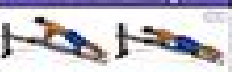
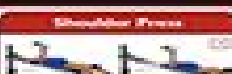
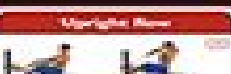
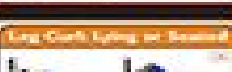
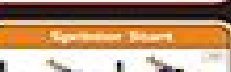


The exercises listed below are designed to provide a total-body workout. Each exercise is illustrated with a diagram and a brief description of the exercise. The diagrams are intended to provide a visual guide to the proper form and technique for each exercise. The descriptions provide additional information about the exercise, including the muscles worked and the benefits of the exercise. The exercises are arranged in a grid by body part, with a 'Compound' column on the right side of the chart.

Chest	Seated Chest Press  This exercise works the pectoral muscles, triceps, and shoulders. It is performed by sitting on a bench, holding a weight with both hands, and pressing it straight up over your head.	Seated Chest Fly  This exercise works the pectoral muscles and shoulders. It is performed by sitting on a bench, holding a weight with both hands, and lowering it out to the sides in an arc, then bringing it back up to the starting position.	Incline Push-Up  This exercise works the pectoral muscles, triceps, and shoulders. It is performed by placing your hands on an incline and pushing your body up.	Lateral Chest Fly  This exercise works the pectoral muscles and shoulders. It is performed by sitting on a bench, holding a weight with both hands, and lowering it out to the sides in an arc, then bringing it back up to the starting position.	Compound Squat  This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and lowering your body down.
	Back Pull-Up  This exercise works the latissimus dorsi, biceps, and forearms. It is performed by hanging from a bar and pulling your body up.	Front Pullover  This exercise works the latissimus dorsi, pectoral muscles, and shoulders. It is performed by lying on your back and pulling a weight over your head.	Seated Row  This exercise works the latissimus dorsi, biceps, and forearms. It is performed by sitting on a bench and pulling a weight towards your chest.	Front Cross-Over Angol  This exercise works the latissimus dorsi, biceps, and forearms. It is performed by sitting on a bench and pulling a weight towards your chest.	
Shoulders	Shoulder Press  This exercise works the deltoids, triceps, and shoulders. It is performed by sitting on a bench and pressing a weight straight up.	Upright Row  This exercise works the deltoids, triceps, and shoulders. It is performed by standing and pulling a weight up towards your chest.	Front Raise  This exercise works the deltoids, triceps, and shoulders. It is performed by standing and raising a weight straight up.	Serve  This exercise works the deltoids, triceps, and shoulders. It is performed by sitting on a bench and pressing a weight straight up.	Toe Touch Row  This exercise works the latissimus dorsi, biceps, and forearms. It is performed by sitting on a bench and pulling a weight towards your chest.
	Legs	Leg Curl Lying or Seated  This exercise works the hamstrings and glutes. It is performed by lying on your back and curling your legs up.	Squat  This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and lowering your body down.	Outer Hip & Thigh  This exercise works the outer hip and thigh muscles. It is performed by standing and lifting a weight out to the side.	Spinners Squat  This exercise works the quadriceps, hamstrings, and glutes. It is performed by standing and lowering your body down.
Arms		Seated Biceps Curl  This exercise works the biceps and forearms. It is performed by sitting on a bench and curling a weight up.	Lying Triceps  This exercise works the triceps and shoulders. It is performed by lying on your back and lowering a weight down.	Lateral Biceps  This exercise works the biceps and forearms. It is performed by standing and curling a weight up.	Lateral Triceps Extension  This exercise works the triceps and shoulders. It is performed by standing and lowering a weight down.
	Abs	Sit-Up with Cables  This exercise works the rectus abdominis and obliques. It is performed by sitting on the floor and lifting your torso up.	Oblique Twister  This exercise works the obliques and abdominals. It is performed by lying on your side and twisting your torso.	Crunches  This exercise works the rectus abdominis and obliques. It is performed by lying on your back and lifting your torso up.	Knocking Plank Press  This exercise works the rectus abdominis and obliques. It is performed by lying on your back and lifting your torso up.
Stretch		Front Leg Stretch  This stretch works the quadriceps and hamstrings. It is performed by standing and pulling one leg forward.	Toe Touch Stretch  This stretch works the hamstrings and glutes. It is performed by standing and reaching down to touch your toes.	Seated Back Stretch  This stretch works the back and shoulders. It is performed by sitting on a bench and pulling one arm over your head.	Seated Chest Stretch  This stretch works the chest and shoulders. It is performed by sitting on a bench and pulling one arm over your head.

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LP Steffe

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'LP Steffe' text.

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[Sources](#) ,2001 [The Total Fitness Manual](#) Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover *Elle* ,2002 **30 Day Total Body Super Circuit Home Workout Plan** Doug Bennett, 2018-11-26 Want to Get Super Fit and Strong but No Time For The Gym Stuck at Home or Traveling No Problem Now you can get totally fit strong and tone without a gym The 30 DAY TotalBody Super Circuit Home Workout Plan was created to give you the results you desire without paying thousands for a top trainer or spending hours in the gym This pro created home workout plan gives you a day by day exercise routine to follow with complete pictorials for both a beginner or advanced fitness level Simply follow along and in just 7 days you ll feel more energy and stronger In 30 days you ll see and feel amazing results Plus to keep you on track This complete workout plan gives you 2 FREE bonuses A fitness and healthy habits planner to keep you on track Second a belly flattening diet plan to stop sugar cravings flatten your belly and lose unwanted pounds from head to toe Get your copy today and start your path to a stronger fitter and sexier you [The 90-Day Home Workout Plan](#) Dale L. Roberts, 2015-03-13 At Home Workouts to Lose Weight and Build Muscle These fast and simple workouts burn fat and build muscle all from the comforts of your home You can exercise in the privacy of your home so you re free to wear what you want act how you like and crank your favorite workout songs while you get into great shape While the gym is the perfect respite from a long day of work there are times when the gym is one huge inconvenience People drop weights invade your personal

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