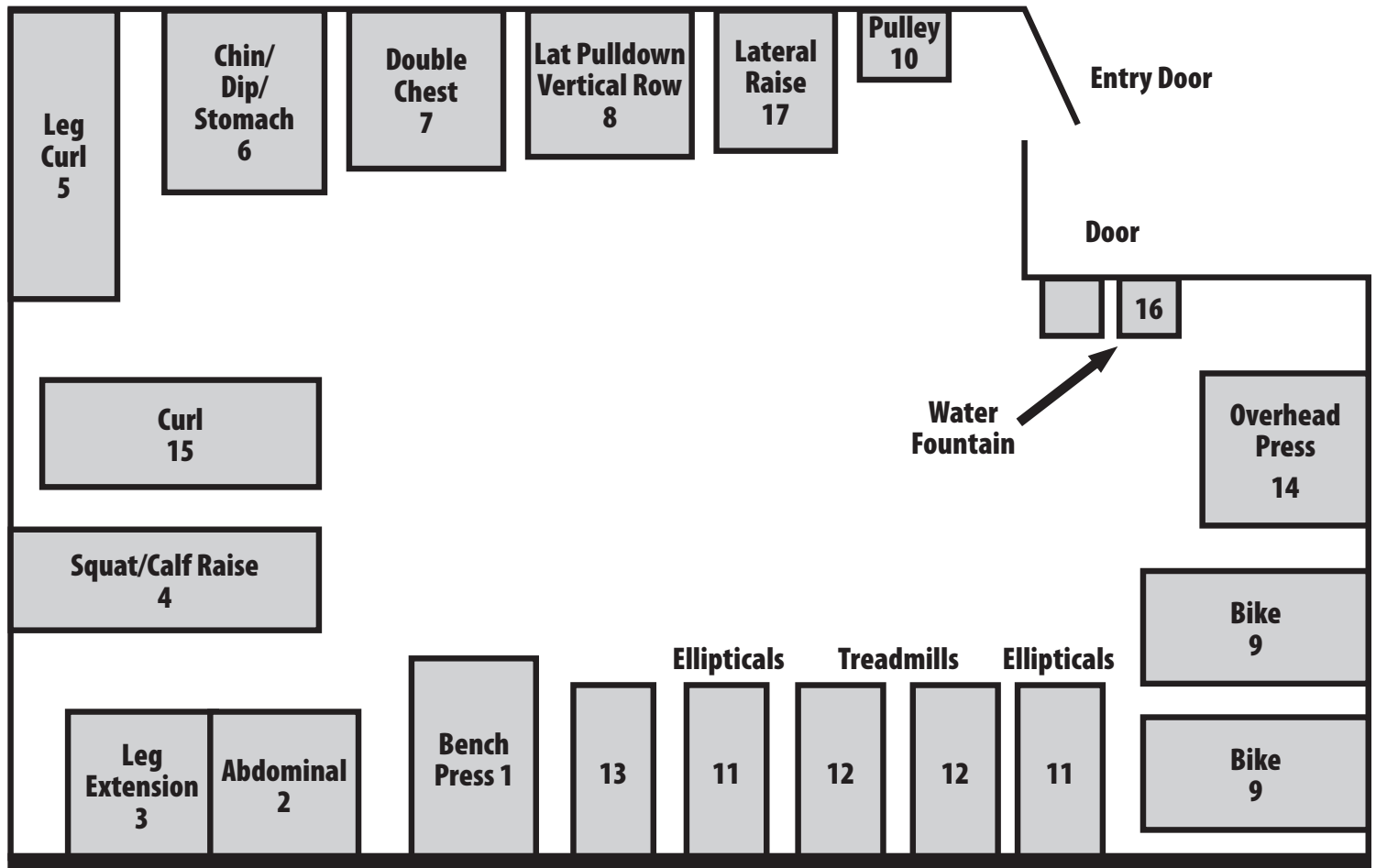


Weight Room Floor Plan



- 1. Bench Press:**
General—Arms, chest, shoulders
Muscle—Triceps, deltoids, pectoralis minor/major, coraco, brachialis
- 2. Abdominal:**
General—Stomach
Muscle—Abdominals
- 3. Leg Extension:**
General—Legs
Muscle—Quadriceps femoris
- 4. Squat/Calf Raise:**
General—Legs/buttocks
Muscle—Vastus lateralis, rectus femoris, tibialis, anterior vastus medialis, extensor digitorum longus, gluteus maximus, bicep femoris, semitendinous, gastrocnemius, soleus, vatus intermedius, semimembranosus
- 5. Leg Curl:**
General—Legs/buttocks
Muscle—Hamstrings, gluteus maximus
- 6. Chin/Dip/Stomach:**
General—Entire body
- 7. Double Chest:**
General—Arms, shoulders, chest
Muscle—Triceps, deltoids, pectoralis minor/major, coraco brachialis
- 8. Dual Lat Pulldown/Vertical Row:**
General—Arms, chest, shoulders, stomach, back
Muscle—Biceps brachii, triceps, abdominals, pectoralis major/minor, teres major, latissimus dorsi
- 9. Bike:**
General—Heart, entire body, legs
Muscle—Hamstrings, gastrocnemius, quadriceps, flexors
- 10. Pulley:**
General—Entire body
- 11. Ellipticals:**
General—Heart, legs, buttocks
- 12. Treadmill:**
General—Heart, legs
Muscle—Gluteals, quadriceps, flexors, hamstrings, gastrocnemius
- 13. Sit-up Bench:**
General—Stomach, neck
Muscle—Abdominals
- 14. Overhead Press:**
General—Arms, shoulders, chest
Muscle—Deltoids, trapezius, pectoralis, triceps
- 15. Curl:**
General—Arms
Muscle—Biceps brachii, brachialis triceps
- 16. Water Fountain:**
General—Entire body
Muscle—Wet your whistle major/minor
- 17. Lateral Raise:**
General—Arms, shoulders, chest
Muscle—Deltoids, trapezius, pectoralis, triceps