

## Anatomik Adaptasyon Programı

		KOD
<b>ISINMA</b>	HORIZANTAL BIKE	hb01
	TREADMILL	te01
	ELEPTICAL	ep01
<b>BACAK</b>	LEG EXTENSION	le01
	LEG CURL	lc01
	ABDUCTOR MACHINE	ab01
	ADDUCTOR MACHINE	ad01
<b>SIRT</b>	LAT PULL DOWN	lp01
	SEATED ROW MACHINE	sr01
	HYPER EXTENSION	he01
<b>GÖĞÜS</b>	CHEST PRESS	cp01
	BUTTERFLY MACHINE	bm01
	PECTORAL FLY MACHINE	pm01
	PUSH UP	pp01
<b>OMUZ</b>	LATERAL RAISE MACHINE	lrm01
	SHOULDER PRESS	sp01
<b>KOL</b>	BICEPS MACHINE	bm02
	TRICEPS MACHINE	tm01
<b>ABDOMINAL</b>	CRUNCH	ch01
	KNEE UP	kp01
	ABDOMINAL MACHINE	ab02
	ROTARY TORSO(TWISTER)	rt01
	LEG RAISE	lr01
	SIDE BEND	sb01