

Ultimate Full Body Workout

Prepared by Furkan Gözükara developer of

Free To Play (F2P) indie browser MMORPG game **MonsterMMORPG**

<http://www.monstermmorpg.com>

11 Wide-Grip Barbell Bench Press



12 Calves - Smith Machine Calf Raise



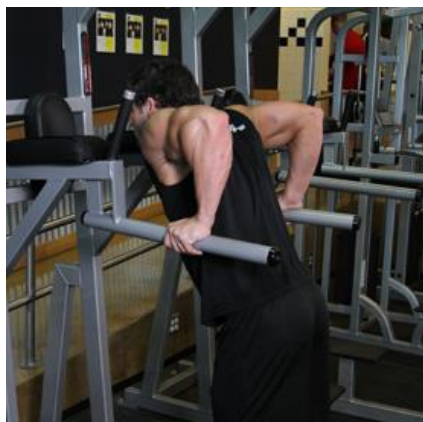
13 Forearms - Palms-Down Wrist Curl Over A Bench



14 Glutes - One-Legged Cable Kickback



15 Triceps - Dips - Triceps Version (Other Muscles Chest, Shoulders)



16 Neck - Lying Face Down Plate Neck Resistance



17 Hamstrings - Seated Leg Curl



18 Lats - Rope Straight-Arm Pulldown



19 Abdominals - Decline Crunch



20 Quadriceps - Leg Press (Other Muscles Calves, Glutes, Hamstrings)



21 Middle Back - Dumbbell Row (Other Muscles Biceps, Lats, Shoulders)



22 Lower Back - Barbell Deadlift - (Other Muscles Calves, Forearms, Glutes, Hamstrings, Lats, Middle Back, Quadriceps, Traps)



23 Shoulders - Side Laterals to Front Raise (Other Muscles Traps)



24 Biceps - Incline Hammer Curls



25 Traps - Smith Machine Shrug (Other Muscles Middle Back, Shoulders)

