## Exercises and the Muscles they Work

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<tr>
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<th>Specific Exercises (isolates the particular muscle well)</th>
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<td></td>
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<td>Prone Leg Curls on Machine</td>
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<td><strong>Adductors</strong> (Inner thighs)</td>
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<td>Nautilus Machine for Inner Thighs</td>
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<td>Hip Adduction using Low Pulley (Cable)</td>
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<td>Nautilus Machine for Outer Thighs</td>
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<td>Wide-grip Pull-ups (free or on Gravitron)</td>
<td>Wide-grip Front Lat Pulldowns</td>
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<td>Bent-over Lat Pull-in on High Pulley Cable</td>
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<td>Seated 2-Arm High Pulley (Cable) Rows</td>
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<td>Prone Wide-grip Barbell Lat Pull-up</td>
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<td>Wide-grip Barbell Rows</td>
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<tr>
<td>Muscles Worked</td>
<td>General Exercises (works more than one muscle)</td>
<td>Specific Exercises (isolates the particular muscle well)</td>
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<tr>
<td><strong>Upper Pectoralis (Pecs)</strong></td>
<td>Incline Dumbbell Bench Press</td>
<td>Incline Dumbbell Flyes</td>
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<td><strong>Middle Pecs</strong></td>
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<td><em>(Middle Chest)</em></td>
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<td><em>(Lower Chest)</em></td>
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<td>Barbell or EZ Curlbar Upright Rows</td>
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<td>Bent-over Low Pulley Rear Delt Raises</td>
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<td>Close-grip (4&quot;) Chin-ups palms facing you</td>
<td>EZ Curlbar Curls on 90° side of Preacher</td>
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<td><strong>Forearm Extensors</strong></td>
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