

Upper Body

Seated Pec Fly



Chest Press



Incline Bench Press



Shoulder Press



Lateral Raise



Upper Body

Arm Curl



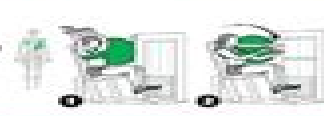
Assisted Pull Up



Lateral Pull Down



Lat Pull-Over



Triceps Extension

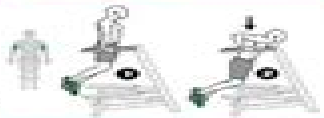


Upper Body

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

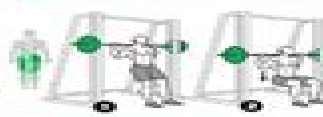
Smith Machine Leg Press



Back Squat



Smith Machine Squat



Smith Machine Lunge



Reverse Hyperextension



Lower Body

Standing Leg Raise



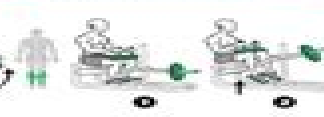
Gluteus Kick



Gluteus Master



Seated Calf Raise



Calf Raise



# Gym Exercise Guide

**Ian Pickup**



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web simbiosis mutualisme dan contohnya simbiosis mutualisme merupakan pola interaksi atau hubungan antara dua organisme dengan jenis yang berbeda dimana keduanya mendapatkan keuntungan dari hubungan tersebut jenis simbiosis yang satu ini bisa kita jumpai di lingkungan sehari-hari

**4 macam simbiosis dalam ekosistem dan contohnya** - Nov 06 2022

web apr 20 2022 simbiosis mutualisme adalah hubungan antara organisme dari dua spesies berbeda di mana keduanya merasa diuntungkan simbiosis mutualisme paling mungkin terjadi di antara organisme berkebutuhan berbeda