

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Attach the bar to the bar. Hold the bar with your hands until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it is positioned for the shoulders. Sit on the seat and press the bar up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Do the butterfly arms are shown. Drive the butterfly arms forward with your arms and the pads touch. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: P, L, M, B

**6 ALTERNATE LEG RAISE**

Adjust the seat so it is positioned for the legs. Do the leg raises until your arms are supporting your weight. Hold the seat with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so it is positioned for your chest. Do the knee raises until your arms are supporting your weight. Hold the seat with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, M

**8 ARRESTED DIP**

Adjust the seat so it is positioned for your chest. Extend the dip handles, extend your arms straight and pull them towards your chest. Return to the starting position. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Do not use your toes. Return to the starting position. Do not use your toes. Return to the starting position. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms on the seat pad. Hold the bar with an overhand grip. Extend your right arm and hold the bar with your right hand. Return to the starting position.

Muscles affected: C, L, K

**11 LEG PRESS**

Sit on the seat and place your feet on the floor. Do not use your toes. Hold the bar with your hands until your legs are fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: M, L, M, K

**12 LEG EXTENSION**

Sit on the seat and position your feet under the pads on the leg extension. Place your hands on the handles. Extend your legs straight and strong. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl. Hold the leg behind your knee. Return to the starting position. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Adjust the seat so it is positioned for your abs. Extend your legs and hold the handles. Extend your arms straight. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the seat so it is positioned for your triceps. Extend your arms straight. Hold the handles. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Extend the bar bar to the floor. Hold the bar with an overhand grip. Extend your arms straight and hold the bar with your hands. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Adjust the seat so it is positioned for your lat. Hold the bar with your arms straight. Extend your arms straight and hold the bar with your hands. Return to the starting position.

Muscles affected: C, M, P, M

**18 TRICEPS EXTENSION**

Adjust the seat so it is positioned for your triceps. Extend your arms straight. Hold the bar with your hands. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles so it is positioned for your chest. Extend your arms straight. Hold the bar with your hands. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Adjust the seat so it is positioned for your back. Extend your arms straight and hold the bar with your hands. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: L, M, T, Y, M

**22 SHOE SWING**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: C, E, M

**23 SHOULDER SHRUG**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: L, M, B

**25 ISOLATION CURL**

Adjust the handles so it is positioned for your biceps. Extend your arms straight. Hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: C, M

**26 FRONT RAISE**

Adjust the pulley strap so it is positioned for your front. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

Adjust the pulley strap so it is positioned for your back. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

Adjust the pulley strap so it is positioned for your hip adduction. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the pulley strap so it is positioned for your hip adductor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: D, M

**30 STEAMING CURL**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position. Do every two seconds. Hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: L, P, C

**34 UPRIGHT ROW**

Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: C, L, S, P, C, D

**35 BENT ROW**

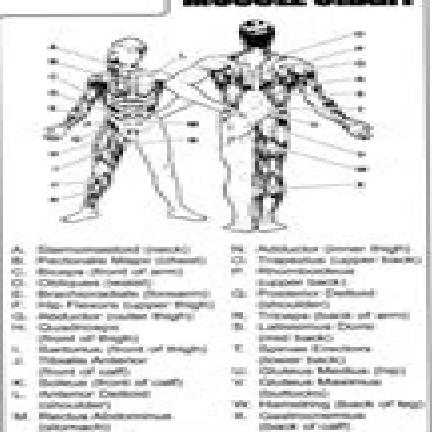
Adjust the bar so it is at the floor. Extend your arms straight and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: C, L, S, P, C, D

**36 SQUAT ROW**

Adjust the bar so it is at the floor. Do not use the floor and hold the bar with your hands. Do not lock your knees. Return to the starting position.

Muscles affected: C, L, S, P, C, D

**MUSCLE CHART**

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The Everything Guide to Spices for Health Michelle Robson-Garth, 2016-01-08 A recipe and guide book for cooking with healthy spices [For All Practical Purposes Student's Study Guide](#) COMAP, 2006-01-13 Offers study tips and tools to help students gain a better understanding of course material New edition will also include study flashcards for further practice

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