

1 BENCH PRESS

Set on the seat and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: B, L, M, S



111 LEG PRESS

Set on the seat and place your feet on the platform. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M, S, M, S

121 LEG EXTENSION

Set on the seat and place your feet on the platform. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M



211 DEAD LIFT

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M, T, M, M



311 LATERAL RAISE

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: L, L, G, G



221 MILITARY SPREES

Adjust the height so that your arms are extended when you sit down. Hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: L, L, G, G



321 BICEPS CURL

Stand with the back of your leg facing the back of your knee and the top of your foot facing the front of your knee. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M



231 SHOULDER SHRUG

Adjust the height so that your arms are extended when you sit down. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, S, P



331 FRONT RAISE

Adjust the height so that your arms are extended when you sit down. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: L, M, G



4 CALF RAISE

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M, M



511 SQUAT

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M, M, M



241 ABS CRUNCH

Adjust the height so that your arms are extended when you sit down. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M



341 OVERHEAD EXTENSION

Adjust the height so that your arms are extended when you sit down. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M, P



611 ALTERNATE LEG RAISE

Adjust the seat so that your feet are on the floor and your arms are supporting your weight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



151 VERTICAL KNEE RAISE

Adjust the height so that your feet are on the floor and your arms are supporting your weight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



251 LAT PULL-DOWN

Adjust the height so that your feet are on the floor and your arms are supporting your weight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M, S



351 TRICEPS EXTENSION

Adjust the height so that your feet are on the floor and your arms are supporting your weight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



7 VERTICAL KNEE RAISE

Adjust the seat so that your feet are on the floor and your arms are supporting your weight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



8 ABSISTED SIT

Adjust the height so that your feet are on the floor and your arms are supporting your weight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M, S



261 TRICEPS EXTENSION

Adjust the height so that your feet are on the floor and your arms are supporting your weight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



361 PULL-UP

Adjust the pull-up handles so that your arms are straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M, S



461 PREACHER CURL

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



561 LAT PULL-DOWN

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



661 BACK EXTENSION

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



761 PULL-UP

Set on the pull-up handles so that your arms are straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M, S



861 PREACHER CURL

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



271 LAT PULL-DOWN

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



371 BACK EXTENSION

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



471 PREACHER CURL

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



571 LAT PULL-DOWN

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



671 BACK EXTENSION

Set on the seat and hold your arms straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



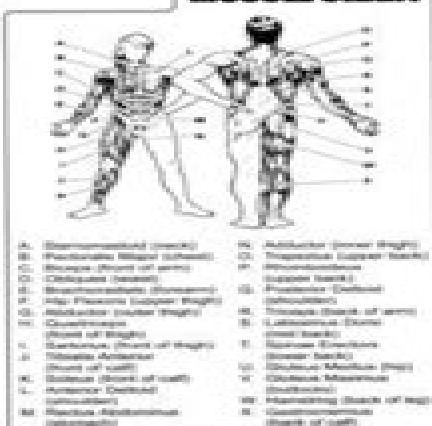
771 PULL-UP

Set on the pull-up handles so that your arms are straight. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



MUSCLE CHART



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Ben Weider,Joe Weider,Daniel Gastelu

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