



ABDOMINAL CRUNCH
MUSCLE GROUPS WORKED:

1. Abdominal muscles.
2. External oblique muscles on the sides, which wrap around the torso.
3. Internal oblique muscles on the inside, which wrap around the torso.
4. Erector spinae muscles, which run up and down the spine.
5. Rectus abdominis muscle, which runs down the front of the abdomen.
6. Transverse abdominis muscle, which runs across the front of the abdomen.
7. Diaphragm, which separates the chest and abdomen.
8. Pelvic floor muscles, which support the pelvic organs.



SEATED CHEST PRESS
MUSCLE GROUPS WORKED:

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Triceps brachii muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



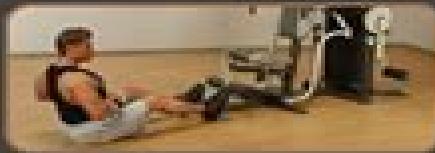
TRICEPS PUSH-DOWN
MUSCLE GROUPS WORKED:

1. Triceps brachii muscle.
2. Anterior deltoid muscle.
3. Pectoralis major muscle.
4. Pectoralis minor muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



TRICEPS EXTENSION
MUSCLE GROUPS WORKED:

1. Triceps brachii muscle.
2. Anterior deltoid muscle.
3. Pectoralis major muscle.
4. Pectoralis minor muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



SEATED FLY
MUSCLE GROUPS WORKED:

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Triceps brachii muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



SEATED PRESS BAR ROW
MUSCLE GROUPS WORKED:

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Triceps brachii muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



SEATED PULL-DOWN
MUSCLE GROUPS WORKED:

1. Latissimus dorsi muscle.
2. Teres major muscle.
3. Teres minor muscle.
4. Pectoralis major muscle.
5. Pectoralis minor muscle.
6. Serratus anterior muscle.
7. Coracobrachialis muscle.
8. Brachialis muscle.
9. Brachioradialis muscle.
10. Biceps brachii muscle.
11. Deltoid muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



PECTORAL FLY
MUSCLE GROUPS WORKED:

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Triceps brachii muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



STANDING WIDE CHEST PRESS
MUSCLE GROUPS WORKED:

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Triceps brachii muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



INCLINE BENCH PRESS
MUSCLE GROUPS WORKED:

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Triceps brachii muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



SEATED SHOULDER PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Triceps brachii muscle.
3. Pectoralis major muscle.
4. Pectoralis minor muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



LIGHT ROW
MUSCLE GROUPS WORKED:

1. Latissimus dorsi muscle.
2. Teres major muscle.
3. Teres minor muscle.
4. Pectoralis major muscle.
5. Pectoralis minor muscle.
6. Serratus anterior muscle.
7. Coracobrachialis muscle.
8. Brachialis muscle.
9. Brachioradialis muscle.
10. Biceps brachii muscle.
11. Deltoid muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



FRONT SHOULDER PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Triceps brachii muscle.
3. Pectoralis major muscle.
4. Pectoralis minor muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



LATERAL SHOULDER PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Triceps brachii muscle.
3. Pectoralis major muscle.
4. Pectoralis minor muscle.
5. Serratus anterior muscle.
6. Coracobrachialis muscle.
7. Brachialis muscle.
8. Brachioradialis muscle.
9. Biceps brachii muscle.
10. Deltoid muscle.
11. Latissimus dorsi muscle.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



LEG EXTENSION
MUSCLE GROUPS WORKED:

1. Rectus femoris muscle.
2. Vastus medialis muscle.
3. Vastus lateralis muscle.
4. Vastus intermedius muscle.
5. Tibialis anterior muscle.
6. Peroneus tertius muscle.
7. Peroneus longus muscle.
8. Peroneus brevis muscle.
9. Gastrocnemius muscle.
10. Soleus muscle.
11. Plantar flexor muscles.
12. Erector spinae muscles.
13. Rectus abdominis muscle.
14. Transverse abdominis muscle.
15. Diaphragm.
16. Pelvic floor muscles.



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