

As an owner of a gym, you need a comprehensive list of exercise information to help you and your staff assist your members. This chart provides you with the information you need to help your members get the most out of their gym membership. The chart lists 20 different exercises, including the name of the exercise, the muscles worked, the benefits of the exercise, and the correct form for the exercise. It also includes a section on exercise safety and a section on how to use the gym equipment.



Exercise 1: Seated Cable Row

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle towards your chest, squeezing your shoulder blades together. Return the handle to the starting position.

Exercise 2: Seated Cable Crossover

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle from one side towards the opposite shoulder. Return the handle to the starting position.

Exercise 3: Seated Cable Tricep Extension

Muscles Worked: Triceps brachii, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the triceps and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Extend the handle upwards, then lower it behind your head. Return the handle to the starting position.

Exercise 4: Seated Cable Chest Press

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle forward and slightly upward. Return the handle to the starting position.

Exercise 5: Seated Cable Shoulder Press

Muscles Worked: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the shoulders and triceps, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle upwards. Return the handle to the starting position.

BLANKING THE

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle towards your chest, squeezing your shoulder blades together. Return the handle to the starting position.

SAMPLE PROGRAM

Exercise 1: Seated Cable Row (3 sets of 10)

Exercise 2: Seated Cable Crossover (3 sets of 10)

Exercise 3: Seated Cable Tricep Extension (3 sets of 10)

Exercise 4: Seated Cable Chest Press (3 sets of 10)

Exercise 5: Seated Cable Shoulder Press (3 sets of 10)

Exercise 6: Seated Cable Lat Pulldown

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle down towards your chest, squeezing your shoulder blades together. Return the handle to the starting position.

Exercise 7: Seated Cable Front Pull

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle forward and slightly upward. Return the handle to the starting position.

Exercise 8: Seated Cable Rear Pull

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle down and slightly backward. Return the handle to the starting position.

Exercise 9: Seated Cable Chest Fly

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle from one side towards the opposite shoulder. Return the handle to the starting position.

Exercise 10: Seated Cable Tricep Kickback

Muscles Worked: Triceps brachii, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the triceps and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Extend the handle upwards, then lower it behind your head. Return the handle to the starting position.

EXERCISE SAFETY

Always use proper form and technique when performing exercises. Start with a light weight and gradually increase as you become more comfortable. Avoid using momentum to lift weights. Take breaks when needed and listen to your body. If you experience any pain or discomfort, stop the exercise immediately and consult a fitness professional.

Exercise 11: Seated Cable Bicep Curl

Muscles Worked: Biceps brachii, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the biceps and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Curl the handle upwards towards your shoulders. Return the handle to the starting position.

Exercise 12: Seated Cable Tricep Press

Muscles Worked: Triceps brachii, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the triceps and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle upwards. Return the handle to the starting position.

Exercise 13: Seated Cable Chest Press

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle forward and slightly upward. Return the handle to the starting position.

Exercise 14: Seated Cable Shoulder Press

Muscles Worked: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the shoulders and triceps, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle upwards. Return the handle to the starting position.

Exercise 15: Seated Cable Lat Pulldown

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle down towards your chest, squeezing your shoulder blades together. Return the handle to the starting position.

EXERCISE SAFETY

Always use proper form and technique when performing exercises. Start with a light weight and gradually increase as you become more comfortable. Avoid using momentum to lift weights. Take breaks when needed and listen to your body. If you experience any pain or discomfort, stop the exercise immediately and consult a fitness professional.

Exercise 16: Seated Cable Chest Press

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle forward and slightly upward. Return the handle to the starting position.

Exercise 17: Seated Cable Shoulder Press

Muscles Worked: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the shoulders and triceps, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle upwards. Return the handle to the starting position.

Exercise 18: Seated Cable Lat Pulldown

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle down towards your chest, squeezing your shoulder blades together. Return the handle to the starting position.

Exercise 19: Seated Cable Chest Press

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle forward and slightly upward. Return the handle to the starting position.

Exercise 20: Seated Cable Shoulder Press

Muscles Worked: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the shoulders and triceps, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle upwards. Return the handle to the starting position.

HOW TO USE THE

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle towards your chest, squeezing your shoulder blades together. Return the handle to the starting position.

Exercise 21: Seated Cable Chest Press

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle forward and slightly upward. Return the handle to the starting position.

Exercise 22: Seated Cable Shoulder Press

Muscles Worked: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the shoulders and triceps, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle upwards. Return the handle to the starting position.

Exercise 23: Seated Cable Lat Pulldown

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.

Benefits: Strengthens the back and arms, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Pull the handle down towards your chest, squeezing your shoulder blades together. Return the handle to the starting position.

Exercise 24: Seated Cable Chest Press

Muscles Worked: Pectoralis major, pectoralis minor, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the chest and back, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle forward and slightly upward. Return the handle to the starting position.

Exercise 25: Seated Cable Shoulder Press

Muscles Worked: Deltoids, triceps, latissimus dorsi, rhomboids, trapezius.

Benefits: Strengthens the shoulders and triceps, improves posture, and increases core stability.

Form: Sit on the machine with feet on the platform. Grasp the handle with both hands. Press the handle upwards. Return the handle to the starting position.

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