

### Upper Body

Seated Pec Fly



Chest Press



Incline Bench Press



Shoulder Press



Lateral Raise



### Upper Body

Arm Curl



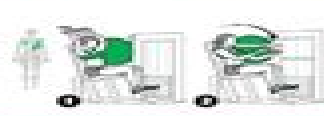
Assisted Pull Up



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

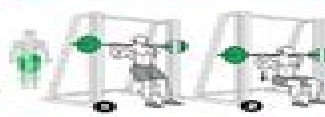
Smith Machine Leg Press



Back Squat



Smith Machine Squat



Smith Machine Lunge



Reverse Hyperextension



### Lower Body

Standing Leg Raise



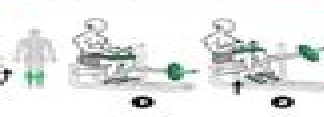
Gluteus Kick



Gluteus Master



Seated Calf Raise



Calf Raise



# Gym Exercise Guide

**Shu Chen Hou**



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