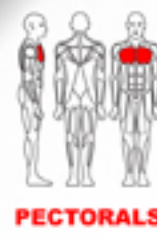




CABLE CROSSOVER



PECTORALS



INCLINE BENCH PRESS



PECTORALS



SMITH BENCH PRESS



PECTORALS



ABDOMINAL CRUNCH



RECTUS ABDOMINUS



LAT PULLDOWN



LATISSIMUS DORSI,
TRAPEZIUS



BENT OVER ROW



LATISSIMUS DORSI



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SMITH CALF RAISE



GASTROCNEMIUS,
SOLEUS (CALVES)



SMITH SQUAT



QUADRICEPS,
GLUTEUS MAXIMUS



STANDING BICEPS CURL



BICEPS



LATERAL RAISE



DELTOIDS



SHOULDER PRESS



DELTOIDS



TRICEPS PUSHDOWN



TRICEPS