

Upper Body

Seated Pec Fly



Chest Press



Incline Bench Press



Shoulder Press



Lateral Raise



Upper Body

Arm Curl



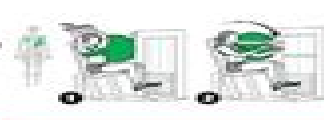
Assisted Pull Up



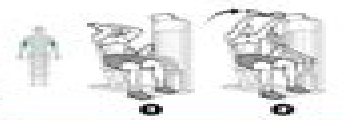
Lateral Pull Down



Lat Pull-Over

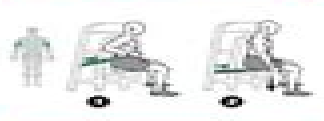


Triceps Extension

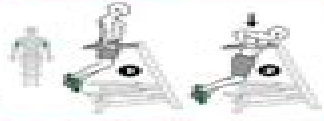


Upper Body

Seated Dip



Triceps Dip



Core

Side Bend Hyperextension



Twisting Hyperextension



Abdominal Crunch



Core

Decline Sit-up



Rotary Torso



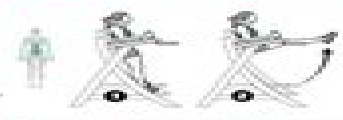
Knee Raise



Knee Twist

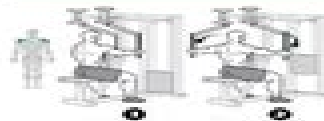


Hanging Leg Raise



Back

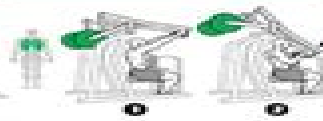
Reverse Pec Deck Fly



Mid Row



High Row



T-bar Row



Back Extension



Lower Body

Thigh Abductor



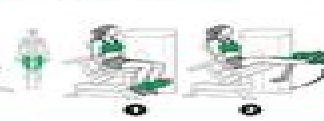
Thigh Adductor



Hamstring Curl



Leg Extension



Leg Press



Lower Body

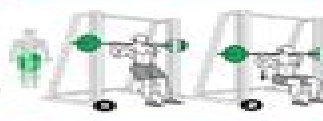
Smith Machine Leg Press



Back Squat



Smith Machine Squat



Smith Machine Lunge



Reverse Hyperextension

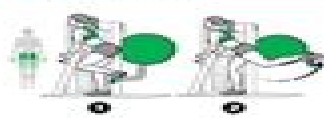


Lower Body

Standing Leg Raise



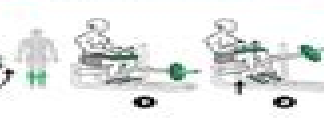
Gluteus Kick



Gluteus Master



Seated Calf Raise



Calf Raise



Home Gym Equipment Guide

The Fix-It Guy



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