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Exercises & Muscles Worked

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| 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 12 |  |  |  |  |  |  |  |  |  |  |
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| **Across**  **2.** Reverse Fly Machine  **4.** French Press  **5.** knee curl machine  **11.** Bent-over Rows  **12.** Preacher curls  **18.** Bench Press  **19.** Side-lying Adduction  **22.** Squats  **23.** Prone Reverse Pectoral Decline  **24.** Supine Knee Extensions  **25.** Curl-ups | **Down**  **1.** Supine crunch twist  **3.** Concentration Curls  **6.** Lat Pull-overs  **7.** dorsiflexion with band  **8.** Shrugs  **9.** back extension machine  **10.** Front Raises  **13.** High Pulley Depressions  **14.** Dumbbell Fly  **15.** Heel Raises  **16.** External Rotation with Band  **17.** adductor machine  **20.** Lunges  **21.** Standing Pressdowns |