

1 BENCH PRESS

Lie on the floor with your feet flat against the floor. Hold the bar with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., M.



2 MILITARY PRESS

Lie on the floor with your feet flat against the floor. Hold the bar with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.L., M.



3 BICEP CURL

Stand with the bar at your waist. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., M.



4 CALF RAISE

Stand with the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: M., M.



5 SQUAT

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: M., M., M.



6 ALTERNATE LEG RAISE

Inhale. Lift the right knee with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Exhale. Lift the left knee with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Muscles affected: B.L., P.L., M.



7 VERTICAL KNEE RAISE

Inhale. Lift the barbell with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Exhale. Lift the barbell with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Muscles affected: P.M.



8 ASSISTED DIP

Push the barbell with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Push the barbell with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Muscles affected: B.L., L., M., P.L., M., M.



9 PULL-UP

Grasp the barbell with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Grasp the barbell with your hands. Lift the barbell with your arms supporting your weight. Return to the starting position.

Muscles affected: C., L., D., P.L., M., B.



10 PREACHER CURL

Lie on the floor with your arms on the couch. Hold the barbell with an overhand grip. Lift the barbell until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., M.



! WARNING: Before beginning any resistance program, consult your physician. This is an intensive program. Do not attempt to do more than you can comfortably perform. If you experience pain or discomfort, stop immediately. If you experience pain or discomfort, stop immediately.

IMPORTANT: This power exercise is designed for resistance that uses the weight system using PRECISION weight machines. Make sure that your weight system uses the PRECISION weight system. You must use the PRECISION weight system to perform all of the exercises listed. Make sure your weight system has an automatic safety feature.

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11 LEG PRESS

Lie on the floor with your feet flat against the floor. Hold the bar with an overhand grip. Lift the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L., H.L., M.



12 LEG EXTENSION

Lie on the floor with your feet flat against the floor. Hold the bar with an overhand grip. Lift the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L.



13 LEG CURL

Stand with the back of one leg facing the front of the other. Lift the bar until your legs are fully extended. Return to the starting position.

Muscles affected: H.L.



14 ABS CRUNCH

Lie on the floor with your feet flat against the floor. Hold the bar with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: H.L.



15 TRICEPS PRESS DOWN

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L.



16 STIFF ARM PUSHDOWN

Stand with the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

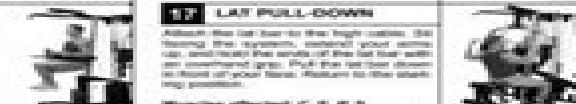
Muscles affected: B.L., P.L., M.



17 LAT PULL-DOWN

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

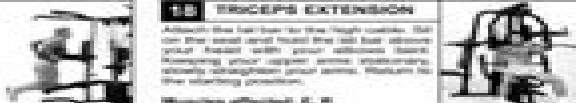
Muscles affected: C., B.L., M., B.



18 TRICEPS EXTENSION

Stand with the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: B.L., M.



19 CROSSOVER FLY

Stand with the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

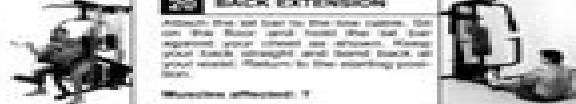
Muscles affected: B.L., L., M.



20 BACK EXTENSION

Lie on the floor with your arms on the couch. Hold the barbell with an overhand grip. Lift the barbell until your arms are fully extended. Return to the starting position.

Muscles affected: H.L.



! WARNING: Before beginning any resistance program, consult your physician. This is an intensive program. Do not attempt to do more than you can comfortably perform. If you experience pain or discomfort, stop immediately. If you experience pain or discomfort, stop immediately.

IMPORTANT: This power exercise is designed for resistance that uses the weight system using PRECISION weight machines. Make sure that your weight system uses the PRECISION weight system. You must use the PRECISION weight system to perform all of the exercises listed. Make sure your weight system has an automatic safety feature.

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21 DEAD LIFT

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., H.L., M.



22 SHOE SHINE

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., H.L., M.



23 SHOULDER SHRUG

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., H.L., M.



24 OVERHEAD EXTENSION

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., M.



25 ISOLATION CURL

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.



26 FRONT RAISE

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.



27 HHEEL ROCK

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., M.



28 HIP ADDUCTION

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.



29 HIP ADDUCTION

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H.



30 STEAMSHOWER CURL

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., M.



31 LATERAL RAISE

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., C.L., D.



32 BENT LATERAL RAISE

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., C.L., D.



33 FRONT RAISE

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: L.H., P.L.



34 UPRIGHT ROW

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L., M., P.L., M.



35 BENT ROW

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L., M., P.L., M.



36 BENT ROW

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L., M., P.L., M.



37 BACK TEACH

Inhale. Push the barbell with an overhand grip. Lift the bar until your arms are fully extended. Return to the starting position.

Muscles affected: C.L., H.L., M., P.L., M.



38 MUSCLE CHART



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