

1 BENCH PRESS

Sit on the seat and hold the handles with your hands. Attach the bar to the bar. Hold the bar with your hands until your arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**2 MILITARY PRESS**

Adjust the system so it is positioned for the shoulders. Sit on the seat and press the bar up until your arms are straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, C, M

**3 BUTTERFLY**

Sit on the seat and extend your arms. Do the butterfly arms are shown. Drive the butterfly arms forward with your arms and the pads touch. Return to the starting position.

Muscles affected: B, L

**4 CALF RAISE**

Hold the handles with an overhand grip. Keep your knees and your ankles straight and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**5 SQUAT**

Hold the handles with an overhand grip. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: P, L, M, B

**6 ALTERNATE LEG RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, P, M

**7 VERTICAL KNEE RAISE**

Adjust the seat so your knee is at the hip and your arms are supporting your weight. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, M

**8 ARRESTED DIP**

Hold the handles with an overhand grip. Extend the arms until your arms are straight and your hands are resting on the pads. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: B, L, C, P, M, B

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Do not use your toes. Return to the starting position. Do not use your toes. Return to the starting position.

Muscles affected: C, L, D, P, B

**10 PREACHER CURL**

Sit on the seat and rest your arms on the seat. Hold the bar with an overhand grip and your arms are straight. Do not use your toes. Return to the starting position.

Muscles affected: C, L, K

**11 LEG PRESS**

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

Muscles affected: L, K

**13 LEG CURL**

Stand with the back of one leg resting against one of the pads on the leg curl. Hold the leg behind your knee. Return to the starting position. Return to the starting position.

Muscles affected: M

**14 JAB CRUNCH**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar bar to the floor cables. Hold the handles with an overhand grip. Hold the bar with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: B, P, M, B

**17 LAT PULL-DOWN**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: C, M, P, M

**18 TRICEPS EXTENSION**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles to the center. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position. Return to the starting position.

Muscles affected: B, L, C, M

**20 BACK EXTENSION**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M, T, K, M

**22 SHOE SWING**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICKE**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

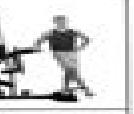
Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

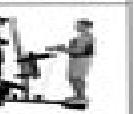
Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

Muscles affected: L, P, M

**34 UPRIGHT ROW**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

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

**35 BENT ROW**

Adjust the handles to the floor cables. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

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

**36 SQUAT ROW**

Adjust the seat so the floor is at the knee. Hold the handles with your hands and feet flat on your toes. Do not use your toes. Return to the starting position.

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

**MUSCLE CHART**

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EW Minium

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Dr. Gallagher's Guide to 21st Century Medicine Atlas Publishing Company, Martin P. Gallagher, 1997-08 **Consumer Buying Guide 2000** Consumer Guide Editors, 2000-02 Ultimate Core Ball Workout Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz. From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts. Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises. The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time. Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster. The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques. Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex. Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time. *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 **Playgirl**, 1975 **Subject Guide to Books in Print**, 2001 **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 Shape, 1996 **Exercise Physiology** Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles. The book presents clinical applications and examples that connect theory to practice. More than 500 full color illustrations and numerous graphs and tables complement the text. Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts. A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book. LiveAdvise online faculty support and student tutoring services are available free with the text. *Best Buy Book 2000* Consumer Guide, Consumer Guide Editors, 2000-03 Expert product evaluations and price analyses lead readers through the maze of merchandise to find the best buys on everything from computers and cameras to vacuum cleaners and bread machines. Included are valuable facts features prices reviews tips and best budget buys for 465 products 150 photos **I Love Boston Guide** Marilyn J. Appleberg, 1987 **Willing's Press Guide**, 2003 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of

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