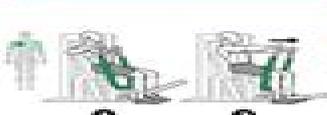


Upper Body

Seated Pec Fly



Chest Press



Incline Bench Press



Shoulder Press



Lateral Raise



Upper Body

Arm Curl



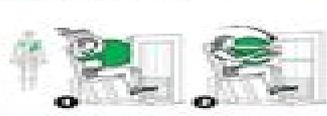
Assisted Pull Up



Lateral Pull Down



Lat Pull-Over



Triceps Extension



Upper Body

Seated Dip



Triceps Dip



Core

Seated Hyperextension



Twisting Hyperextension



Abdominal Crunch



Core

Decline Sit-up



Rotary Torso



Knee Raise



Knee Twist



Hanging Leg Raise



Back

Reverse Pec Deck Fly



Mid Row



High Row



T-bar Row



Back Extension



Lower Body

Thigh Abductor



Thigh Adductor



Hamstring Curl



Leg Extension



Leg Press



Lower Body

Smith Machine Leg Press



Hack Squat



Smith Machine Squat



Smith Machine Lunge



Reverse Hyperextension

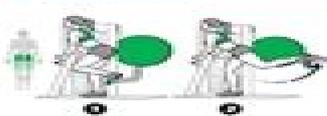


Lower Body

Standing Leg Raise



Gluteus Kick



Gluteus Master



Seated Calf Raise



Calf Raise



# Home Gym System Exercise Guide

**Christian Drosten**



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