

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Inhale, then exhale and press your chest straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY SPINNERS**

Attach the system to the floor plates. Sit on the seat and hold the handles with your hands. Inhale, then exhale and press your chest straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, L, M

**3 BICEPS CURL**

Sit on the seat and hold the handles with your hands. Inhale, then exhale and press your chest straight. Inhale, then exhale and pull your arms towards your chest. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Stand on the seat with your feet shoulder-width apart. Inhale, then exhale and raise your heels as high as you can. Return to the starting position.

Muscles affected: M, M

**5 SQUAT**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and stand back up. Inhale, then exhale and sit on the floor plates again. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Inhale, then exhale and press your chest. Inhale, then exhale and press your arms supporting your weight. Inhale, then exhale and bring your legs up as high as you can. Return to the starting position. Inhale, then exhale and bring your legs up as high as you can again.

Muscles affected: B, L, M

**7 VERTICAL KNEE RAISE**

Inhale, then exhale and press your chest. Inhale, then exhale and press your arms supporting your weight. Inhale, then exhale and bring your legs up as high as you can. Return to the starting position. Inhale, then exhale and bring your legs up as high as you can again.

Muscles affected: P, L, M

**8 AUSTRIAN STEP**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and stand back up. Inhale, then exhale and sit on the floor plates again. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with your hands. Inhale, then exhale and pull your arms towards your chest. Inhale, then exhale and lower your arms. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms out to your sides. Inhale, then exhale and pull your arms towards your chest. Inhale, then exhale and lower your arms. Return to the starting position.

Muscles affected: B, L

**11 LEG PRESS**

Sit on the seat and place your feet on the floor plates. Inhale, then exhale and press your legs into the floor plates. Return to the starting position.

Muscles affected: M, L, M, B

**12 LEG EXTENSION**

Sit on the seat and place your feet under the floor plates. Inhale, then exhale and extend your legs as far as you can. Return to the starting position.

Muscles affected: B, M

**13 LEG CURL**

Sit on the seat with your legs extended. Inhale, then exhale and pull your legs towards your chest. Return to the starting position.

Muscles affected: B, M

**14 ABS CRUNCH**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and raise your upper body. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and extend your arms. Return to the starting position. Inhale, then exhale and extend your arms again. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Contract the latissimus dorsi in your right shoulder. Inhale, then exhale and pull your right shoulder towards your chest. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and extend the arms of the latissimus dorsi in your right shoulder. Return to the starting position.

Muscles affected: C, B, M, B

**18 TRICEPS EXTENSION**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: B, M, B

**19 CROSSEOVER FLY**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: B, L, M, B

**20 BACK EXTENSION**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Inhale, then exhale and sit on the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

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

**22 SHOE SWING**

Attach the shoe holder to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, M

**23 SHOULDER SHRUG**

Attach the lat bar to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, P

**24 OVERHEAD EXTENSION**

Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, M

**25 ISOLATION CURL**

Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, M

**26 FRONT RAISE**

Attach the pulley cable to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, M, P

**27 REEL ROCK**

Attach the pulley cable to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, M

**28 HIP ADDUCTION**

Attach the cable handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the cable handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M

**30 SQUATMING CURL**

Attach the lat bar to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, G

**32 BENT LATERAL RAISE**

Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, G

**33 FRONT RAISE**

Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

Muscles affected: L, M, G

**34 UPRIGHT ROW**

Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

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

**35 BENT ROW**

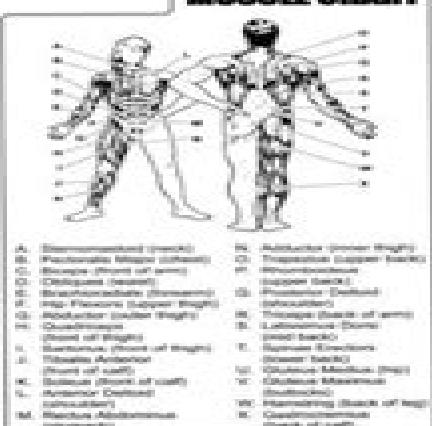
Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

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

**36 SQUATTE ROW**

Attach the bar handle to the floor plates. Inhale, then exhale and extend your arms. Return to the starting position.

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

**MUSCLE CHART**

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the statistics for obesity have been alarming in the twenty first century concern about fatness has a history In Fighting Fat Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada Through the context of body medicine weight measurement food studies fat studies and the identity of those who were fat Mitchinson examines the attitudes and practices of medical practitioners nutritionists educators and those who see themselves as fat Fighting Fat analyzes a number of sources to expose our culture's obsession with body image Mitchinson looks at medical journals both their articles and the advertisements for drugs for obesity as well as magazine articles and advertisements including popular before and after weight loss stories Promotional advertisements reveal how the media encourages negative attitudes towards body fat The book also includes over 30 interviews with Canadians who defined themselves as fat highlighting the emotional toll caused by the stigmatizing of fatness **Willing's Press Guide** ,2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

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