

BACK EXERCISE LIST

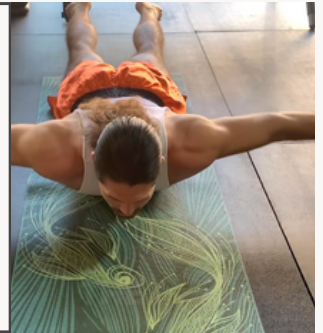
SERATUS PUSHUPS

RECOMMENDED BY MY PT
THESE TAKE A MINUTE TO GET THE HANG, BUT I'VE
FOUND THEM VERY HELPFUL.
COULD BE PLACEBO.



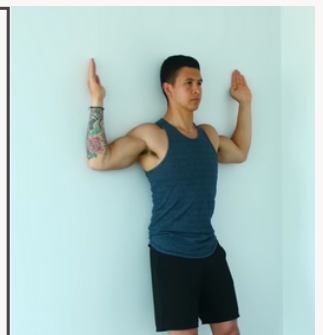
ANGELS OF DEATH

I HATE THESE, BUT I LOVE THEM.
I RECOMMEND STARTING WITH NO WEIGHT.



WALL SLIDES

FROM ONE OF MY FIRST PERSONAL TRAINERS



HYPEREXTENSIONS

GREAT FOR STRETCHING OUT THE CHEST

