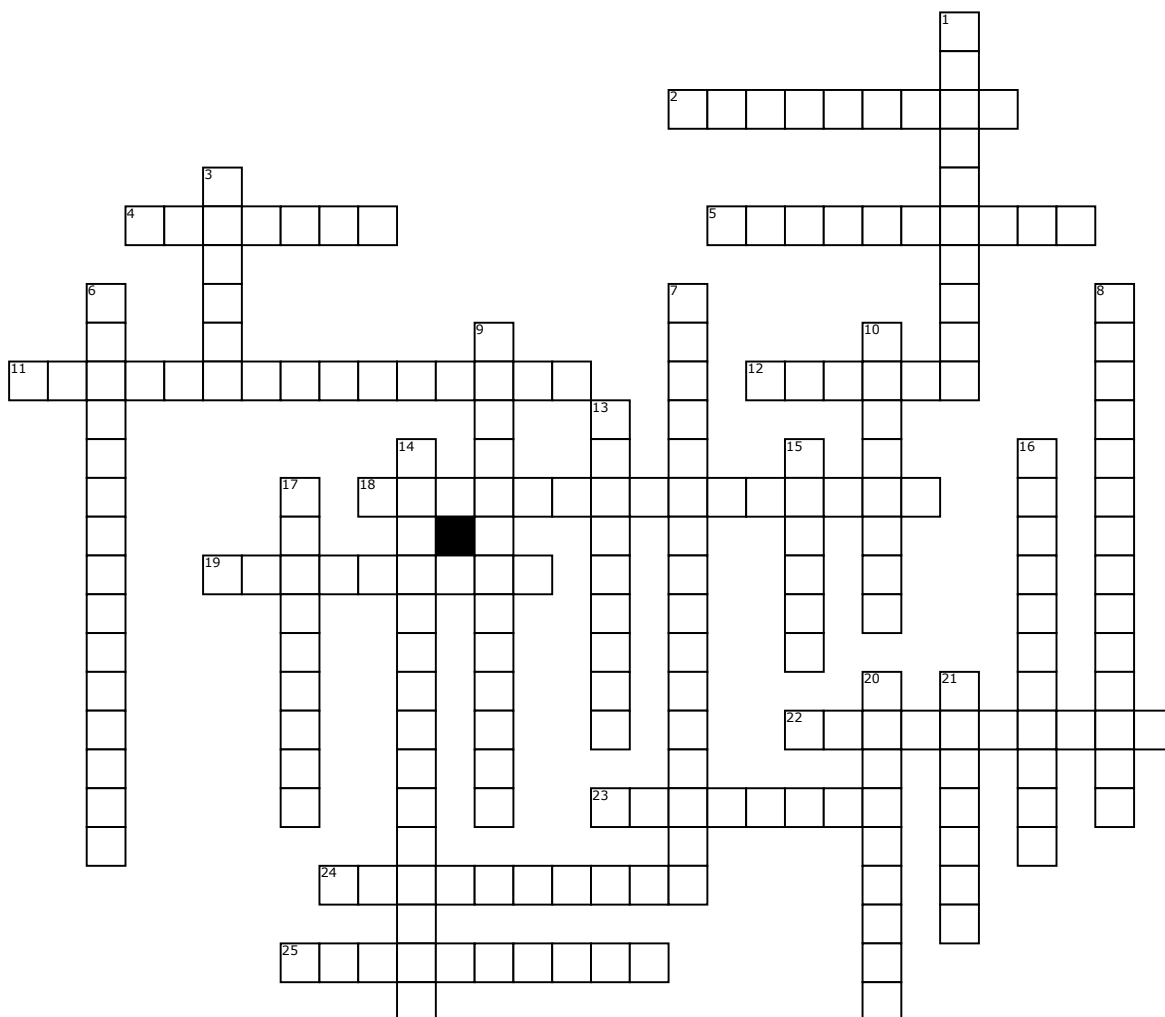


Name: _____

Date: _____

Exercises & Muscles Worked



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