

# TCORX

FITNESS IN MOTION

## MSX90



bicep curl



slant mid row



rowing



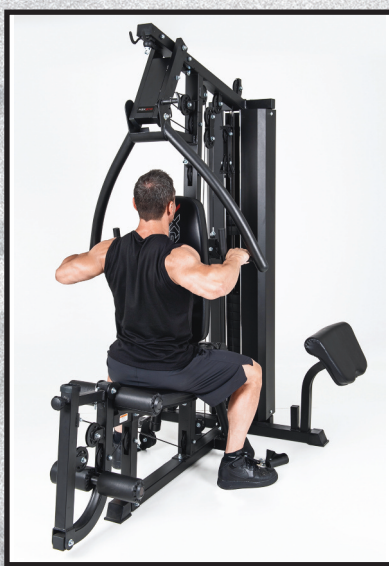
front chest press



front chest press  
vertical grip



mid row reverse  
vertical grip



mid row reverse  
flat grip



leg extension



standing leg curl



seated front rise



core rotation



tricep extension



# TCORX

FITNESS IN MOTION

## MSX90



one arm lateral raise



hip abduction



incline cable cross



glute kick back



overhead tricep extension



seated fly



seated crunch



leg press



incline press



incline cable cross



tricep reverse extension



double biceps