

# WALLCHART

**Abdominal Crunch**



**Abdominal Knee Raise**



**Bench Press**



**Bicep Curl**



**Calf Raise**



**Chin-Up**



**Dip**



**Frontal Raise**



**Front Press**



**Lat-Pull**



**Leg Extension**



**Leg Kickback**



**Leg Kick-outer**



**Leg Press**



**Overhead Tricep Extension**



**Pectoral Fly**



**Reverse Wrist Curl**



**Shoulder Raise**



**Shrug**



**Tricep Pushdown**

