

1 CHEST PRESS



Muscles affected: P, L, S

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, C, W

3 CHEST FLY



Muscles affected: P, L

4 BENT LATERAL RAISE



Muscles affected: P, L, S

5 LATERAL RAISE



Muscles affected: C, D, P

6 SINGLE ARM PREACHER CURL



Muscles affected: C, E

7 TRICEPS KICKBACK



Muscles affected: W

8 UPRIGHT ROW



Muscles affected: C, E, L, C, R, S

9 STANDING ROW



Muscles affected: C, E, C, R, S, T

10 BICEPS CURL



Muscles affected: C, E

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: W

12 STANDING CURL



Muscles affected: C, E

13 TRICEPS PUSH-DOWN



Muscles affected: C, W

14 STIFF ARM PULL-DOWN



Muscles affected: E, C, R, S

15 LAT PULL-DOWN



Muscles affected: C, E, R, S

16 BENT ROW



Muscles affected: E, C, R, S

17 CALF RAISE



Muscles affected: C, E

18 BICEPS-TRICEPS COMBO



Muscles affected: C, E

19 HIP FLEXION



Muscles affected: E, W, L

20 LEG EXTENSION



Muscles affected: W

21 LEG CURL



Muscles affected: L, W

22 ABDUCTION/ADDUCTION



Muscles affected: L, C, L, W

23 HEEL KICK



Muscles affected: W, L, C, W

24 SHOULDER RAISE



Muscles affected: L

25 PREACHER CURL



Muscles affected: C, E

26 ABDOMINAL CRUNCH



Muscles affected: W

27 OBLIQUE CRUNCH



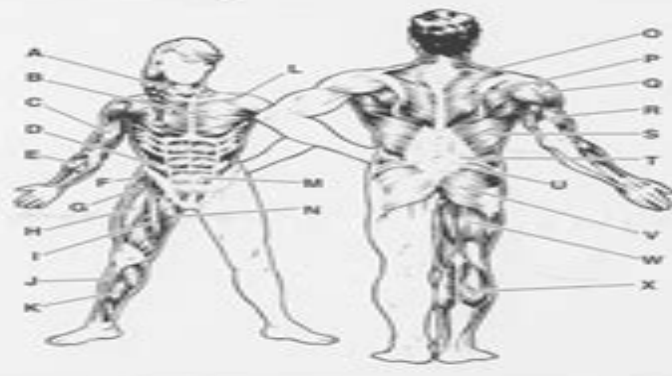
Muscles affected: C, W

28 SHOULDER SHRUG



Muscles affected: C, P

MUSCLE CHART



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Weider Max Exercise Guide

BM King

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Muscles in the Movies John D. Fair,David L. Chapman,2020-11-16 John Fair and David Chapman tell the story of how filmmakers use and manipulate the appearance and performances of muscular men and women to enhance the appeal of their productions The authors show how this practice deeply rooted in western epistemological traditions evolved from the art of photography through magic lantern and stage shows into the motion picture industry arguing that the sight of muscles in action induced a higher degree of viewer entertainment From Eugen Sandow to Dwayne The Rock Johnson muscular actors appear capable of performing the miraculous and with the aid of stuntmen and filming contrivances they do By such means muscles are used to perfect the art of illusion inherent in movie making from its earliest days **House & Garden** ,1976 **Medical and Health Care Books and Serials in Print** ,1997

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