Exercise Muscle Region/Group

1. Flat Bench Press Chest

2. Bicep Curl Biceps

3. Tricep Dips Triceps

4. Decline Bench Press Chest

5. Dumbbell Flys Chest

6. Dumbbell Row Back

7. Incline Bench Press Chest

8. Lat Pull-Down Back

9. Leg Curl Hamstrings

10. Leg Extensions Quadriceps

12. Lunges Hams/Quads

13. Preacher Curl Biceps

14. Seated Shoulder Press Shoulders

15. Seated Row Back

16. Shrugs Shoulders

17. Triceps Push-Down Triceps

18. Upright Row Shoulders

Circuit Training: High intensity aerobic exercise that focuses on muscular strength and cardiovascular endurance.

Interval Training: Low to high intensity exercise with periods of rest interspersed in between.

Repetition: The number of times an exercise is repeated.

Set: A group of repetitions

Dynamic Stretching: Stretching through movement

Static Stretching: Stretching while still