

Brachioradialis  
Brachialis  
Biceps brachii  
Posterior deltoid  
Rhomboids (deep)  
Middle and lower trapezius

Teres minor  
Teres major  
Infraspinatus  
Latissimus dorsi

Levator scapulae

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# Guide To Muscles That Weight Machines Work

**JA Banks**



## **Guide To Muscles That Weight Machines Work:**

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discusses nutrition sleep and time management and offers advice on buying equipment and workout gear **The Unofficial**

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Illustrated Fourth Edition is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated **Weight Training For**

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*101 Muscle-Shaping Workouts & Strategies for Women* Muscle & Fitness Hers,2013-02-01 With 101 Muscle Shaping Workouts Strategies For Women each workout program which are clearly explained easy to follow and best of all proven to be effective at burning more calories and body fat is designed to help achieve a firm healthy and strong body **Strength Training on the Ball** Colleen Craig,2005-04-13 A unique series of Pilates strength building exercises using the Swiss exercise ball resistance bands and weights From the bestselling author of Pilates on the Ball and Abs on the Ball Features

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**United States Naval Institute Proceedings**  
United States Naval Institute,1909

**The Bodywise Woman** Judy Mahle Lutter,Lynn Jaffee,1996 Provides information on the unique fitness concerns of women including advice for developing a sensible injury free exercise program



## The Enigmatic Realm of **Guide To Muscles That Weight Machines Work**: Unleashing the Language is Inner Magic

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