

Key to Numbering of Strength Equipment

#1 Angled Calf/Angled Leg Press

**Muscles Trained: Angled Calf - Gastrocnemius, Soleus
Angled Leg Press – Quadriceps, Hamstrings**

#2 Seated Leg Press

**Muscles Trained: Primary – Quadriceps, Gluteus Maximus
Secondary – Hamstrings, Adductors**

#3 Seated Leg Curl

**Muscles Trained: Primary – Hamstrings
Secondary – Gastrocnemius**

#4 Leg Extension

Muscles Trained: Quadriceps

#5 Hip Adductor

Muscles Trained: Hip Adductors (Inner Thigh)

#6 Hip Abductor

Muscles Trained: Hip Abductors (Outer Thigh)

#7 Glute/Ham Exercise

Muscles Trained: Gluteals, Hamstrings

#8 Lat Pulldown

**Muscles Trained: Primary – Latissimus Dorsi, Teres Major
Secondary – Bicep, Brachioradialis, Lower
Trap**

#9 Row/Rear Delt

**Muscles Trained: Primary – Latissimus Dorsi, Teres Major, Bicep,
and Middle Trapezius
Secondary – Posterior Deltoid**

#10 Chest Press

**Muscles Trained: Primary – Pectoralis Major
Secondary – Middle Deltoid and Triceps**

#11 Pectoralis/Rear Deltoid

**Muscles Trained: Primary Pectoralis – Pectoralis Major and
Pectoralis Minor
Primary Rear Deltoid – Rear Deltoid**

#12 Overhead Press

**Muscles Trained: Primary – Anterior Deltoid
Secondary – Middle Deltoid and Triceps**

#13 Triceps Extension

Muscles Trained: Primary – Triceps

#14 Arm Curl

Muscles Trained: Primary – Biceps

#15 Glute

**Muscles Trained: Primary – Gluteus Maximus
Secondary – Hamstrings, Quadriceps, and
Adductors**

#16 Assisted Chin Dip

**Muscles Trained: Latissimus Dorsi, Teres Major, Biceps, Triceps,
Pectoralis Major, and Pectoralis Minor**

#17 Back Extension

Muscles Trained: Erector Spinae, Gluteus Maximus

#18 Abdominal Crunch

Muscles Trained: Rectus Abdominus

#19 Torso Rotation

Muscles Trained: Internal and External Obliques

#20 Roman Chair

Muscles Trained: Erector Spinae, Abdominals, Hamstrings

#21 Incline Board

Muscles Trained: Abdominals

#22 Thera Crunch

Muscles Trained: Rectus Abdominus

#23 Captains Chair

Muscles Trained: Abdominals