Target Body Muscle	Muscle Exercise	Mass(kg)	Distance(m)	Force(N)	Exertion per rep (Joules)	Sets	Reps per Set	Total Reps	Total Exertion
Legs	Leg Curls	11.3	110.74	113	12513.62	10	10	100	63.28
Legs	Leg Press	13.6	133.28	136	18126.08	10	10	100	66.64
Abdominal	Crunches	44.7	0.93	447	415.71	10	15	150	415.71
Abdominal	Back Extensions	59.7	585.06	597	349280.82	10	15	150	214.92
Arms	Iso - Lateral Row	9.1	89.18	910	81153.8	10	10	100	200.2
Arms	Iso - Lateral Incline Press	7	68.6	70	4802	10	10	100	18.2
	Total: 6	145.4	987.79	2273	466292.03	60	70	700	978.95