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 Exercises & Muscles Worked

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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 |