

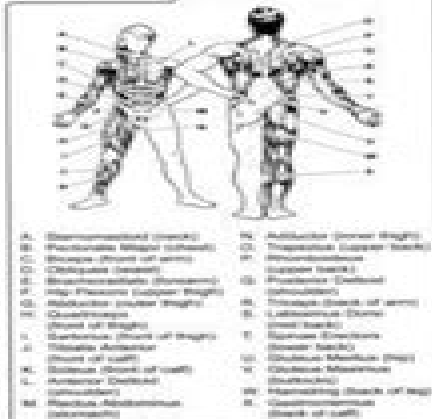
<p>1 BENCH PRESS</p> <p>Set on the seat and hold the handles with an overhead grip. Press your elbows out, upper arms fully extended straight. Fully extend your arms. Return to the starting position.</p> <p>Muscles affected: D, L, M</p>	
<p>2 MILITARY PRESS</p> <p>Stand on the system as indicated for the exercise. Sit on the seat and grasp the arms with an overhead grip. Keeping your back, neck and feet on the ground, lift your arms. Return to the starting position.</p> <p>Muscles affected: L, O, M</p>	
<p>3 BUTTERFLY</p> <p>Sit on the seat and place your arms on the handles. Push the handles out and then slowly bring your arms back and forth, alternating the push and pull. Return to the starting position.</p> <p>Muscles affected: B, L</p>	
<p>4 CALF RAISE</p> <p>Hold the handles with an overhead grip. Keep your arms at your sides and raise up on your heels. Lower your feet. Return to the starting position.</p> <p>Muscles affected: K, L</p>	
<p>5 SQUAT</p> <p>Hold the handles with an overhead grip and straighten your legs. Bend your knees and your hips as you squat. Return to the starting position.</p> <p>Muscles affected: H, L, M</p>	
<p>6 ALTERNATE LEG RAISE</p> <p>Place the right arm with your hand to the right and your arm straight. Bend your right knee and lift your leg. Return to the starting position. Alternate legs with each repetition.</p> <p>Muscles affected: L, H, M</p>	
<p>7 VERTICAL KNEE RAISE</p> <p>Place the right arm with your hand to the right and your arm straight. Bend your right knee and lift your leg. Return to the starting position. Alternate legs with each repetition.</p> <p>Muscles affected: H, M</p>	
<p>8 ASSISTED DIP</p> <p>Stand on the system, weight resting on the handles. Hold the handles with your arms straight. Lower your body until your elbows are bent. Return to the starting position.</p> <p>Muscles affected: B, L, O, R, M, S</p>	
<p>9 PULL-UP</p> <p>Place the pull-up handles on a high bar. Lower your body until your arms are straight. Pull your body up until your chin is over the bar. Return to the starting position.</p> <p>Muscles affected: C, E, S, R, S</p>	
<p>10 PREACHER CURL</p> <p>Sit on the seat and hold your arms on the front pad. Bend the left knee and extend your arm. Bend your right knee and extend your arm. Return to the starting position.</p> <p>Muscles affected: C, E</p>	

<p>11 LEG PRESS</p> <p>Sit on the seat and place your feet on the press plate as shown. Press feet on the press plate as shown. Press feet on the press plate as shown. Return to the starting position.</p> <p>Muscles affected: H, V, M, S</p>	
<p>12 LEG EXTENSION</p> <p>Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.</p> <p>Muscles affected: M</p>	
<p>13 LEG CURL</p> <p>Stand with the back of one leg resting on the chair of the seat on the other side. Bend the leg until the hamstring is taut. Return to the starting position.</p> <p>Muscles affected: M</p>	
<p>14 AB CRUNCH</p> <p>Adjust the ab strap to the ab table. Place the ab straps over your shoulders. Bend your torso. Return to the starting position.</p> <p>Muscles affected: M</p>	
<p>15 TRICEPS PRESS DOWN</p> <p>Adjust the lat bar to the high cable. Facing the system, hold the lat bar with an overhead grip. Bend your right arm. Return to the starting position.</p> <p>Muscles affected: S, M</p>	
<p>16 STIFF ARM PUSHDOWN</p> <p>Connect the lat bar to the high cable. Stand on the seat with an overhead grip. Your hands should reach down. Bend your arms until your arms are straight. Return to the starting position.</p> <p>Muscles affected: S, M, R, S</p>	
<p>17 LAT PULL-DOWN</p> <p>Adjust the lat bar to the high cable. Sit facing the system, hold the lat bar with an overhead grip. Pull the lat bar down as far as you can. Return to the starting position.</p> <p>Muscles affected: C, E, R, S</p>	
<p>18 TRICEPS EXTENSION</p> <p>Adjust the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with an overhead grip. Bend your right arm until your arm is straight. Return to the starting position.</p> <p>Muscles affected: S, M</p>	
<p>19 CROSSOVER FLY</p> <p>Stand on the handles to the cables. Bend your arms and hold the handles as shown. Keep your back straight and your feet on the ground. Return to the starting position.</p> <p>Muscles affected: B, L, O, S</p>	
<p>20 BACK EXTENSION</p> <p>Adjust the lat bar to the low cable. Sit on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at the knees. Return to the starting position.</p> <p>Muscles affected: T</p>	

<p>21 DEAD LIFT</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your legs, keeping your arms straight. Return to the starting position.</p> <p>Muscles affected: S, H, T, V, M</p>	
<p>22 SIDE BEND</p> <p>Stand on the handles to the low cable. Stand sideways and bend forward. Bend forward and bend forward. Return to the starting position.</p> <p>Muscles affected: S, E, M</p>	
<p>23 SHOULDER SHRUG</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your arms at your sides. Return to the starting position.</p> <p>Muscles affected: S, O, P</p>	
<p>24 OVERHEAD EXTENSION</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your arms at your sides. Return to the starting position.</p> <p>Muscles affected: E, S</p>	
<p>25 ISOLATION CURL</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your right arm at your side. Return to the starting position.</p> <p>Muscles affected: C, E</p>	
<p>26 FRONT KICK</p> <p>Adjust the arm strap to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Kick your leg forward. Return to the starting position.</p> <p>Muscles affected: C, E, H, T</p>	
<p>27 HEEL KICK</p> <p>Adjust the arm strap to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Kick your leg back. Return to the starting position.</p> <p>Muscles affected: C, E, M</p>	
<p>28 HIP ADDUCTION</p> <p>Adjust the arm strap to the low cable. Stand sideways and extend your arms straight out. Bend your arms. Return to the starting position.</p> <p>Muscles affected: L, M</p>	
<p>29 HIP ABDUCTION</p> <p>Adjust the arm strap to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your right leg to the side. Return to the starting position.</p> <p>Muscles affected: S, M</p>	
<p>30 STRANDING CURL</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your right arm at your side and pull the lat bar up. Return to the starting position.</p> <p>Muscles affected: C, E</p>	

<p>31 LATERAL RAISE</p> <p>Adjust the lat bar to the low cable. Stand sideways and extend your arms straight out. Bend your arms. Return to the starting position.</p> <p>Muscles affected: L, O, O</p>	
<p>32 BENT LATERAL RAISE</p> <p>Adjust the lat bar to the low cable. Stand sideways and bend forward. Bend forward and bend forward. Return to the starting position.</p> <p>Muscles affected: O, O</p>	
<p>33 FRONT RAISE</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your arms straight. Return to the starting position.</p> <p>Muscles affected: L, P, O</p>	
<p>34 UPRIGHT ROW</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your arms. Return to the starting position.</p> <p>Muscles affected: C, E, L, O, P, O</p>	
<p>35 BENT ROW</p> <p>Adjust the lat bar to the low cable. Stand on the seat and hold the lat bar with an overhead grip. Bend your arms. Return to the starting position.</p> <p>Muscles affected: C, E, O, P, O, S, T</p>	
<p>36 SEATED ROW</p> <p>Adjust the lat bar to the low cable. Sit on the seat and hold the lat bar with an overhead grip. Pull the lat bar to your chest. Return to the starting position.</p> <p>Muscles affected: C, E, O, P, O, S, T</p>	

MUSCLE CHART



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