

# GYM EQUIPMENT NAMES



**Abdominal Bench**



**Olympic Weight Bench**



**Decline Bench Press**



**Bicep Curl Bench**



**Chest Press Machine**



**Adjustable Bench**



**Incline Bench Press**



**Arm Curl Machine**



**Bench Press**



**Chest Fly Machine**



**Arm Extension**



**Shoulder Press**



**Triceps Press**



**Triceps Extension**



**Seated Dip Machine**

# English Workout

**S Nieto**



## **English Workout:**

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