack

Glute Machine

Power Rack

Power Rack

Kettlebell Rack

Power Rack

Power Rack

Dumbbell Rack

Lat Pull Down

Squat Stand

Squat Stand

**Entrance**

Squat Stand

Squat Stand

Squat Stand

