THERACK Exercise Photo Reference



Jumping Jacks



Push-up(L3)



Push-up(L2)



Overhead Press -- Wide Grip



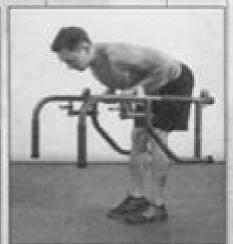
Overhead Press - Close Grip



Tricep Dips (L2 Seated Dip)



Mountain Climbers



Bent Over Row-90 degrees

The Rack Workout Guide

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