

Olympic Smith Machine

APRIL

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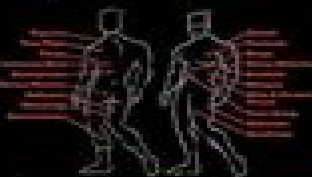
RED POLYURETHANE

GREEN

VARIABLE EXERCISE PROGRAM

EXERCISE	REPS	WEIGHT
1. BENCH PRESS	10	100 LB
2. SQUAT	10	100 LB
3. DEADLIFT	10	100 LB
4. BICEP CURL	10	100 LB
5. TRICEP EXTENSION	10	100 LB
6. SHOULDER PRESS	10	100 LB
7. LAT PULLDOWN	10	100 LB
8. ROW	10	100 LB
9. LEG PRESS	10	100 LB
10. CABLE CRUNCH	10	100 LB
11. CABLE KICKBACK	10	100 LB
12. CABLE CURL	10	100 LB
13. CABLE TRICEP EXTENSION	10	100 LB
14. CABLE SHOULDER PRESS	10	100 LB
15. CABLE ROW	10	100 LB
16. CABLE BICEP CURL	10	100 LB
17. CABLE LUNGES	10	100 LB
18. CABLE SQUAT	10	100 LB
19. CABLE DEADLIFT	10	100 LB
20. CABLE BENCH PRESS	10	100 LB

1. BENCH PRESS: The bench press is a compound exercise that works the chest, shoulders, and triceps. It is one of the most popular exercises in the gym. To perform the bench press, lie on a flat bench with your feet flat on the floor. Grip the bar with your hands shoulder-width apart. Lower the bar to your chest, then push it back up to the starting position.



2. SQUAT: The squat is a compound exercise that works the quadriceps, hamstrings, and glutes. It is one of the most popular exercises in the gym. To perform the squat, stand with your feet shoulder-width apart. Lower your body by bending your knees and hips, then push back up to the starting position.

2. SQUAT: The squat is a compound exercise that works the quadriceps, hamstrings, and glutes. It is one of the most popular exercises in the gym. To perform the squat, stand with your feet shoulder-width apart. Lower your body by bending your knees and hips, then push back up to the starting position.



1. BENCH PRESS
The bench press is a compound exercise that works the chest, shoulders, and triceps. It is one of the most popular exercises in the gym. To perform the bench press, lie on a flat bench with your feet flat on the floor. Grip the bar with your hands shoulder-width apart. Lower the bar to your chest, then push it back up to the starting position.



2. SQUAT
The squat is a compound exercise that works the quadriceps, hamstrings, and glutes. It is one of the most popular exercises in the gym. To perform the squat, stand with your feet shoulder-width apart. Lower your body by bending your knees and hips, then push back up to the starting position.



3. DEADLIFT
The deadlift is a compound exercise that works the back, legs, and glutes. It is one of the most popular exercises in the gym. To perform the deadlift, stand with your feet shoulder-width apart. Bend your knees and hips to lower the bar to the floor. Then, push back up to the starting position.



4. BICEP CURL
The bicep curl is a compound exercise that works the biceps and forearms. It is one of the most popular exercises in the gym. To perform the bicep curl, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Curl the bar up to your chest, then lower it back down to the starting position.



5. TRICEP EXTENSION
The tricep extension is a compound exercise that works the triceps and forearms. It is one of the most popular exercises in the gym. To perform the tricep extension, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Extend the bar down behind your head, then push it back up to the starting position.



6. SHOULDER PRESS
The shoulder press is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the shoulder press, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Press the bar up over your head, then lower it back down to the starting position.



7. LAT PULLDOWN
The lat pulldown is a compound exercise that works the lats and biceps. It is one of the most popular exercises in the gym. To perform the lat pulldown, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Pull the bar down to your chest, then lower it back up to the starting position.



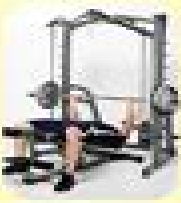
8. ROW
The row is a compound exercise that works the back, biceps, and forearms. It is one of the most popular exercises in the gym. To perform the row, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Pull the bar up to your chest, then lower it back down to the starting position.



9. LEG PRESS
The leg press is a compound exercise that works the quadriceps and glutes. It is one of the most popular exercises in the gym. To perform the leg press, lie on a flat bench with your feet flat on the floor. Press the bar up from your legs, then lower it back down to the starting position.



10. CABLE CRUNCH
The cable crunch is a compound exercise that works the abdominal muscles. It is one of the most popular exercises in the gym. To perform the cable crunch, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Crunch the bar up to your chest, then lower it back down to the starting position.



11. CABLE KICKBACK
The cable kickback is a compound exercise that works the glutes and hamstrings. It is one of the most popular exercises in the gym. To perform the cable kickback, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Kick the bar back behind you, then lower it back down to the starting position.



12. CABLE CURL
The cable curl is a compound exercise that works the biceps and forearms. It is one of the most popular exercises in the gym. To perform the cable curl, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Curl the bar up to your chest, then lower it back down to the starting position.



13. CABLE TRICEP EXTENSION
The cable tricep extension is a compound exercise that works the triceps and forearms. It is one of the most popular exercises in the gym. To perform the cable tricep extension, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Extend the bar down behind your head, then push it back up to the starting position.



14. CABLE SHOULDER PRESS
The cable shoulder press is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the cable shoulder press, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Press the bar up over your head, then lower it back down to the starting position.



15. CABLE ROW
The cable row is a compound exercise that works the back, biceps, and forearms. It is one of the most popular exercises in the gym. To perform the cable row, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Pull the bar up to your chest, then lower it back down to the starting position.



16. CABLE BICEP CURL
The cable bicep curl is a compound exercise that works the biceps and forearms. It is one of the most popular exercises in the gym. To perform the cable bicep curl, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Curl the bar up to your chest, then lower it back down to the starting position.



17. CABLE LUNGES
The cable lunges is a compound exercise that works the quadriceps and glutes. It is one of the most popular exercises in the gym. To perform the cable lunges, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Lunge forward with one leg, then push back up to the starting position.



18. CABLE SQUAT
The cable squat is a compound exercise that works the quadriceps, hamstrings, and glutes. It is one of the most popular exercises in the gym. To perform the cable squat, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Lower your body by bending your knees and hips, then push back up to the starting position.



19. CABLE DEADLIFT
The cable deadlift is a compound exercise that works the back, legs, and glutes. It is one of the most popular exercises in the gym. To perform the cable deadlift, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Bend your knees and hips to lower the bar to the floor. Then, push back up to the starting position.



20. CABLE BENCH PRESS
The cable bench press is a compound exercise that works the chest, shoulders, and triceps. It is one of the most popular exercises in the gym. To perform the cable bench press, lie on a flat bench with your feet flat on the floor. Grip the bar with your hands shoulder-width apart. Lower the bar to your chest, then push it back up to the starting position.



21. CABLE BICEP CURL
The cable bicep curl is a compound exercise that works the biceps and forearms. It is one of the most popular exercises in the gym. To perform the cable bicep curl, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Curl the bar up to your chest, then lower it back down to the starting position.



22. CABLE TRICEP EXTENSION
The cable tricep extension is a compound exercise that works the triceps and forearms. It is one of the most popular exercises in the gym. To perform the cable tricep extension, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Extend the bar down behind your head, then push it back up to the starting position.



23. CABLE SHOULDER PRESS
The cable shoulder press is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the cable shoulder press, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Press the bar up over your head, then lower it back down to the starting position.



24. CABLE ROW
The cable row is a compound exercise that works the back, biceps, and forearms. It is one of the most popular exercises in the gym. To perform the cable row, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Pull the bar up to your chest, then lower it back down to the starting position.



25. CABLE BICEP CURL
The cable bicep curl is a compound exercise that works the biceps and forearms. It is one of the most popular exercises in the gym. To perform the cable bicep curl, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Curl the bar up to your chest, then lower it back down to the starting position.



26. CABLE TRICEP EXTENSION
The cable tricep extension is a compound exercise that works the triceps and forearms. It is one of the most popular exercises in the gym. To perform the cable tricep extension, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Extend the bar down behind your head, then push it back up to the starting position.



27. CABLE SHOULDER PRESS
The cable shoulder press is a compound exercise that works the shoulders and triceps. It is one of the most popular exercises in the gym. To perform the cable shoulder press, stand with your feet shoulder-width apart. Grip the bar with your hands shoulder-width apart. Press the bar up over your head, then lower it back down to the starting position.

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Literary Digest ,1918 Digest; Review of Reviews Incorporating Literary Digest ,1918 **Literary Digest: a Repository of Contemporaneous Thought and Research as Presented in the Periodical Literature of the World**
Edward Jewitt Wheeler, Isaac Kaufman Funk, William Seaver Woods, 1918 **National Report on Work & Family** ,1993
Media Review Digest C. Edward Wall, 2002 Forthcoming Books Rose Arny, 1999-04 *Science Citation Index* ,1993
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equipment you need to get in shape is free and always accessible your own body This quick and easy program will save you
time money and maybe your life In less than thirty minutes three times a week and with no machinery or weights you can
achieve the toned arms flatter abs tighter buns and killer legs you ve always wanted You won t build bulk you ll build
strength and turn your body into a fat burning machine Featuring 120 different exercises in five movement categories Pulling
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ensures that you ll never get bored by the same static workout And with such a small time commitment less than one percent
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