

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 touching. Return to the starting position. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles with an overhand grip. Drive your arms up until your arms are straight and your hands are touching. 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. Hold the bar with your hands. 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. Drive your feet 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. Extend your legs straight and strong. Return to the starting position.

Muscles affected: L, M

**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. Extend your legs straight and your arms. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

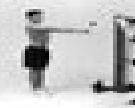
Adjust the seat so the floor is at the knee. Hold the handles with your hands. Extend your legs straight and your arms. Return to the starting position. Return to the starting position.

Muscles affected: B, M

**16 STIFF ARM PUSHDOWN**

Connect the bar to the floor cables. Hold the handles with an overhand grip. Extend your arms straight and your hands are touching. 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, extend your arms and hold the ends of the bar with your hands. Extend your arms straight and your hands are touching. 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. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: B, M

**19 CROSSOVER FLY**

Adjust the handles to the center. Hold the handles with your hands. Extend your arms straight and pull the handles together in front of you as in a hugging motion. 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 bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: T

**21 DEAD LIFT**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, M, T, M, B

**22 SHOE SWING**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: C, L, M

**23 SHOULDER SHRUG**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, C, P

**24 OVERHEAD EXTENSION**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, M

**25 ISOLATION CURL**

Adjust the handles so the floor is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: C, M

**26 FRONT RICKE**

Adjust the pulley strap so the floor cables extend over your head. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: P, C, M, P

**27 REEL ROCK**

Adjust the pulley strap so the floor cables extend over your head. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: M, M, M

**28 HIP ADDUCTION**

Adjust the pulley strap so the floor cables extend over your head. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, M

**29 HIP ADDUCTOR**

Adjust the pulley strap so the floor cables extend over your head. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, M

**30 STEAMING CURL**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position. Do every two seconds. Hold the bar with your hands. Return to the starting position.

Muscles affected: C, M

**31 LATERAL RAISE**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, C, D, C

**32 BENT LATERAL RAISE**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, C, D, C

**33 FRONT RAISE**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

Muscles affected: L, P, C

**34 UPRIGHT ROW**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

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

**35 BENT ROW**

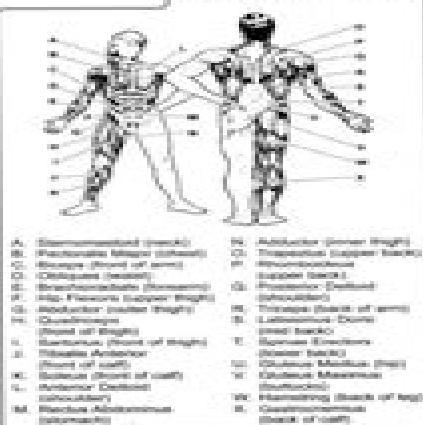
Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

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

**36 SQUAT ROW**

Adjust the bar so it is at the knee. Hold the bar with your hands. Extend your arms straight and your hands are touching. Return to the starting position.

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

**MUSCLE CHART**

Weider Exercise Guide

A Gutmann

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Aquatic Exercise Ruth Sova,1993 **Video Source Book** ,2006 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 **Forbes** ,1987

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