

**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, T, 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 torso upright and extend your arms. Return to the starting position.

Muscles affected: L, T, M

**3 BICEPS CURL**

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

Muscles affected: B, T

**4 CALF RAISE**

Stand with your feet on the floor plates. Keep your torso upright and extend your legs straight. Lift your heels off the floor and hold. Return to the starting position.

Muscles affected: M, B

**5 SQUAT**

Stand with your feet on the floor plates. Extend your arms straight. Extend your torso upright and extend your legs straight. Return to the starting position.

Muscles affected: P, L, M

**6 ALTERNATE LEG RAISE**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Lift one leg and hold. Return to the starting position. Repeat with each leg.

Muscles affected: B, T, M

**7 VERTICAL KNEE RAISE**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Lift your knee and hold. Return to the starting position.

Muscles affected: T, M

**8 AUSTRIAN SHP**

Attach the system with your feet. Sit on the seat and hold the handles with your hands. Extend your torso upright and extend your legs straight. Keeping your torso upright, bend your knee and hold. Return to the starting position.

Muscles affected: B, L, T, M

**9 PULL-UP**

Grasp the pull-up handles with your hands. Lower your body, pull your arms and torso up until your chin is above your head. 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 torso upright and extend your legs 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 torso upright and extend your legs straight. Return to the starting position.

Muscles affected: M, T, M, B

**12 LEG EXTENSION**

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

Muscles affected: M

**13 LEG CURL**

Sit on the floor with your legs extended. Wrap one end of the strap on the floor. Extend your leg forward by bending your knee. Return to the starting position.

Muscles affected: M

**14 ABS CRUNCH**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your torso and hold. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESSDOWN**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your arms and hold. Extend your arms to your sides. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your arms and hold. Extend your arms to your sides. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift the bar down with your arms straight. Return to the starting position.

Muscles affected: C, B, M, B

**18 TRICEPS EXTENSION**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Lift your arms and hold. Return to the starting position.

Muscles affected: B, M

**19 CROSSEOVER FLY**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Lift one arm and hold. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your torso and hold. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Attach the bar to the floor plates. Extend your torso upright and extend your legs straight. Lift your torso and hold. Return to the starting position.

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

**22 SHOE SWING**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your torso and hold. Return to the starting position.

Muscles affected: L, B, M

**23 SHOULDER SHRUG**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your shoulders and hold. Return to the starting position.

Muscles affected: L, D, P

**24 OVERHEAD EXTENSION**

Attach the handles to the floor plates. Extend your torso upright and hold the handles with an overhand grip. Extend your arms forward, lifting your torso over your head. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

Muscles affected: L, B

**26 FRONT RAISE**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

Muscles affected: L, S, M, P

**27 KNEEL ROCK**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

Muscles affected: L, S, M, P

**28 HIP ADDUCTION**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Lift one leg and hold. Return to the starting position.

Muscles affected: L, M

**29 HIP ABDUCTION**

Attach the handles to the floor plates. Extend your torso upright and extend your legs straight. Lift the other leg and hold. Return to the starting position.

Muscles affected: L, M

**30 STANDING CURL**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position. To vary this exercise, hold the bar with an underhand grip.

Muscles affected: C, B

**31 LATERAL RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

Muscles affected: L, D, C, D

**32 BENT LATERAL RAISE**

Attach the handles to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

Muscles affected: L, D, C, D

**33 FRONT RAISE**

Attach the bar to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

Muscles affected: L, P, D, C

**34 UPRIGHT ROW**

Stand with your feet on the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

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

**35 BENT ROW**

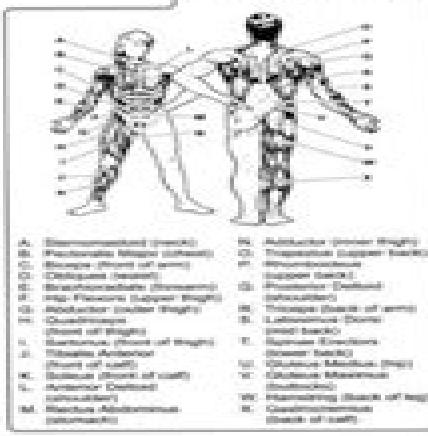
Attach the handles to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

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

**36 SQUAT ROW**

Attach the handles to the floor plates. Extend your torso upright and hold the bar with an overhand grip. Lift your arms and hold. Return to the starting position.

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

**MUSCLE CHART**

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**L Manion**

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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

**Nuestro** ,1977     **Popular Mechanics** ,1975-02 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle     *Ebony* ,1976-04 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     **Fighting Fat** Wendy Mitchinson,2018-01-01 While

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

**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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