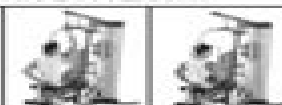


1 CHEST PRESS



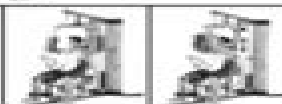
Muscles affected: P, R, A, M

2 SINGLE ARM LAT PULL-DOWN



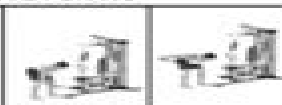
Muscles affected: L, R, M, B

3 CHEST FLY



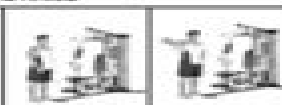
Muscles affected: P, R

4 BENT LATERAL RAISE



Muscles affected: L, R, M

5 LATERAL RAISE



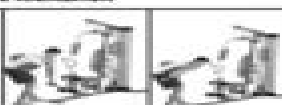
Muscles affected: L, R, M, B

6 SINGLE ARM PREACHER CURL



Muscles affected: L, R

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW



Muscles affected: L, R, L, R, B, S

9 STANDING ROW



10 BICEPS CURL



Muscles affected: L, R

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: L, R

13 TRICEPS PUSH-DOWN



Muscles affected: L, M

14 STIFF ARM PULL-DOWN



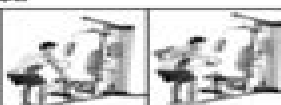
Muscles affected: L, R, M, B

15 LAT PULL-DOWN



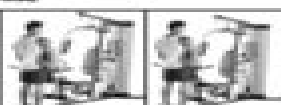
Muscles affected: L, R, M, B

16 BENT ROW



Muscles affected: L, R, M, B

17 CALF RAISE



Muscles affected: M, B

18 BICEPS-TRICEPS COMBO

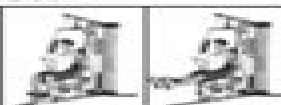


19 HIP FLEXION



Muscles affected: P, M, L

20 LEG EXTENSION



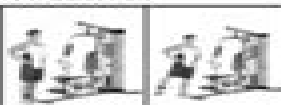
Muscles affected: M

21 LEG CURL



Muscles affected: L, M

22 ABDUCTION/ADDUCTION



Muscles affected: M, L, R, L, M

23 HEEL ROCK



Muscles affected: M, L, R, L, M

24 SHOULDER RAISE



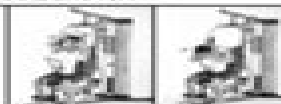
Muscles affected: L, R

25 PREACHER CURL



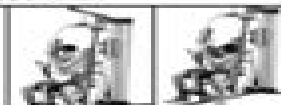
Muscles affected: L, R

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



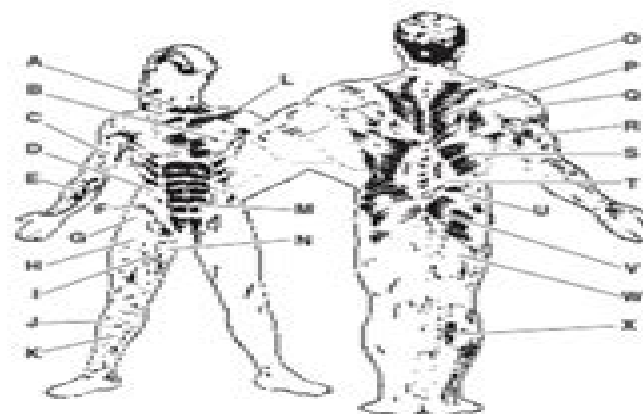
Muscles affected: L, M

28 SHOULDER SHRUG



Muscles affected: L, R

MUSCLE CHART



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