

Picture	Targeted Body Part	Exercise Number	Exercise	Mass (kg)	Distance (m)	Force	Work (Joules)	Sets	Rep per Set	Total Reps	Total Work
	Knee Flexors, Thigh and Calf Muscles	1	Seated Leg Curl	6.8	1.46	68	99.28	3	20	60	5956.8
						1 minute break					
	Latissimus Dorsi	2	Iso Lateral Front Lat Pulldown	9.07	1.86	90.7	168.702	3	20	60	10122.12
						1 minute break					
	Central Back and Rhomboid	3	Iso-Lateral Row	6.8	0.66	68	44.88	3	20	60	2692.8
						1 minute break					
	Hamstrings, Gluteus Maximus	4	Lunge	4.5	1	45	45	6	5	30	1350
						1 minute break					
	Gluteus Maximus, Quadriceps, Hamstrings, Calves	5	Squat	4.5	0.38	45	17.1	6	5	30	513
						1 minute break					
	Knee Flexors, Thigh and Calf Muscles	6	Seated Leg Curl	6.8	1.46	68	99.28	3	20	60	5956.8
						1 minute break					
	Latissimus Dorsi	7	Iso Lateral Front Lat Pulldown	9.07	1.86	90.7	168.702	3	20	60	10122.12
								27	110	360	36713.64