




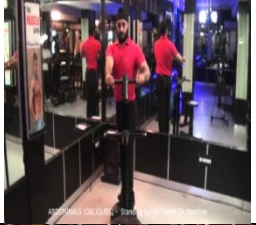



1	Seated Leg Extension Machine		Quadriceps	Bacak
2	Seated Leg Curl Machine		Hamstrings	Bacak
3	Abductor Machine		Hip abductors	Bacak
4	Adductor Machine		Adductors	Bacak
5	Total Hip Extension Machine		Gluteus maksimus	Kalça
6	Pectoral Fly Machine		Pectoralis major	Göğüs
7	Seated Back Extension Machine		Erector spinae	Sırt
8	Side Dumbbell Lateral Raises		Deltoid	Omuz
9	Alternating Dumbbell Curls		Biceps brachii	Kol

10	Dumbbell Seated Overhead Triceps Extension	 A person is seated on a white exercise machine, performing a triceps extension with a dumbbell. The person is wearing a grey shirt and red shorts. The background shows a gym setting with various equipment. A watermark "© 2011 ExRx.net" is visible in the top left corner of the image.	Triceps brachii	Kol
11	Twist	 A person is standing in a gym, performing a twist exercise. They are wearing a red shirt and black pants. The background shows other gym equipment and people. A watermark "© 2011 ExRx.net" is visible in the bottom left corner of the image.	Obliques	Karın
12	Crunch	 A person is lying on a red mat on the floor, performing a crunch exercise. They are wearing a grey shirt and black pants. The background shows gym equipment. A watermark "© 2010 ExRx.net" is visible in the bottom left corner of the image.	Rectus abdominis	Karın