

Functional Training Center

EXERCISE CHART

CHEST



Chest Press



Incline Press



Cable Fly



Leg Extension



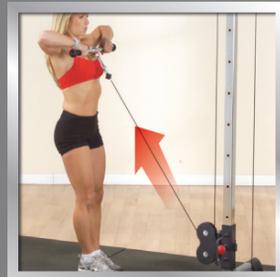
Standing Leg Curl

LEGS

SHOULDERS



Shoulder Press



Upright Row



Lateral Deltoid Raise

HIPS/THIGHS



Leg Abduction



Glute Kickback

BACK



Lat Pull Down



One Arm Row



Seated Row



Chin Up



Reverse Fly

ARMS



Biceps Curl



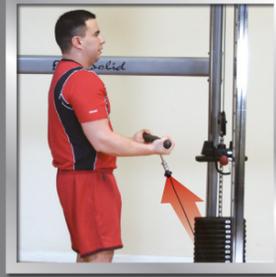
Triceps Press Down



Triceps Extension

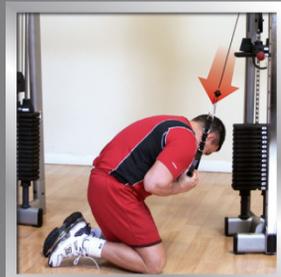


Concentration Curl



Both Arms Biceps Curl

ABS



Oblique Crunch



Leg Lift



Oblique Twist



Ab Crunch



Seated Crunch

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