

Muscular Fitness Exercises

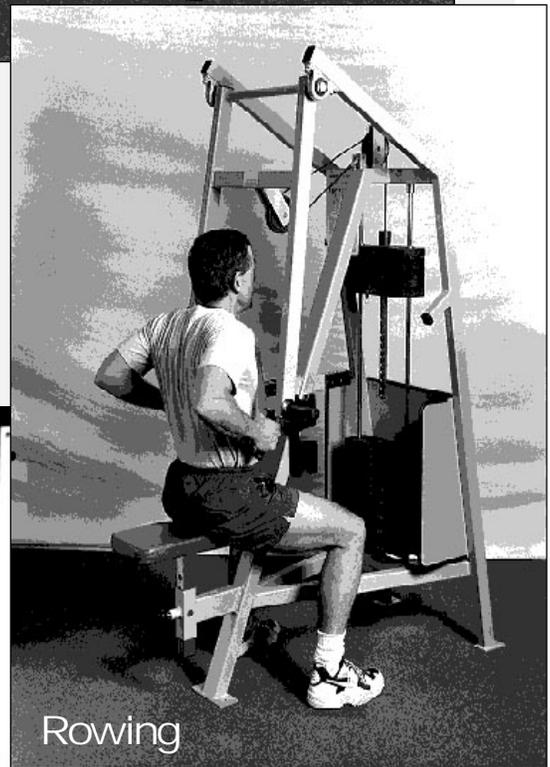
Muscular strength and endurance can be developed with free weights, weight machines, or calisthenics (pullups, pushups, and similar exercises). Select from among these exercises and use the prescriptions for strength and endurance found in Chapter 3.



Rowing



Arm Curl



Rowing



Pull Down



Bench Press



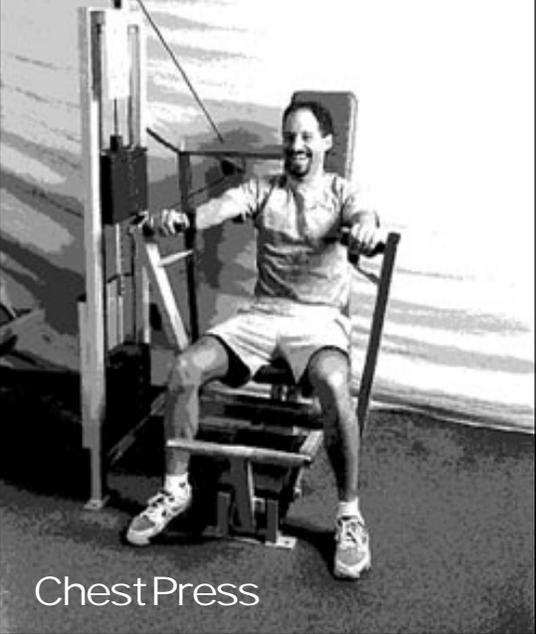
Overhead Press



Dip



Triceps Press



Chest Press



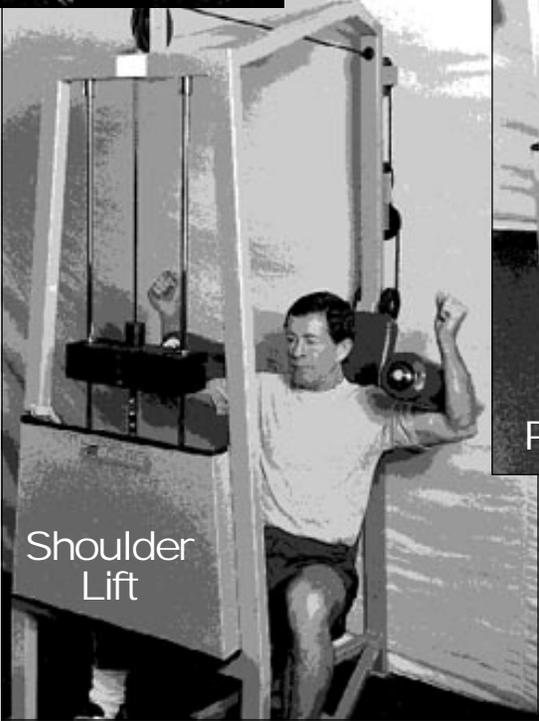
Chest Pull



Abdominal Crunch



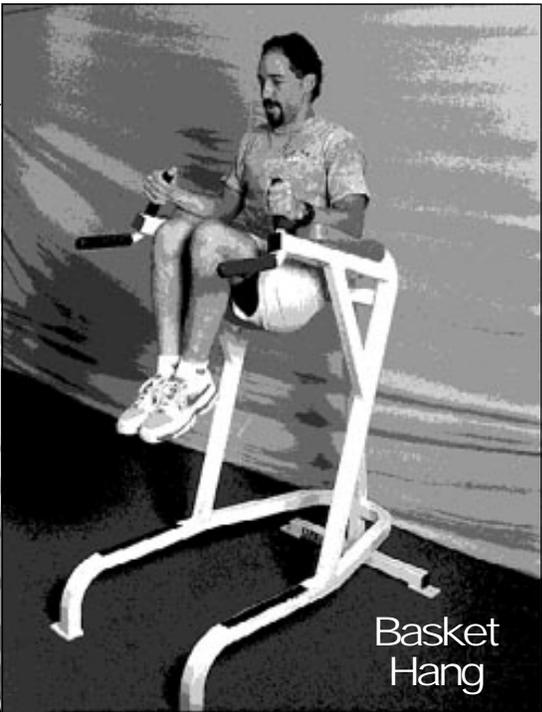
Pull Over



Shoulder Lift



Back Extension



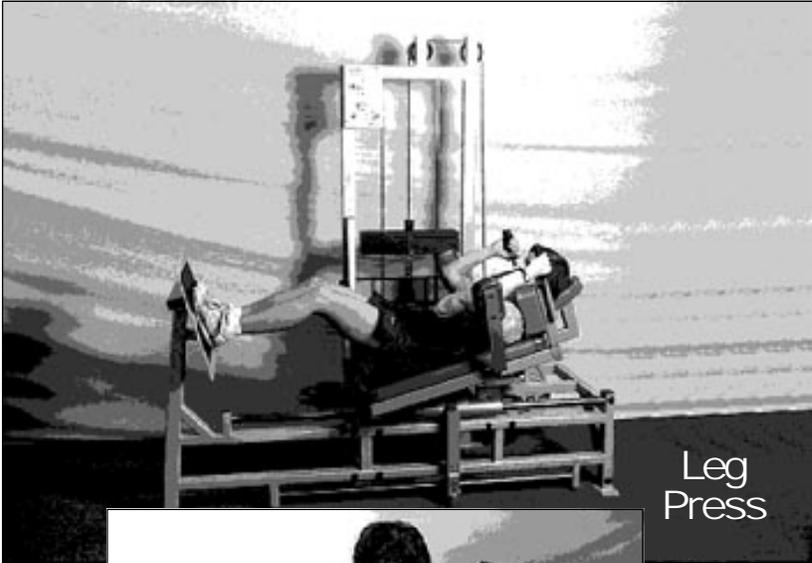
Basket Hang



Straight Leg Lift



Back Rise



Leg Press



Leg Extension



Calf Rise



Leg Flexion

Exercise equipment was photographed courtesy of the Montana Athletic Club, Missoula, Montana.