



EXERCISE CHART **SM-4033**

Cage System Home Gym




PREACHER CURL

MUSCLE EMPHASIS: BICEP



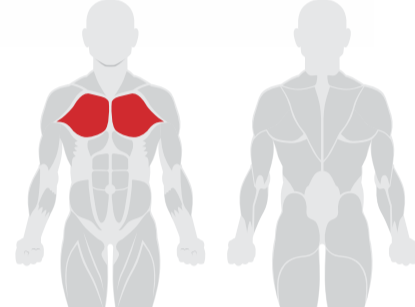

DECLINE CRUNCH

MUSCLE EMPHASIS: ABS/CORE


FLAT BENCH PRESS

MUSCLE EMPHASIS: PECTORALIS



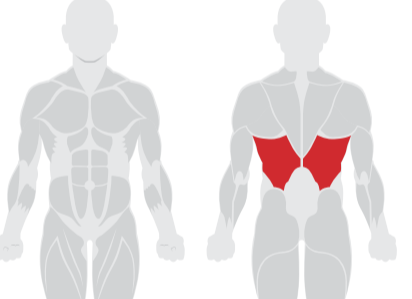


PECTORAL FLY

MUSCLE EMPHASIS: PECTORALIS

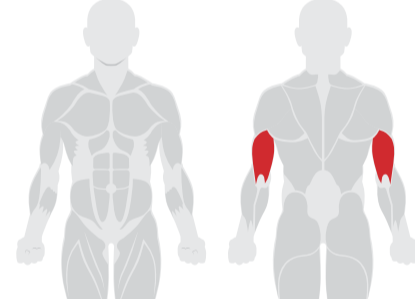
SEATED ROW

MUSCLE EMPHASIS: LATISSIMUS DORSI

TRICEP PUSH-DOWN

MUSCLE EMPHASIS: TRICEPS





STANDING BICEP CURL

MUSCLE EMPHASIS: BICEPS





PULL-UP

MUSCLE EMPHASIS: LATISSIMUS DORSI

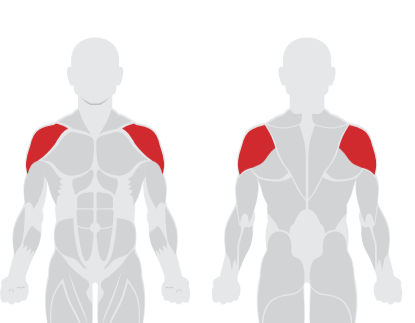

UPRIGHT ROW

MUSCLE EMPHASIS: DELTOIDS

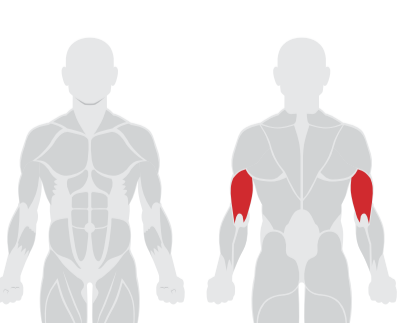
SINGLE ARM LANDMINE PRESS

MUSCLE EMPHASIS: DELTOIDS

DUMBBELL KICKBACK

MUSCLE EMPHASIS: TRICEPS




BARBELL SQUAT

MUSCLE EMPHASIS: QUADRICEPS & GLUTEUS MAXIMUS



WARNING - Consult your physician before beginning this or any exercise program. Keep out of reach of children.

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