

1 BENCH PRESS

Set on the seat and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: B, L, M, S



111 LEG PRESS

Set on the seat and place your feet on the platform. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M, S, M, S

121 LEG EXTENSION

Set on the seat and place your feet on the platform. Hold your feet with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M



211 DEAD LIFT

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M, T, M, M



221 SHOULDER SHRUG

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, S, M



231 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg curl machine. Hold your feet with your hands. Hold your arms straight. Medium to the starting position.

Muscles affected: M



241 ABS CRUNCH

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: M



251 TRICEPS PRESS DOWN

Stand with the seat on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M



261 SEATED ARM PUSHDOWN

Contract the left arm to the right, holding the left bar with your left hand. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Contract the right arm to the left, holding the right bar with your right hand. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, P, M, S



271 LAT PULL-DOWN

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: C, M, P, M



281 TRICEPS EXTENSION

Stand with the seat on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M



291 CROSSOVER FLY

Stand with the seat on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M, S



301 BACK EXTENSION

Stand with the seat on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: T



311 PREACHER CURL

Set on the seat and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, L, M



321 DEAD LIFT

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M, T, M, M



331 SHOULDER SHRUG

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, S, M



341 OVERHEAD EXTENSION

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M, P



351 ISOLATION CURL

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M



361 FRONT RACK

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M, P



371 HINGED ROW

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M, P



381 HIPS ADDUCTION

Stand with the seat on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: L, M



391 HIPS ABDUCTION

Stand with the seat on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M



401 STEALING CURL

Stand with the seat on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, M



33 LATERAL RAISE

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: L, C, G, G



341 SEATED LATERAL RAISE

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: C, G, G



351 FRONT RAISE

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: L, M, G, G



361 UPRIGHT ROW

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, G, G, P, M, G, G



371 BENT RACK

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, G, G, P, M, G, G



381 BENT ROW

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, G, G, P, M, G, G



391 BENT TECH ROW

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, G, G, P, M, G, G



401 BENT TECH ROW

Stand with your feet on the floor and hold the handles with your hands. Hold your arms straight. Fully extend your arms. Medium to the starting position.

Muscles affected: S, G, G, P, M, G, G



411 MUSCLE CHART



- 1. Deltoid (front deltoid)
- 2. Pectoral (pectoralis major)
- 3. Biceps (biceps brachii)
- 4. Triceps (triceps brachii)
- 5. Deltoid (lateral deltoid)
- 6. Deltoid (posterior deltoid)
- 7. Latissimus dorsi (latissimus dorsi)
- 8. Rectus abdominis (rectus abdominis)
- 9. Abdominal oblique (abdominal oblique)
- 10. Abdominal rectus (abdominal rectus)
- 11. Abdominal transversus (abdominal transversus)
- 12. Abduction (lateral thigh)
- 13. Adduction (medial thigh)
- 14. Gluteus maximus (gluteus maximus)
- 15. Gluteus medius (gluteus medius)
- 16. Gluteus minimus (gluteus minimus)
- 17. Hamstring (hamstring)
- 18. Quadriceps (quadriceps)
- 19. Rectus femoris (rectus femoris)
- 20. Vastus lateralis (vastus lateralis)
- 21. Vastus medialis (vastus medialis)
- 22. Vastus intermedius (vastus intermedius)
- 23. Gluteus medius (gluteus medius)
- 24. Gluteus minimus (gluteus minimus)
- 25. Gluteus maximus (gluteus maximus)
- 26. Gluteus medius (gluteus medius)
- 27. Gluteus minimus (gluteus minimus)
- 28. Abdominal oblique (abdominal oblique)
- 29. Abdominal rectus (abdominal rectus)
- 30. Abdominal transversus (abdominal transversus)
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- 196. Abdominal oblique (abdominal oblique)
- 197. Abdominal rectus (abdominal rectus)
- 198. Abdominal transversus (abdominal transversus)
- 199. Abdominal oblique (abdominal oblique)
- 200. Abdominal rectus (abdominal rectus)

IMPORTANT:

These power exercises are designed to strengthen the muscles used during weight lifting. Please note that these exercises are not intended to be performed as a substitute for weight lifting. They are to be used as an aid to your weight lifting program.

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