



CHEST PRESS
001.

Illustration of a male figure with red lines indicating the chest and shoulder muscles.



PEC FLY
002.

Illustration of a male figure with red lines indicating the pectoral muscles.



SEATED ROW
003.

Illustration of a male figure with red lines indicating the back and shoulder muscles.



WIDE-GRIP SEATED PULL DOWN
004.

Illustration of a female figure with red lines indicating the back and shoulder muscles.



CLOSE-GRIP SEATED PULL DOWN
005.

Illustration of a female figure with red lines indicating the back and shoulder muscles.



PREACHER CURL
006.

Illustration of a male figure with red lines indicating the bicep muscle.



SEATED LEG EXTENSION
007.

Illustration of a male figure with red lines indicating the quadriceps muscles.



STANDING LEG CURL
008.

Illustration of a male figure with red lines indicating the hamstring muscles.



HIP ADDUCTION
009.

Illustration of a male figure with red lines indicating the inner thigh muscles.



STANDING BICEP CURL
010.

Illustration of a male figure with red lines indicating the bicep muscle.



STANDING UPRIGHT ROW
011.

Illustration of a male figure with red lines indicating the shoulder and back muscles.



STANDING TRICEP PULL DOWN
012.

Illustration of a male figure with red lines indicating the tricep muscle.



FLOOR ROW
013.

Illustration of a male figure with red lines indicating the back and shoulder muscles.