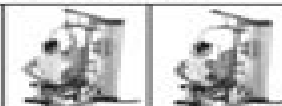


## 1 CHEST PRESS



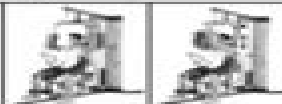
Muscles affected: P, M, A

## 2 SINGLE ARM LAT PULL-DOWN



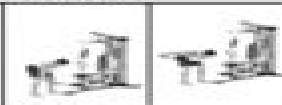
Muscles affected: L, M, A

## 3 CHEST FLY



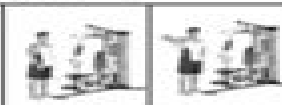
Muscles affected: P, A

## 4 BENT LATERAL RAISE



Muscles affected: L, M, A

## 5 LATERAL RAISE



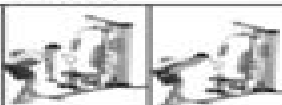
Muscles affected: L, M, A

## 6 SINGLE ARM PREACHER CURL



Muscles affected: B, C

## 7 TRICEPS KICKBACK



Muscles affected: A

## 8 UPRIGHT ROW



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

## 9 STANDING ROW

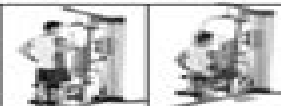


## 10 BICEPS CURL



Muscles affected: C, B

## 11 SINGLE ARM TRICEP PUSH-DOWN



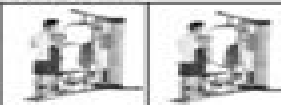
Muscles affected: A

## 12 STANDING CURL



Muscles affected: C, B

## 13 TRICEPS PUSH-DOWN



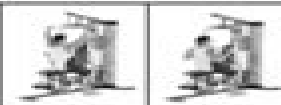
Muscles affected: L, A

## 14 STIFF ARM PULL-DOWN



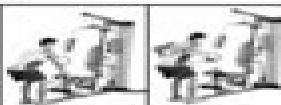
Muscles affected: L, M, A, B

## 15 LAT PULL-DOWN



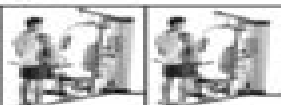
Muscles affected: C, B, M, A

## 16 BENT ROW



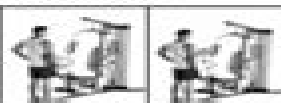
Muscles affected: L, M, A, B

## 17 CALF RAISE



Muscles affected: M, A

## 18 BICEPS-TRICEPS COMBO

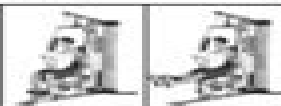


## 19 HIP FLEXION



Muscles affected: P, M, A

## 20 LEG EXTENSION



Muscles affected: M

## 21 LEG CURL



Muscles affected: L, M

## 22 ABDUCTION/ADDUCTION



Muscles affected: M, M, L, A, B

## 23 HEEL ROCK



Muscles affected: M, L, A, B, M

## 24 SHOULDER RAISE



Muscles affected: C, B

## 25 PREACHER CURL



Muscles affected: C, B

## 26 ABDOMINAL CRUNCH



Muscles affected: M

## 27 OBLIQUE CRUNCH



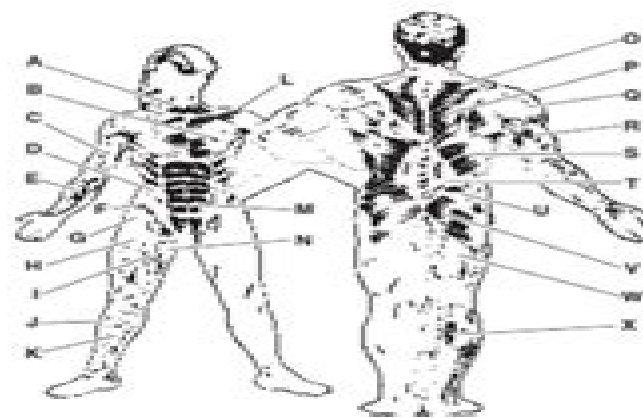
Muscles affected: M, M

## 28 SHOULDER SHRUG



Muscles affected: C, B

## MUSCLE CHART



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**Thomas Griffiths**



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