



Abductor



Adductor



Gluteus



Leg Extension



Squat



Calf-Polpacci



Leg Curl



lat pull down/Gomiti e Sottobraccia



lat pull down braccia davanti



Pull Over in Piedi



Peck Deck



Pectoral



Chest Press



one arm cable cross up down



one arm cable cross down up



Low Row



larry scott arm curl



standing biceps



Shrug



one Arm Standing Row



vertical row



front raise



side raise



Reverse Biceps



Arms Extension



Reverse Arms Extension



Kick Back