

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Keeping your arms straight. Push your arms down. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

Sit on the seat and hold the handles with your hands. Extend your legs and place your feet on the floor. Hold the handles with your hands until your legs are fully extended. Do not rock your knees. Return to the starting position.

Muscles affected: M, L, M, K

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg extension. Place your hands on the handles and extend your legs straight. Return to the starting position.

Muscles affected: M

**21 DEAD LIFT**

Attach the barbell to the bar system. Stand with your feet shoulder-width apart and hold the handles with your hands. Keeping your arms straight. Keeping your arms close to your sides and bend at the waist. Return to the starting position.

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

**31 LATERAL RAISE**

Attach a handle to the bar system. Stand with your feet shoulder-width apart and hold the handle to the side until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, H, C, O

**2 MILITARY PRESS**

Attach the bar system to the bar system. Sit on the seat and press the handles with your hands. Extend your arms straight. Keeping your arms close to your sides. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, S

**22 SHOE SHINE**

Attach the handle to the bar system. Stand with your arms straight. Keeping your arms close to your sides and bend at the waist. Return to the starting position.

Muscles affected: L, C, M

**32 BENT LATERAL RAISE**

Attach the handle to the bar system. Stand with your arms straight and bend at the waist. Hold the handle to the side until your arms are level with your shoulders. Return to the starting position.

Muscles affected: L, C, O

**4 CALF RAISE**

Hold the handles with your hands. Keep your feet on the floor and rise up on your toes as far as possible. Return to the starting position.

Muscles affected: H, M

**23 SHOULDER SHRUG**

Attach the barbell to the bar system. Stand with your arms straight and hold the barbell with an overhand grip. Keeping your arms close to your sides and bend at the waist. Return to the starting position.

Muscles affected: L, H, P

**24 OVERHEAD EXTENSION**

Attach a handle to the bar system. Hold the handle behind your shoulder with an overhand grip. Extend your arms upward. Return to the starting position.

Muscles affected: H, M, M

**25 FRONT RAISE**

Attach the barbell to the bar system. Stand with your arms straight and hold the barbell with an overhand grip. Keeping your arms close to your sides and bend at the waist. Return to the starting position.

Muscles affected: L, P, H, M



5 SQUAT
Hold the handles with an overhand grip. Keep your feet shoulder-width apart and rise up on your toes as far as possible. Return to the starting position.

Muscles affected: H, L, M, M

**26 ISOLATION CURL**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, M

**27 LAT PULL DOWN**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, O, M, H

**33 BENT ROW**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, L, O, P, H, O



6 ALTERNATE LEG RAISE
Hold the handles with your hands. Extend your legs and place your feet on the floor. Extend your arms supporting your weight. Squeeze your lower abdomen as high as possible. Return to the starting position by bending your knees. Return to the starting position.

Muscles affected: H, P, M

**28 STIFF ARM PUSHDOWN**

Connect the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, P, M, S

**29 FRONT RICK**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, O, M, H

**34 SQUAT ROW**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, L, O, P, H, O, S, T



7 VERTICAL KNEE RAISE
Hold the barbell with your hands. Extend your legs and place your feet on the floor. Extend your arms supporting your weight. Squeeze your lower abdomen as high as possible. Return to the starting position by bending your knees. Return to the starting position.

Muscles affected: H, P, M

**35 ISOLATION CURL**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, M, M

**26 HIP ADDUCTION**

Attach the cable pulley to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: L, H

**36 HIP ADDUCTOR THIGH**

Attach the cable pulley to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, M, H



8 ASSISTED DIP
Place your feet on the floor. Extend your arms and hold the handles with your hands. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, L, O, P, H, O, S, T

**16 TRICEPS EXTENSION**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, M, M

**27 CROSSOVER FLY**

Attach the handles to the bar system. Hold the handles with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, L, O, M

**37 BACK EXTENSION**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, O, M



9 PULL-UP
Grip the pull-up handles as shown. Lower your body down until your arms are straight and then pull yourself up until your arms are straight. Return to the starting position.

Muscles affected: C, L, O, P, H

**10 PREACHER CURL**

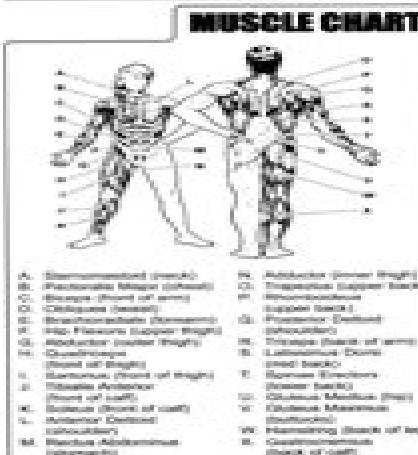
Sit on the seat and hold your arms on the seat pad. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position.

Muscles affected: H, L, O

**28 STEADING CURL**

Attach the barbell to the bar system. Hold the barbell with an overhand grip. Keeping your arms straight and bend at the waist. Return to the starting position. Do this for 10 repetitions.

Muscles affected: H, O, M

**MUSCLE CHART**

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