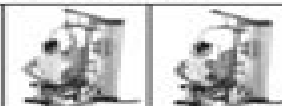


1 CHEST PRESS



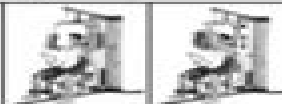
Muscles affected: P, M, A

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, M, B

3 CHEST FLY



Muscles affected: P, M

4 BENT LATERAL RAISE



Muscles affected: M, B, H

5 LATERAL RAISE



Muscles affected: M, B, H

6 SINGLE ARM PREACHER CURL



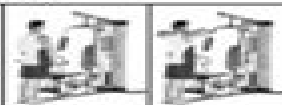
Muscles affected: M, B

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW



Muscles affected: M, C, L, B, H

9 STANDING ROW

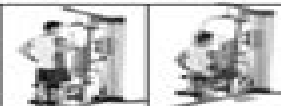


10 BICEPS CURL



Muscles affected: M, B

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: M, B

13 TRICEPS PUSH-DOWN



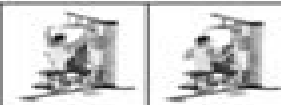
Muscles affected: M, B

14 STIFF ARM PULL-DOWN



Muscles affected: M, B, H, B

15 LAT PULL-DOWN



Muscles affected: M, B, H, B

16 BENT ROW



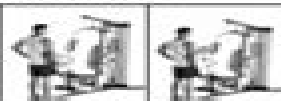
Muscles affected: M, B, H, B

17 CALF RAISE



Muscles affected: M, B

18 BICEPS-TRICEPS COMBO

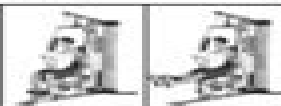


19 HIP FLEXION



Muscles affected: M, B, H

20 LEG EXTENSION



Muscles affected: M

21 LEG CURL



Muscles affected: M, B

22 ABDUCTION/ADDUCTION



Muscles affected: M, B, H, B

23 HEEL ROCK



Muscles affected: M, B, H, B

24 SHOULDER RAISE



Muscles affected: M, B

25 PREACHER CURL



Muscles affected: M, B

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



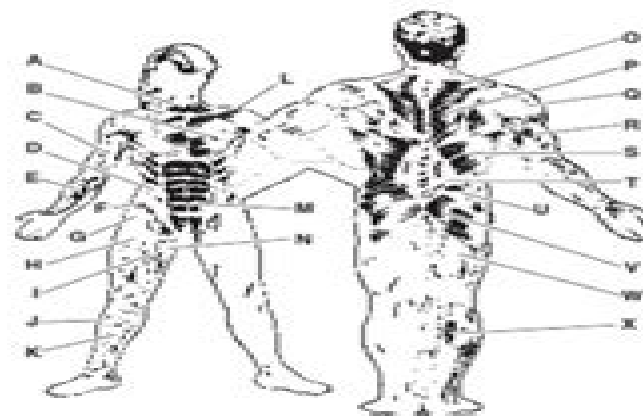
Muscles affected: M, B

28 SHOULDER SHRUG



Muscles affected: M, B

MUSCLE CHART



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D Kirk



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,2002 **Computer Aided Design and Manufacturing** Zhuming Bi,Xiaoqin Wang,2020-02-04 Broad coverage of digital product creation from design to manufacture and process optimization This book addresses the need to provide up to date coverage of current CAD CAM usage and implementation It covers in one source the entire design to manufacture process reflecting the industry trend to further integrate CAD and CAM into a single unified process It also updates the computer aided design theory and methods in modern manufacturing systems and examines the most advanced computer aided tools used in digital manufacturing Computer Aided Design and Manufacturing consists of three parts The first part on Computer Aided Design CAD offers the chapters on Geometric Modelling Knowledge Based Engineering Platforming Technology Reverse Engineering and Motion Simulation The second part on Computer Aided Manufacturing CAM covers Group Technology and Cellular Manufacturing Computer Aided Fixture Design Computer Aided Manufacturing Simulation of Manufacturing Processes and Computer Aided Design of Tools Dies and Molds TDM The final part includes the chapters on Digital Manufacturing Additive Manufacturing and Design for Sustainability The book is also featured for being uniquely structured to classify and align engineering disciplines and computer aided technologies from the perspective of the design needs in whole product life cycles utilizing a comprehensive Solidworks package add ins toolbox and library to showcase the most critical functionalities of modern computer aided tools and presenting real world design projects and case studies so that readers can gain CAD and CAM problem solving skills upon the CAD CAM theory Computer Aided Design and Manufacturing is an ideal textbook for undergraduate and graduate students in mechanical engineering manufacturing engineering and industrial engineering It can also be used as a technical reference for researchers and engineers in mechanical and manufacturing engineering or computer aided technologies **Pediatric Skills for Occupational**

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Performance-oriented Application Development for Distributed Architectures M. Gerndt, 2002 Annotation This publication is devoted to programming models languages and tools for performance oriented program development in commercial and scientific environments The included papers have been written based on presentations given at the workshop PADDA 2001 The goal of the workshop was to identify common interests and techniques for performance oriented program development in commercial and scientific environments Distributed architectures currently dominate the field of highly parallel computing Distributed architectures based on Internet and mobile computing technologies are important target architectures in the domain of commercial computing too The papers in this publication come from the two areas scientific computing and commercial computing

New View of the Moon 2 Clive R. Neal, Lisa R. Gaddis, Bradley L. Jolliff, Samuel J. Lawrence, Stephen J. Mackwell, Charles K. Shearer, Sarah N. Valencia, 2024-05-06 Much has happened in the world in the 17 years since the first New Views of the Moon was published as volume 60 of the Mineralogical Society of America in 2006 An exciting new era of lunar exploration has begun including the promise of resuming human lunar exploration exploring the lunar Poles and missions to many other high priority science targets It is fitting therefore to now summarize the current state of knowledge to the degree possible at a time when advancements in knowledge of the Moon are proceeding at a breakneck pace Therefore during this period of unprecedented lunar exploration activity and as we continue to rebound from a global pandemic we now happily announce this New Views of the Moon 2 volume summarizing the advances in lunar science and exploration since 2006 The Steering Committee is eternally grateful to all contributors and especially the chapter leads and to Professor Makiko Ohtake University of Aizu Japan and Dr David Blewett Johns Hopkins University Applied Physics Laboratory U S A for organizing the New Views of the Moon 2 Electronic Annex We deeply appreciate the hard work and dedication of everyone involved in the production of this

volume especially Rachel Russell and Ian Swainson at the Mineralogical Society of America This volume helps to frame our knowledge and expectations for an exciting future of lunar science and exploration and the new discoveries to be made Having humans return to the Moon now seems more likely than it ever has since the last humans left the Moon on 14 December 1972 Field & Stream ,1974-05 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

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