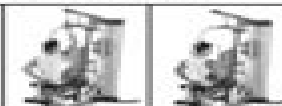


1 CHEST PRESS



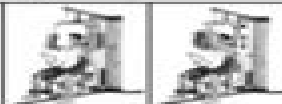
Muscles affected: P, R, A, M

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, R, M, B

3 CHEST FLY



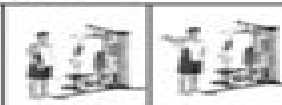
Muscles affected: P, R

4 BENT LATERAL RAISE



Muscles affected: L, R, M

5 LATERAL RAISE



Muscles affected: L, R, M

6 SINGLE ARM PREACHER CURL



Muscles affected: B, R

7 TRICEPS KICKBACK



Muscles affected: R

8 UPRIGHT ROW

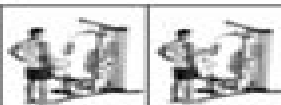


Muscles affected: R, L, B, C, D, E, G

9 STANDING ROW

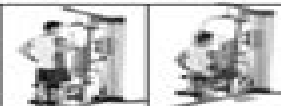


10 BICEPS CURL



Muscles affected: B, R

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: R

12 STANDING CURL



Muscles affected: B, R

13 TRICEPS PUSH-DOWN



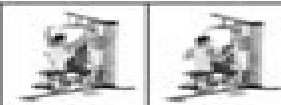
Muscles affected: R, M

14 STIFF ARM PULL-DOWN



Muscles affected: B, R, L, M, B

15 LAT PULL-DOWN



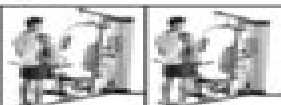
Muscles affected: L, B, R, M, B

16 BENT ROW



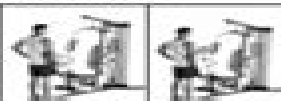
Muscles affected: R, L, B, M, B

17 CALF RAISE



Muscles affected: R, L

18 BICEPS-TRICEPS COMBO

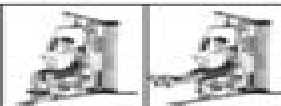


19 HIP FLEXION



Muscles affected: R, L, B

20 LEG EXTENSION



Muscles affected: R

21 LEG CURL



Muscles affected: R, M

22 ABDUCTION/ADDUCTION



Muscles affected: R, L, B, M, B

23 HEEL ROCK



Muscles affected: R, L, B, M, B

24 SHOULDER RAISE



Muscles affected: R, L

25 PREACHER CURL



Muscles affected: B, R

26 ABDOMINAL CRUNCH



Muscles affected: R

27 OBLIQUE CRUNCH



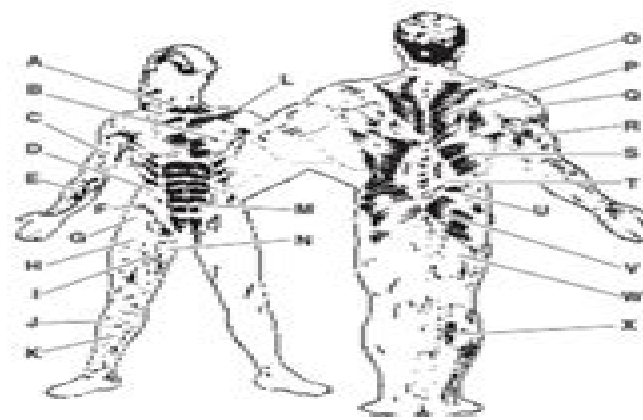
Muscles affected: R, M

28 SHOULDER SHRUG



Muscles affected: R, L

MUSCLE CHART



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