

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, fully extend your arms. Return to the starting position.

Muscles affected: B, L, M

**11 LEG PRESS**

Sit on the seat 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 floor and straighten your legs and straighten your arms. Return to the starting position.

Muscles affected: M

**21 DEAD LIFT**

Attach the barbell to the bar handle. Stand with your feet shoulder-width apart and hold the handles with your hands. Keeping your arms straight, bend your legs and stand on your toes. Return to the starting position.

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

**31 LATERAL RAISE**

Attach a handle to the bar handle. Stand with your feet shoulder-width apart and hold the handles to the sides until your hands 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 handle. Sit on the seat and press the handles together. Extend your arms straight, fully extend your arms. 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

**4 CALF RAISE**

Hold the handles with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, M

**5 SQUAT**

Hold the handles with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise up on your toes. Do not let your knee go. Return to the starting position.

Muscles affected: H, L, M, M

**6 ALTERNATE LEG RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: B, F, M

**7 VERTICAL KNEE RAISE**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position. Alternate legs with each rep.

Muscles affected: F, M

**8 ASSISTED DIP**

Attach the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position.

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

**9 PULL-UP**

Grasp the pull-up handles as shown. Lower your body until your arms are straight and your chin is level with your chest. Return to the starting position.

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

**10 PREACHER CURL**

Sit on the seat and hold your arms on the seat pad. Hold the bar bar with one hand. Extend your right leg and place your foot on the floor. Return to the starting position.

Muscles affected: H, L, S

**22 SHOE SHINE**

Attach the barbell to the bar handle. Stand with your feet shoulder-width apart and hold the handles to the sides until your hands are level with your shoulders. Return to the starting position.

Muscles affected: D, C, M

**32 SHOULDER SHRUG**

Attach the barbell to the bar handle. Stand with your arms extended and hold the barbell with an overhand grip. Keeping your arms straight, shrug your shoulders up. Return to the starting position.

Muscles affected: L, D, P, F

**13 LEG CURL**

Sit with the back of one leg resting against one of the pads on the leg curl. Raise the leg toward your head until your knee is straight. Return to the starting position.

Muscles affected: M

**14 JAB CRUNCH**

Attach the barbell to the bar handle. Hold the barbell over your abdomen. Lie down, keeping your head straight. Keeping your arms straight, bend your legs and keep your head straight. Return to the starting position.

Muscles affected: M

**15 TRICEPS PRESS DOWN**

Attach the barbell to the bar handle. Hold the barbell over your abdomen. Lie down, keeping your head straight. Keeping your arms straight, bend your legs and stand on your toes. Return to the starting position.

Muscles affected: B, S

**23 ISOLATION CURL**

Attach the barbell to the bar handle. Stand with your arms extended and hold the barbell with an overhand grip. Keeping your arms straight, curl your bicep and count the curls. Return to the starting position.

Muscles affected: H, C

**33 ISOLATION CURL**

Attach the barbell to the bar handle. Stand with your arms extended and hold the barbell with an overhand grip. Keeping your arms straight, curl your bicep and count the curls. Return to the starting position.

Muscles affected: H, C, M

**16 STIFF ARM PUSHDOWN**

Connect the barbell to the floor handle. Extend your legs until your arms are supporting your weight. Extend your knee and raise your leg straight up. Return to the starting position.

Muscles affected: B, P, M, S

**17 LAT PULL-DOWN**

Attach the barbell to the floor handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: C, H, P, M

**18 TRICEPS EXTENSION**

Attach the barbell to the bar handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: B, H, M

**19 CROSSOVER FLY**

Attach the barbell to the bar handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: B, L, H, M

**20 BACK EXTENSION**

Attach the barbell to the bar handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: T

**21 FRONT RAISE**

Attach the barbell to the bar handle. Stand with your arms extended and hold the barbell with an overhand grip. Keeping your arms straight, raise your arms and stand on your toes. Return to the starting position.

Muscles affected: H, C, M

**34 UPRIGHT ROW**

Attach the barbell to the bar handle. Stand with your arms extended and hold the barbell with an overhand grip. Keeping your arms straight, pull your shoulder blades together and raise your arms. Return to the starting position.

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

**22 REEL ROCK**

Attach the pulley cable to the floor handle. Stand with your arms extended and hold the barbell with an overhand grip. Keeping your arms straight, pull the barbell toward your chest. Return to the starting position.

Muscles affected: H, C, M, P

**23 HIPS ADDUCTION**

Attach the cable handle to the floor handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: L, H, M

**24 HIPS ADDUCTOR THIGH**

Attach the cable handle to the floor handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: L, H, M

**25 HIPS ADDUCTOR LEG**

Attach the cable handle to the floor handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: L, H, M

**26 STEADYING CURL**

Attach the barbell to the bar handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position. Do every two seconds.

Muscles affected: C, H

**27 HIPS ADDUCTOR**

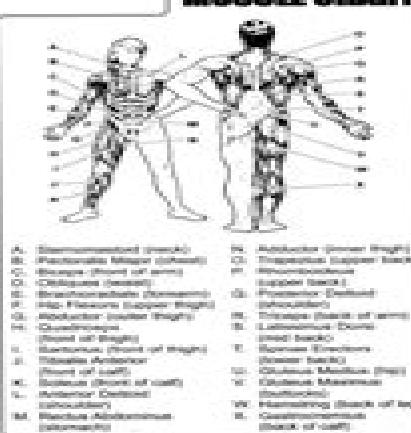
Attach the cable handle to the floor handle. Hold the barbell with one hand. Extend your leg and place your foot on the floor. Hold your knee with your other hand and raise your leg straight up. Return to the starting position.

Muscles affected: L, H, M

**35 SQUAT**

Attach the barbell to the bar handle. Stand with your feet shoulder-width apart and hold the barbell with an overhand grip. Keeping your back straight and your head up, squat down. Return to the starting position.

Muscles affected: C, H, S, D, P, M, L, T

**MUSCLE CHART**

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