Tomadas de: <https://www.simplyfitness.com/>

01- <https://www.simplyfitness.com/pages/leg-press>

02- <https://www.simplyfitness.com/pages/leg-extension>

03- <https://www.simplyfitness.com/pages/dumbbell-overhead-triceps-extension>

04- <https://www.simplyfitness.com/pages/lying-triceps-extension>

05- <https://www.simplyfitness.com/pages/hammer-curl>

06- <https://www.simplyfitness.com/pages/pull-up>

07- <https://www.simplyfitness.com/pages/bodyweight-glute-bridge>

08- <https://www.simplyfitness.com/pages/lying-leg-curl>

09- <https://www.simplyfitness.com/pages/reverse-grip-pulldown>

10- <https://www.simplyfitness.com/pages/kickback>