

Muscle Groups

<b>Legs</b>	<b>Glutes</b>
<b>Arms</b>	<b>Chest</b>
Core (Abdominal muscles)	<b>Shoulders</b>
<b>Back</b>	<b>Thighs</b>

Machines

Adjustments	Cardiovascular Machines (Treadmill, stationary bike, rowing machine...)
Cable machines	Balanced weight for user
Plate-loaded Machines	Bench (press & free weight, incline..)
Assisted Dip Machine	Squat Machine

Freeweights

<b>Form</b>	Band Exercises
Time over Tension	Calisthenics
<b>Range of Motion</b>	

Reps/Sets

Bulking vs Cutting	Build muscle vs lose weight
Powerlifting vs Bodybuilding	Intensity training (HIIT vs strength)
Bodybuilding (10-12 reps)	Crossfit (Low weights, high reps)
Powerlifting (4 to 8 reps)	Straight Sets (Workout all groups with rest in between)

## Experience

## Free weight Equipment

**Beginner**

**Advanced**

**Balance  
board**

**Dumbbell**

**Nooby  
Gains**

Intermediate

**Weighted  
plates**

**Medicine  
Ball**

**Step**

**Barbell**

**Giant  
Tire**