Grade 8 Strength Training

1. List the muscle for the following
2. Toe press
3. Leg ext
4. Bench dip
5. Preacher curl
6. Front raise
7. Arnold press
8. Lateral raise
9. Flat bench flye
10. Shoulder shrugs
11. Lat pulldown
12. Smith machine
13. Rope pressdown
14. Bench press

Name an exercise for the following:

1. Bicep
2. Back
3. Quad
4. Legs
5. Soleus