

H4-3 Strength Training Exercises for Selected Machines and Free Weights

Company	Legs	Arms	Shoulders and Chest	Torso
Atlantis	Butt machine Donkey calf Leg abduction Leg adduction Leg curl Leg extension Leg press Total hip	Arm curl Preacher curl Triceps extension Triceps pushdown	Chest press Deltoid raise Incline press Pec dec Real delt Rotator cuff Shoulder press	Cross over Lat pull-down Low back extension Pullover Row
Body Master	Abductor Adductor Glute trainer Leg curl Leg extension Seated leg curl Standing calf Standing leg curl Super leg curl Super leg extension Super leg press	Arm curl Overhead triceps extension Triceps press	Chest press incline Chest press vertical Lateral raise Seated pec dec vertical Shoulder press	Abdominal Abdominal crunch Lat pull-down Low back extension Low row Rowing
Cybox	Hip abduction Hip adduction Leg extension Leg press Prone leg curl Rotary calf Seated leg curl	Arm curl Triceps extension	Chest press Incline press Overhead press	Ab crunch Pull-down Torso rotation
Hammer	Abductor Adductor Calf H squat Iso leg curl Iso leg extension Iso lateral leg press Leg curl Leg extension Leg press Seated calf raise Seated leg curl	Behind-neck press Bench press Flat back chest Front military press Incline press Iso behind-neck press Iso incline press Iso wide chest Seated bicep Seated triceps	Bench press Flat back chest Iso wide chest Lateral raise Rear deltoid Rotator cuff Seated dip	Behind-neck pull-down Bilateral row Dead lift Front pull-down High row Iso pullover Low row Pullover Row Shrug
Icarian	Leg curl Leg extension Leg press	Camber curl Triceps pushdown	Incline pec dec Shoulder press Vertical chest press	Ab crunch Low back extension Seated row
Life Machines	Calf raise Leg abduction Leg adduction Leg curl Leg extension Leg press Seated leg curl	Bicep curl Triceps extension	Chest press Incline press lateral raise Pec fly Seated raise Shoulder press	Ab crunch Lat pull-down Low back extension Seated row Shoulder pullover

H4-3 Continued

Company	Legs	Arms	Shoulders and Chest	Torso
Magnum	Glute/ham Leg abduction Leg adduction Leg curl Leg extension Leg press Multi-hip Seated calf	Arm curl Biangular arm curl Triceps extension Triceps pushdown	Bench press Bilateral chest Lateral raise Pec real delt Shoulder press Vertical bench press	Biangular lat row Cable cross over Lat pull-down Rogers row Rotary back Upper back
MedX	Hip abduction Hip adduction Leg extension Leg flexion Leg press Prone leg curl Seated leg curl	Arm curl Triceps	Chest press Overhead press Seated dip	Pullover Torso arm Torso flexion
Muscle Dynamics	Calf seated Calf/squat Donkey calf Inner thigh Leg curl Leg extension Leg press Outer thigh	Arm curl Triceps press	Bench press horizontal Bench press vertical Incline press Pec dec Shoulder press Side lateral raise Triceps dip	Abdominal Back Lab pull-down Long pull Low row Pullover Rogers row Rotary torso
Nautilus	Calf raise Leg curl Leg extension Leg press	Biceps curl Preacher curl Triceps extension	10-degree chest 50-degree chest Bench press Incline press Lateral raise Military press Seated dip	Abdominal Compound row Hip and back Hip flexion Lat pull-down Pullover Rotary torso
Parabody	Abduction Adduction Back kicks Leg extension Leg press Prone leg curl Standing calf raise Standing leg curl	Bicep curl Dumbbell curl Incline dumbbell curl Reverse bicep curl Triceps extension Triceps kick back Triceps pushdown	Dumbbell shoulder press Front raises Military press Side raises	Abdominal crunch Back butterfly Bench press Bent-over row Decline press Dumbbell fly Incline press Lat pull-down Pec dec butterfly Upright row Vertical butterfly
Paramount	Glute Leg curl Leg extension Leg press	Arm curl Bicep curl Triceps extension Triceps pushdown	Chin/dip Seated chest Shoulder press	Abdominal
Trotter	Hip abduction Hip adduction Leg curl Leg extension Leg press	Arm curl Triceps press-down	Chest press Fly Incline press Shoulder press	Abdominal Back extension Lat pull-down Upright row

H4-3 Continued

Company	Legs	Arms	Shoulders and Chest	Torso
Tuff Stuff	Abductor	French curl	Deltoid raise	Abdominal crunch
	Adductor	Seated arm curl	Seated chest press	Back extension
	Angled donkey calf		Seated vertical fly	High lat pull-down
	Horizontal leg press		Shoulder press	Low lat pull-down
	Multi-hip			Seated long pull
	Seated leg curl			Seated row
Universal Gym	Seated leg extension			
	Abductor kick	Biceps curl	Bench press	Bent-over row
	Adductor kick	Dips	Front raise	Crunch
	Calf raises (leg press)	Lat pull	Incline press	Lat pull
	Knee extension		Rip-up	Pullover
	Knee flexion		Shoulder press	Pull-up
Free weights	Leg press		Upright row	Side bend
	Back squat	Barbell curl	Bench press	Abdominal crunch
	Front squat	Dumbbell curl	Decline press	Abdominal sit-ups
	Hack squat	French curl	Dumbbell back raise	Bent-over row
	Leg curl	Preacher curl	Dumbbell flys	Dead lift
	Leg extension		Dumbbell front raise	Incline lever row
	Leg press		Dumbbell lateral raise	Lat pull-down
	Lunges		Incline press	Pullover
	Seated calf		Incline press	Seated row
	Smith machine		Overhead press	Shrug
Step-ups			Upright row	

Source: Fahey, T. D. 2004. *Basic Weight Training*. 5th ed. New York: McGraw-Hill.