

Upper Body

Seated Pec Fly



Chest Press



Incline Bench Press



Shoulder Press



Lateral Raise



Upper Body

Arm Curl



Assisted Pull Up



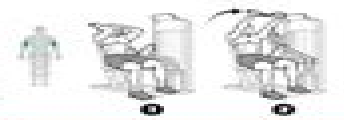
Lateral Pull Down



Lat Pull-Over

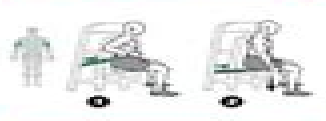


Triceps Extension

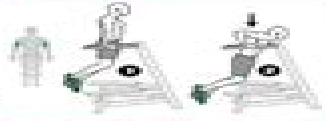


Upper Body

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



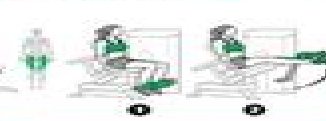
Thigh Adductor



Hamstring Curl



Leg Extension



Leg Press



Lower Body

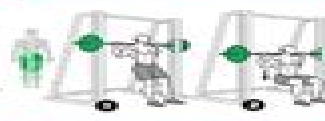
Smith Machine Leg Press



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 Exercise Guide

Paul Waters

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

Gym Exercise Guide:

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Gym Exercise Guide** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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