

Upper Body

Seated Pec Fly



Chest Press



Incline Bench Press



Shoulder Press



Lateral Raise



Upper Body

Arm Curl



Assisted Pull Up



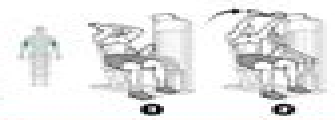
Lateral Pull Down



Lat Pull-Over

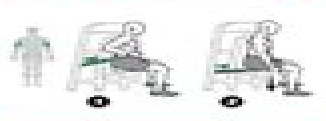


Triceps Extension

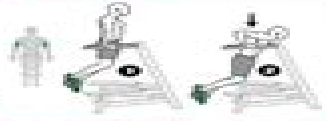


Upper Body

Seated Dip



Triceps Dip



Core

Side Bend Hyperextension



Twisting Hyperextension



Abdominal Crunch



Core

Decline Sit-up



Rotary Torso



Knee Raise



Knee Twist



Hanging Leg Raise



Back

Reverse Pec Deck Fly



Mid Row



High Row



T-bar Row



Back Extension



Lower Body

Thigh Abductor



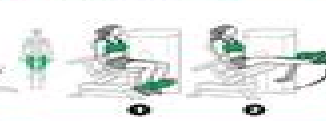
Thigh Adductor



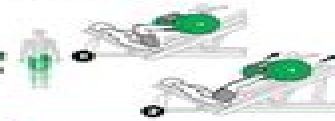
Hamstring Curl



Leg Extension



Leg Press



Lower Body

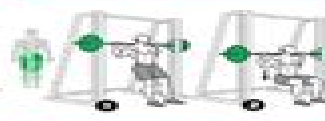
Smith Machine Leg Press



Back Squat



Smith Machine Squat



Smith Machine Lunge



Reverse Hyperextension



Lower Body

Standing Leg Raise



Gluteus Kick



Gluteus Master



Seated Calf Raise



Calf Raise



Gym Workout Diagrams

Katrin Zwirglmaier

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Eat Well & Keep Moving 3rd Edition Cheung, Lillian, Dart, Hank, Kalin, Sari, Otis, Brett, Gortmaker, Steven, 2015-11-03 Eat Well Keep Moving Third Edition includes thoroughly updated nutrition and activity guidelines multidisciplinary lessons for fourth and fifth graders eight core Principles of Healthy Living and a new Kid s Healthy Eating Plate to help kids make healthy food choices [CollegeHumor. The Website. The Book.](#)

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HOW TO MANAGE YOUR FITNESS 101 Edward D. Andrews, 2023-03-15

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In Step - A Course in English for Primary Schools Activity Book 6A '9789814208659 , With God on their Side Timothy Chandler,Tara Magdalinski,2005-07-12

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Smith,Al,2025-01-26 Fitness Equipment Cleaning reveals the critical connection between gym hygiene and equipment longevity blending health safety with mechanical engineering insights The book s eye opening premise that treadmill handles host 74 times more bacteria than public faucets sets the stage for its mission preventing pathogen transmission while preserving expensive gym machinery Unlike generic cleaning guides it merges microbial biology with material science

showing how improper disinfectants can sanitize surfaces yet corrode touchscreens or degrade rubber grips over time This interdisciplinary approach helps readers tackle dual threats pathogens like staphylococcus and mechanical wear from friction or humidity through protocols that protect both users and equipment Structured into three sections the book progresses from health risks to mechanical maintenance before uniting these themes It explains how antimicrobial coatings demand pH balanced cleaners while ergonomic design flaws strain both users and machinery A standout case study details a gym that cut repair costs by 40% using the book s daily lubrication and cleaning regimen Practical tools like checklists and diagrams simplify complex concepts such as choosing enzymatic cleaners over abrasive scrubs to preserve upholstery By framing equipment care as preventive medicine the book offers a roadmap for gym operators and home users alike to build safer more durable fitness spaces proving that smart maintenance is as vital as the workout itself

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