

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Extend your legs straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY SPREADS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Keep your arms straight. Return to the starting position.

Muscles affected: L, L, M

**3 BICEPS CURL**

Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your arms straight. Return to the starting position.

Muscles affected: M, M

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your legs straight. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M

**7 VERTICAL KNEE RAISE**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Extend your arms straight. Return to the starting position.

Muscles affected: P, M

**8 AUSTRIAN STEP**

Stand with your feet on the floor plates. Extend your arms straight. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body. Pull your arms and legs straight. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms out to the sides. Hold the bar with an overhand grip. Extend your arms straight. Return to the starting position.

Muscles affected: B, L

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: M, L, M, M

**12 LEG EXTENSION**

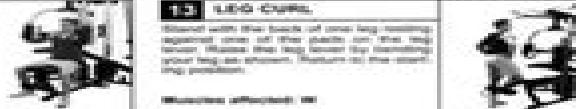
Sit on the seat and place your feet under the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: L, M

**13 LEG CURL**

Sit on the seat with your legs straight. Extend your arms out to the sides. Place your feet on the floor plates. Extend your legs straight. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, M, P, M

**18 TRICEPS EXTENSION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER FLY**

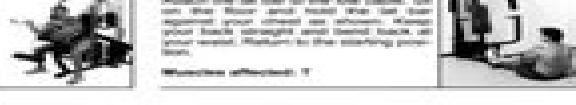
Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: B, L, M, M

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

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

**22 SHOE SWING**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, L, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, D, P, M

**24 OVERHEAD EXTENSION**

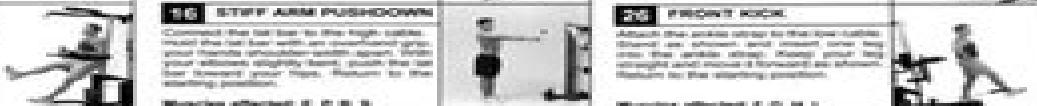
Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M

**25 ISOLATION CURL**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**26 FRONT RAISE**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M

**27 KNEEL ROCK**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, M

**28 HIP ADDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M

**30 SQUATING CURL**

Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

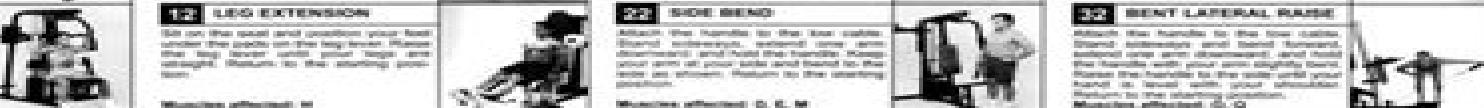
Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, M, D

**32 BENT LATERAL RAISE**

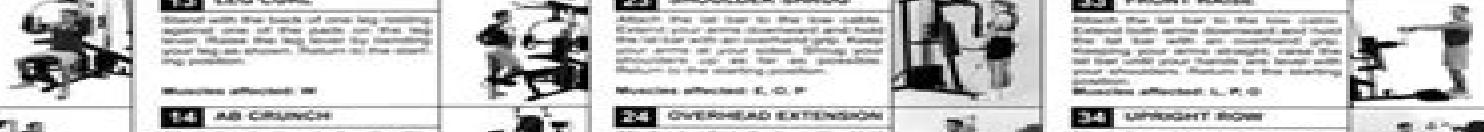
Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, D, D

**33 FRONT RAISE**

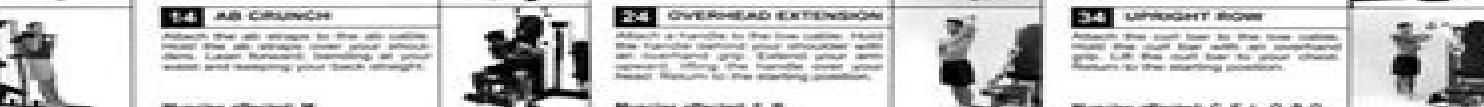
Attach the bar to the floor plates. Extend your arms straight. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Stand with your feet on the floor plates. Lift the bar up to your chest. Return to the starting position.

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

**35 BENT ROW**

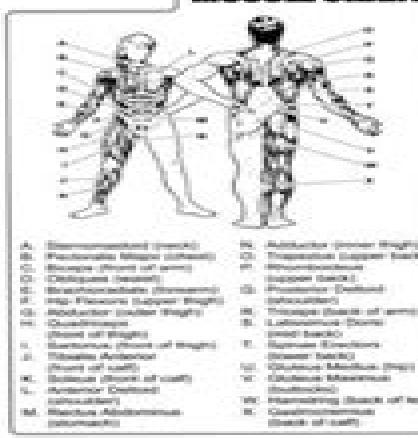
Attach the handles to the floor plates. Extend your arms straight. Return to the starting position.

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

**36 SQUAT ROW**

Attach the handles to the floor plates. Lift the bar up to your chest. Return to the starting position.

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

**MUSCLE CHART**

Weider Exercise Guide

Minjie Lin

Weider Exercise Guide:

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Ebony,1976-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Video Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **TV Guide** ,1975 **Ebony** ,1975-12 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *McCall's* ,1976-04 **The EBay Price Guide** Julia L. Wilkinson,2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games **Ebony** ,1975-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Shape** ,1996

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Aquatic Exercise Ruth Sova,1993 **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Forbes** ,1987

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