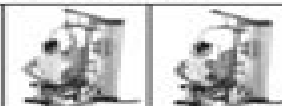


1 CHEST PRESS



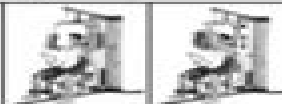
Muscles affected: P, M, A

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, M, A

3 CHEST FLY



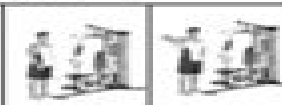
Muscles affected: P, A

4 BENT LATERAL RAISE



Muscles affected: L, M, A

5 LATERAL RAISE



Muscles affected: L, M, A

6 SINGLE ARM PREACHER CURL



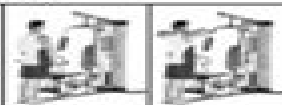
Muscles affected: B, C

7 TRICEPS KICKBACK



Muscles affected: A

8 UPRIGHT ROW



Muscles affected: C, L, A, S

9 STANDING ROW

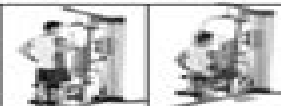


10 BICEPS CURL



Muscles affected: C, B

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: A

12 STANDING CURL



Muscles affected: C, B

13 TRICEPS PUSH-DOWN



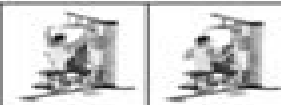
Muscles affected: L, A

14 STIFF ARM PULL-DOWN



Muscles affected: L, M, A, S

15 LAT PULL-DOWN



Muscles affected: L, M, A, S

16 BENT ROW



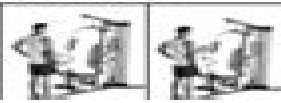
Muscles affected: L, M, A, S

17 CALF RAISE



Muscles affected: M, A

18 BICEPS-TRICEPS COMBO

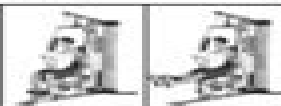


19 HIP FLEXION



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, A, S

23 HEEL ROCK



Muscles affected: M, L, A, S

24 SHOULDER RAISE



Muscles affected: L, M

25 PREACHER CURL



Muscles affected: C, B

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



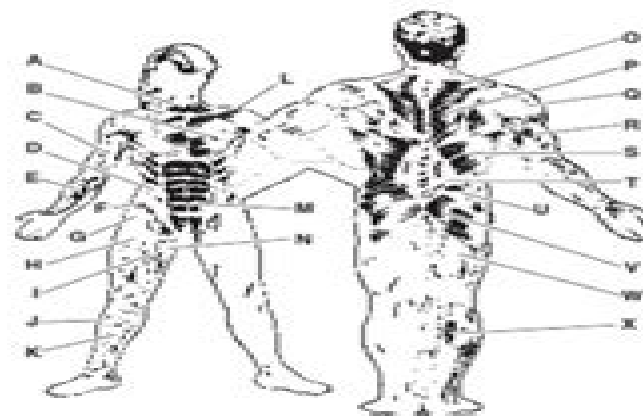
Muscles affected: M, A

28 SHOULDER SHRUG



Muscles affected: L, A

MUSCLE CHART



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Jianjun Gao

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