



ABDOMINAL CRUNCH

Muscles Worked: Rectus abdominis, external obliques, internal obliques, transverse abdominis, erector spinae, and iliopsoas.

How to perform:

1. Sit on the machine with your feet flat on the floor and your hands behind your head.
2. Lift your shoulders and upper back off the seat by contracting your abdominal muscles.
3. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
4. Repeat for the desired number of repetitions.



BICEP CURL

Muscles Worked: Brachialis, brachioradialis, and biceps brachii.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Curl the handles up towards your shoulders by contracting your biceps.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat for the desired number of repetitions.



PREACHER CURL

Muscles Worked: Biceps brachii, brachialis, and brachioradialis.

How to perform:

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Curl the handles up towards your shoulders by contracting your biceps.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles Worked: Triceps brachii.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Push the handles down towards your feet by contracting your triceps.
3. Hold the contraction for a moment, then raise the handles back to the starting position.
4. Repeat for the desired number of repetitions.



SEATED ROW

Muscles Worked: Latissimus dorsi, rhomboids, trapezius, and biceps brachii.

How to perform:

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Pull the handles towards your chest by contracting your back muscles.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat for the desired number of repetitions.



LAT PULL-DOWN

Muscles Worked: Latissimus dorsi, trapezius, and biceps brachii.

How to perform:

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Pull the handles down towards your chest by contracting your latissimus dorsi.
3. Hold the contraction for a moment, then raise the handles back to the starting position.
4. Repeat for the desired number of repetitions.



STANDING BENCH PRESS

Muscles Worked: Pectoralis major, pectoralis minor, and triceps brachii.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Press the handles up and outwards by contracting your chest and triceps.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat for the desired number of repetitions.

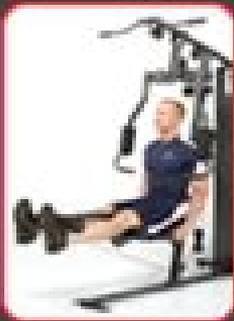


PECTORAL FLY

Muscles Worked: Pectoralis major and pectoralis minor.

How to perform:

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Fly the handles outwards by contracting your pectorals.
3. Hold the contraction for a moment, then bring the handles back to the starting position.
4. Repeat for the desired number of repetitions.



LEG EXTENSION

Muscles Worked: Rectus femoris, vastus medialis, vastus lateralis, and vastus intermedius.

How to perform:

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Extend your legs by contracting your quadriceps.
3. Hold the contraction for a moment, then lower your legs back to the starting position.
4. Repeat for the desired number of repetitions.



STANDING LEG CURL

Muscles Worked: Biceps femoris, semitendinosus, and semimembranosus.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Curl your legs up by contracting your hamstrings.
3. Hold the contraction for a moment, then lower your legs back to the starting position.
4. Repeat for the desired number of repetitions.



LEG KICK BACK

Muscles Worked: Gluteus maximus, biceps femoris, and semitendinosus.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Kick your leg back by contracting your glutes and hamstrings.
3. Hold the contraction for a moment, then bring your leg back to the starting position.
4. Repeat for the desired number of repetitions.



LEG KICK OUT TO THE SIDE

Muscles Worked: Gluteus medius, gluteus minimus, and tensor fasciae latae.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Kick your leg out to the side by contracting your glutes and tensor fasciae latae.
3. Hold the contraction for a moment, then bring your leg back to the starting position.
4. Repeat for the desired number of repetitions.



UPRIGHT ROW

Muscles Worked: Trapezius, levator scapulae, and biceps brachii.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Row the handles up towards your chest by contracting your trapezius and biceps.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles Worked: Anterior deltoid, pectoralis major, and pectoralis minor.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Raise the handles up and outwards by contracting your anterior deltoids and pectorals.
3. Hold the contraction for a moment, then lower the handles back to the starting position.
4. Repeat for the desired number of repetitions.



LEG KICK WITH FOOT PRODUCERS

Muscles Worked: Gluteus maximus, biceps femoris, and semitendinosus.

How to perform:

1. Stand on the machine with your feet flat on the floor and your hands on the handles.
2. Kick your leg back by contracting your glutes and hamstrings.
3. Hold the contraction for a moment, then bring your leg back to the starting position.
4. Repeat for the desired number of repetitions.



MUSCLE REFERENCE GUIDE

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Yicheng Fang



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