**STRENGTH TRAINING CLASS**

*STATIONS/MUSCLES USED - STUDY GUIDE*

**WEIGHT STATION *MUSCLE(S) USED***

**Bench Press** *Pectoralis Major Triceps*

**DB Bench Press**  *Pectoralis Major Triceps*

**Incline Bench Press** *Pectoralis Major Triceps*

**DB Incline Bench Press** *Pectoralis Major Triceps*

**Shoulder Press** *Deltoid*   *Triceps*

**Triceps Press** *Triceps*

**Latt Pulls** *Latissimus Dorsi*

**Seated Rows** *Latissimus Dorsi Trapezius*

**Upright Rows**  *Deltoid Trapezius*

**Curls** *Biceps*

**Fly Machine** *Pectoralis Major*

**Lunges**  *Quadriceps Gluteus Maximus*

**Step Ups** *Quadriceps Gluteus Maximus Gastrocnemius*

**Squats**  *Quadriceps Gluteus Maximus*

**Leg Curls** *Biceps Femoris*

**Leg Extension** *Quadriceps*

**Core Muscles** *Abdominals External Obliques*