

EQUIPMENT	BODY PART WORKED	REPS	REPS	WT
Pec Fly	Chest: Pectoralis major and minor			
Vertical Chest Press	Chest: Pectoralis major and minor			
Lat Pull Downs (wide grip)	Back: Lattisimus Dorsi			
Tricep Push Down	Arms: Triceps			
Machine Bench Press	Chest: Pectoralis major and minor			
Cybex Glutes	Buttocks: Gluteus maximus and minimums			
Lunges	Legs: Quadriceps, Hamstrings and Glutes			BODY
Machine Leg Press	Quads: Rectus Femoris, and Vastus			
Machine Bicep	Arms: Biceps Brachii			
Lat Pull Over	Arms: Triceps Back: Lattisimus Dorsi			
Machine Leg Extensions	Legs: Quadriceps			
Machine Leg Curls	Legs: Hamstring' s			
Incline Board (calf raises)	Legs: Gastrocnemius			BODY
Machine Shoulder Press	Arms: Deltoid and Upper Trapezius			
Shoulder Abduction	Arms: Deltoid and Upper Trapeziu			
Machine Low Back	Spinal Erectors and Glutes			
Jump Rope	Heart and Lung , Shoulders and Gastronomies			BODY
8 Min Abs	Abdominals			BODY