

Quadfather Exercises by Ken Babich



Flat Bench Dumbbell Press Position 1



Flat Bench Dumbbell Press Position 2

Quadfather Exercises by Ken Babich



Incline Press Position 1



Incline Press Position 2

Quadfather Exercises by Ken Babich



Dumbbell Fly Position 1



Dumbbell Fly Position 2

Quadfather Exercises by Ken Babich



Dumbbell Row Position 1



Dumbbell Row Position 2

Quadfather Exercises by Ken Babich



Lat Pulldown Position 1



Lat Pulldown Position 2

Quadfather Exercises by Ken Babich



Deadlift? Position 1



Position 2

Quadfather Exercises by Ken Babich



Shoulder Press Position 1



Shoulder Press Position 2

Quadfather Exercises by Ken Babich



Dumbbell Curl Position 1



Dumbbell Curl Position 2

Quadfather Exercises by Ken Babich



Kickback, Position 1



Kickback, Position 2

Quadfather Exercises by Ken Babich



Side Lateral, Position 1



Side Lateral, Position 2

Quadfather Exercises by Ken Babich



Cable Pulldown, Position 1



Cable Pulldown, Position 2

Quadfather Exercises by Ken Babich



Leg Extension, Position 1



Leg Extension, Position 2

Quadfather Exercises by Ken Babich



Dumbbell Hamstring Exercise, Position 1



Dumbbell Hamstring Exercise, Position 2

Quadfather Exercises by Ken Babich



Dumbbell Squat with Exercise Ball, Position 1



Dumbbell Squat with Exercise Ball, Position 2

Quadfather Exercises by Ken Babich



Bicep Curl against wall, Position 1



Bicep Curl against wall, Position 2