

## **STRENGTH TRAINING**

<b>EQUIPMENT</b>	<b>BODY PART WORKED</b>	<b>REPS</b>	<b>REPS</b>	<b>REPS</b>	<b>WT</b>	<b>COMMENTS</b>
Pec Fly	Chest: Pectoralis major and minor					
Vertical Chest Press	Chest: Pectoralis major and minor					
Nautilus Bench Press	Chest: Pectoralis major and minor					
Incline Dumbbell Press	Chest: Pectoralis major and minor					
Tricep Push Down	Arms: Triceps					
Dips	Arms: Triceps					
Tricep Extention	Arms: Triceps					
Machine Shoulder Press	Shoulders: Deltoid and Upper Trapezius					
Shoulder Abduction	Shoulders: Deltoid and Upper Trapezius					
Reverse Flys	Shoulders: Deltoid and Rotator Cuff					
Dumbbell Flexion	Shoulders: Deltoid and Rotator Cuff					
Machine Bicep	Arms: Biceps Brachii					
Standing Dumbbell Curls	Arms: Biceps Brachii					
Lat Pull Downs (wide grip)	Back: Lattisimus Dorsi					
Seated Row	Back: Rhomboids/Mid aand Lower Trapezius					
Bent Over Rows	Back: Rhomboids/Mid aand Lower Trapezius					
Lat Pull Over	Back: Lattisimus Dorsi					
Machine Leg Press	Legs: Quadriceps, Hamstrings and Glutes					
Lunges	Legs: Quadriceps, Hamstrings and Glutes					
Bench Step Ups	Legs: Quadriceps, Hamstrings and Glutes				BODY	
Machine Leg Extensions	Legs: Quadriceps					
Machine Leg Curls	Legs: Hamstring' s					
Incline Board (calf raises)	Legs: Gastrocnemius					
Abs	Abdominals				BODY	