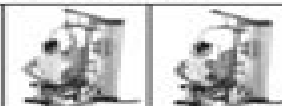


1 CHEST PRESS



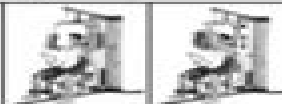
Muscles affected: P, M, A

2 SINGLE ARM LAT PULL-DOWN



Muscles affected: L, M, B

3 CHEST FLY



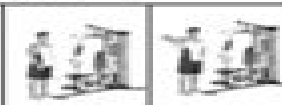
Muscles affected: P, M

4 BENT LATERAL RAISE



Muscles affected: L, M, B

5 LATERAL RAISE



Muscles affected: L, M, B

6 SINGLE ARM PREACHER CURL



Muscles affected: B, M

7 TRICEPS KICKBACK



Muscles affected: M

8 UPRIGHT ROW



Muscles affected: L, C, B, S, A

9 STANDING ROW

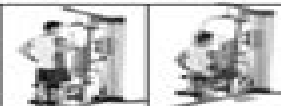


10 BICEPS CURL



Muscles affected: B, M

11 SINGLE ARM TRICEP PUSH-DOWN



Muscles affected: M

12 STANDING CURL



Muscles affected: B, M

13 TRICEPS PUSH-DOWN



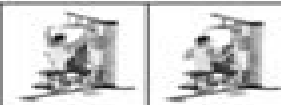
Muscles affected: M, B

14 STIFF ARM PULL-DOWN



Muscles affected: L, M, B, A

15 LAT PULL-DOWN



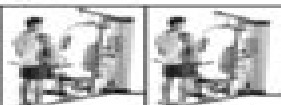
Muscles affected: L, B, M, A

16 BENT ROW



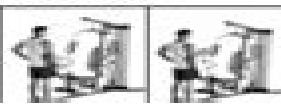
Muscles affected: L, B, M, A

17 CALF RAISE



Muscles affected: M, B

18 BICEPS-TRICEPS COMBO

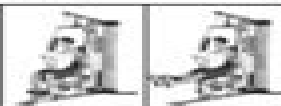


19 HIP FLEXION



Muscles affected: P, M, A

20 LEG EXTENSION



Muscles affected: M

21 LEG CURL



Muscles affected: L, M

22 ABDUCTION/ADDUCTION



Muscles affected: L, M, B, A

23 HEEL ROCK



Muscles affected: L, M, B, A

24 SHOULDER RAISE



Muscles affected: L, M

25 PREACHER CURL



Muscles affected: B, M

26 ABDOMINAL CRUNCH



Muscles affected: M

27 OBLIQUE CRUNCH



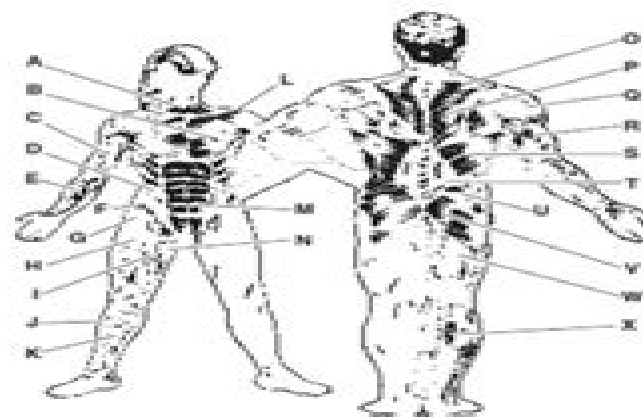
Muscles affected: L, M

28 SHOULDER SHRUG



Muscles affected: L, M

MUSCLE CHART



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Lei Huang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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