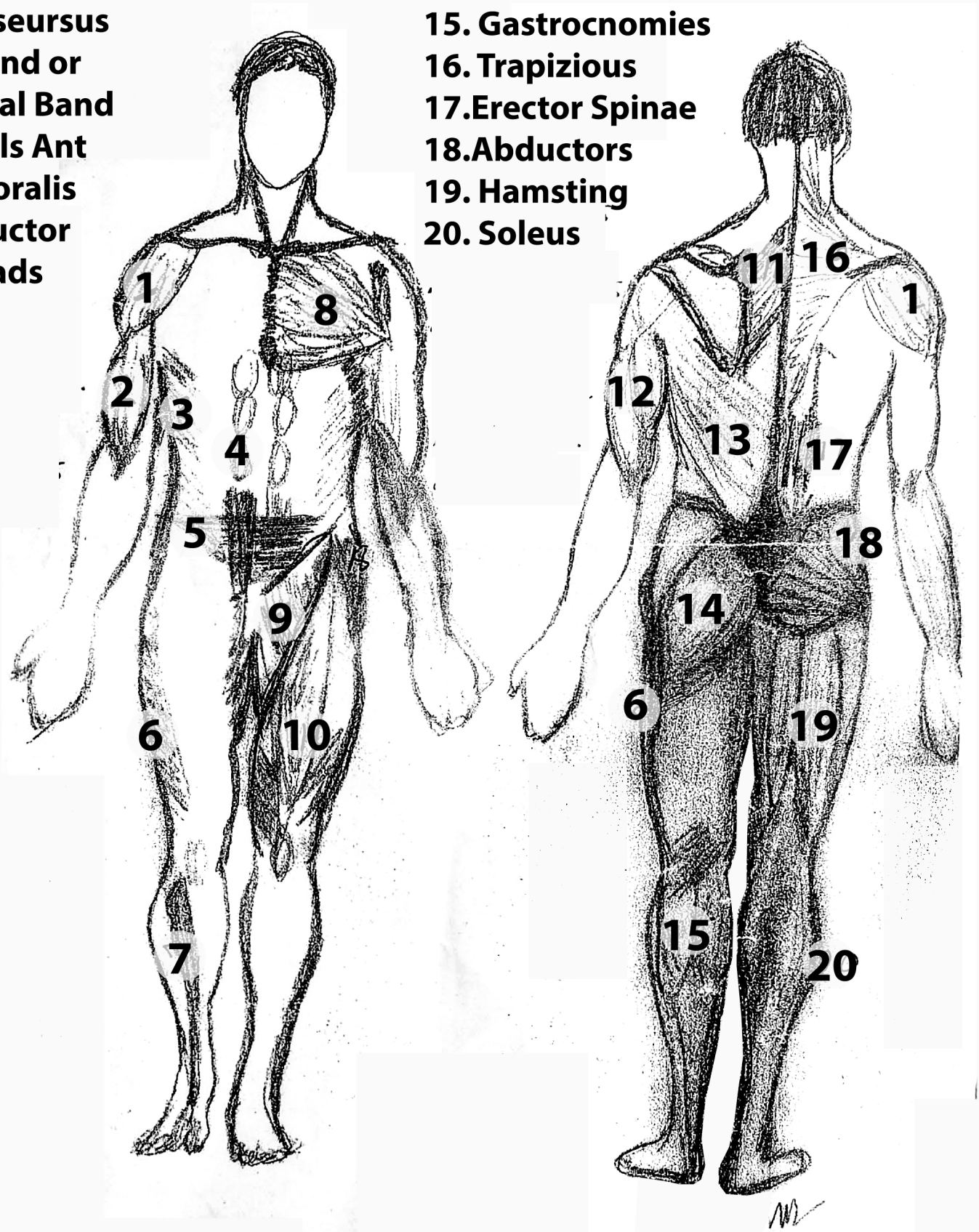
1. Deltiod
2. Biceps
3. Obligues
4. Rectus Abdonminal
5. Transeursus
6. IT Band or Lliotibial Band
7. Tibials Ant
8. Pectoralis
9. Adductor
10. Quads
11. Rhombiods
12. Triceps
13. Lats
14. Gluteals
15. Gastrocnomies
16. Trapizious
17. Erector Spinae
18. Abductors
19. Hamsting
20. Soleus



Leg Exercise	Muscles	Number on Mankin
Squat	Glutes Quads, Hamstring, Gastrocnomies	14, 10, 19, 15
Leg Extemsion	Quads	10
Leg Curl	Hamstring	19
Calf Raises	Gastrocnomies	15
Adductor	Adductor	9
Adductor	Adductor	18
Chests Exercise	**Muscles**	**Number on ManKin**
Bench Press	Pectrorals	8
Incline Press	Pectorals, Deltiods	8,1
Decline Press	Pectorals	8
Peck or Flys	Pectorals	8
Back and Shoulder Execises	**Muscles**	**Number on Mankin**
Lat Pulldown	Latissimus Dorsi	13
Seated Rows	Rhomboids, Latissimus Dorsi, Biceps	11, 12, 2
Unright Rows	Trapizious, Deltiods	16, 1
Shoulder Press	Deltiods	1
Lateral	Deltiods	1
Arm Exercises	**Muscles**	**Number on Mankin**
Cable Pulldown	Triceps	12
Scull Crushers	Triceps	12
Striaght Barbell Curls	Biceps	2
Machine Curls	Biceps	2
Adominals	**Muscles**	**Number on Mankin**
Seated Crunches	Recutus Adominal	4
Seated Twist	Obiques	3