

1 BENCH PRESS

Set on the seat and hold the handles with an overhand grip. Press your elbows out, upper arms fully extended straight, fully extend your arms. Return to the starting position.

Muscles affected: D, L, M



2 MILITARY PRESS

Stand on the system as described for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, raise your arms fully extended straight. Return to the starting position.

Muscles affected: L, O, M



3 BUTTERFLY

Sit on the seat and place your arms on the handles. Push the handles out and then butterfly your arms and reach. Return to the starting position.

Muscles affected: D, L



4 CALF RAISE

Hold the handles with an overhand grip. Raise your arms at your sides and raise up on your heels. Return to the starting position.

Muscles affected: K, E



5 SQUAT

Hold the handles with an overhand grip and straighten your legs. Bend your knees and your legs as you squat. Return to the starting position.

Muscles affected: H, L, M



6 ALTERNATE LEG RAISE

Place the left arm with your hand to the right and your arm straight. Raise your right leg and alternate legs with each repetition.

Muscles affected: D, L, M



7 VERTICAL KNEE RAISE

Place the left arm with your hand to the right and your arm straight. Raise your right leg and alternate legs with each repetition.

Muscles affected: K, M



8 ASSISTED DIP

Stand on the system with your feet on the handles. Push your arms straight up and then bend your arms. Return to the starting position.

Muscles affected: D, L, O, R, Q, S, T



9 PULL-UP

Stand on the pull-up handles on the seat. Lower your body until your arms are straight. Pull your body up until your feet are on the handles. Return to the starting position.

Muscles affected: C, E, S, R, S



10 PREACHER CURL

Set on the seat and hold your arms on the front pad. Hold the bar with an overhand grip and raise your arms. Straighten your arms and lower your arms. Return to the starting position.

Muscles affected: C, E



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press your feet on the handles and raise your legs. Return to the starting position.

Muscles affected: H, V, M, E



12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg extender. Raise the leg until your legs are straight. Return to the starting position.

Muscles affected: M



13 LEG CURL

Stand with the back of one leg resting on the chair and the leg behind the other. Raise the leg until it is straight. Return to the starting position.

Muscles affected: M



14 AB CRUNCH

Adjust the ab straps to the ab table. Place the ab straps over your shoulders and feet. Raise your torso straight.

Muscles affected: M



15 TRICEPS PRESS DOWN

Adjust the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Raise your arms straight. Return to the starting position.

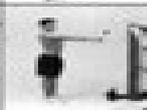
Muscles affected: S, M



16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Stand on the seat with an overhand grip. Your hands should reach down. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: S, M, R, S



17 LAT PULL-DOWN

Adjust the lat bar to the high cable. Sit facing the system, hold the cable with an overhand grip. Pull the lat bar down to your knees. Return to the starting position.

Muscles affected: C, E, R, S



18 TRICEPS EXTENSION

Adjust the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with an overhand grip. Lower your arms straight. Return to the starting position.

Muscles affected: S, M



19 CROSSOVER FLY

Stand on the handles to the cables. Bend your arms and hold the handles as shown. Keep your feet on the floor of the seat. Return to the starting position.

Muscles affected: S, L, S, R



20 BACK EXTENSION

Adjust the lat bar to the low cable. Sit on the seat and hold the bar with an overhand grip. Raise your arms straight and bend back at the neck. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Adjust the lat bar to the low cable. Stand your arms and hold the lat bar with an overhand grip. Straighten your legs, keeping your arms fully extended straight, and your feet up. Return to the starting position.

Muscles affected: S, H, T, K, M



22 SIDE BEND

Stand on the handles to the low cable. Stand sideways and bend forward. Stand sideways and bend forward. Return to the starting position.

Muscles affected: S, E, M



23 SHOULDER SERRING

Adjust the lat bar to the low cable. Stand your arms and hold the bar with an overhand grip. Raise your arms at your sides. Return to the starting position.

Muscles affected: S, O, P



24 OVERHEAD EXTENSION

Adjust a handle to the low cable. Hold the handle and your shoulder with an overhand grip. Raise your arms straight. Return to the starting position.

Muscles affected: E, B



25 ISOLATION CURL

Adjust a handle to the low cable. Extend your arm straight and hold the bar with an overhand grip. Raise your arm straight. Return to the starting position.

Muscles affected: C, E



26 FRONT KICK

Adjust the arms straight to the low cable. Stand on the seat and hold the bar with an overhand grip. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: C, E, R, S



27 HEEL KICK

Adjust the arms straight to the low cable. Stand on the seat and hold the bar with an overhand grip. Push the bar down until your arms are straight. Return to the starting position.

Muscles affected: C, E, M



28 HIP ADDUCTION

Adjust the arms straight to the low cable. Stand sideways and raise your arms straight. Return to the starting position.

Muscles affected: L, M



29 HIP ABDUCTION

Stand on the handles to the low cable. Stand sideways and raise your arms straight. Return to the starting position.

Muscles affected: S, M



30 STRANDING CURL

Adjust the lat bar to the low cable. Stand on the seat and hold the bar with an overhand grip. Raise your arms at your sides and pull the bar up to your chest. Return to the starting position.

Muscles affected: C, E



31 LATERAL RAISE

Adjust a handle to the low cable. Stand sideways and raise your arms straight. Return to the starting position.

Muscles affected: L, O, Q



32 BENT LATERAL RAISE

Adjust the handles to the low cable. Stand sideways and bend forward. Stand sideways and bend forward. Return to the starting position.

Muscles affected: C, Q



33 FRONT RAISE

Adjust the lat bar to the low cable. Extend your arms straight and hold the bar with an overhand grip. Return to the starting position.

Muscles affected: L, P, Q



34 UPRIGHT ROW

Adjust the lat bar to the low cable. Hold the bar with an overhand grip. Raise your arms straight. Return to the starting position.

Muscles affected: C, E, L, O, P, Q



35 BENT ROW

Adjust the handles to the low cable. Stand sideways and bend forward. Stand sideways and bend forward. Return to the starting position.

Muscles affected: C, E, S, P, Q, S, T



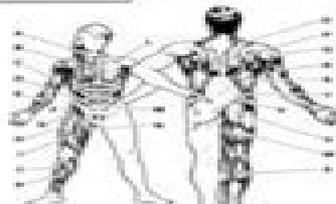
36 SEATED ROW

Adjust the lat bar to the low cable. Sit on the seat and hold the lat bar with an overhand grip. Pull the bar up until your arms are straight. Return to the starting position.

Muscles affected: C, E, S, P, Q, S, T



MUSCLE CHART



- | | |
|----------------------------------|----------------------------|
| 1. Deltoid (front) | 14. Adductor (inner thigh) |
| 2. Pectoralis Major (chest) | 15. Trapezius (upper back) |
| 3. Biceps (front of arm) | 16. Biceps (back) |
| 4. Triceps (back of arm) | 17. Pectoralis (chest) |
| 5. Brachioradialis (forearm) | 18. Latissimus Dorsi |
| 6. Hip Flexors (upper thigh) | 19. Adductor |
| 7. Adductor (inner thigh) | 20. Gluteus Maximus |
| 8. Quadriceps | 1. Deltoid (front) |
| 9. Hamstring (back of thigh) | 2. Pectoralis (chest) |
| 10. Gastrocnemius (calf) | 3. Biceps (back) |
| 11. Soleus (back of calf) | 4. Triceps (back of arm) |
| 12. Gluteus Maximus (back) | 5. Latissimus Dorsi |
| 13. Gluteus Medius (front) | 6. Adductor |
| 14. Gluteus Minimus | 7. Trapezius (upper back) |
| 15. Hamstring (back of leg) | 8. Biceps (back) |
| 16. Gastrocnemius (back of calf) | 9. Pectoralis (chest) |

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