

ARMS- Biceps

Curls
Concentration Curls
Hammer Curls
Low-Pulley Curls
High Pulley Curls
Barbell Curls
Machine Curls
Preacher Curls
Reverse Curls
Wrist Curls
Wrist Reverse Curls

ARMS- Triceps

Push Downs
Reverse Push Downs
One Arm Reverse Push Downs
Barbell Triceps Extensions
One Arm Dumbbell Triceps
Extensions
Seated Dumbbell Triceps
Extensions
Seated E-Z Bar Triceps Extensions
Triceps Kickbacks
Triceps Dips

Shoulders

Military (Back) Presses
Military Seated (Front) Presses
Seated Dumbbell Presses
Front Dumbbell Presses
Bent-Over Lateral Raise
Lateral Dumbbell Raise
Alternate Front Arm Raise
Side Lying Lateral Raise
Low Pulley Lateral Raise
Low Pulley Front Raise
High Pulley Lateral Extensions
Low Pulley Bent-Over Lateral
Raise
One Dumbbell Front Raise
Barbell Front Raise
Upright Rows
Machine Lateral Raise
Pec. Deck Rear-Deltoid Laterals

Chest

Incline Bench Press
Bench Press
Close Grip Bench Press
Decline Bench Press
Push-ups
Parallel Bar Dips
Dumbbell Press
Dumbbell Fly's
Incline Dumbbell Press
Incline Dumbbell Fly's
Pectoral Deck Fly's
Cable Crossover Fly's
Dumbbell Pullovers
Barbell Pullovers

Back

Reverse Chin-ups
Chin-ups
Lat. Pull Downs
Back Lat. Pull Downs
Close Grip Lat Pull Downs
Straight Arm Lat. Pull Downs
Seated Rows
One Arm Dumbbell Rows
Bent Rows
Free Standing T-Bar Rows
T-Bar Rows with Abdominal
Support
Stiff-Legged Dead lifts
Sumo Dead lifts
Dead Lifts
Back Extensions
Machine Torso Extensions
Upright Rows
Barbell Shrugs
Dumbbell Shrugs
Machine Shrugs

Legs

Dumbbell Squats
Front Squats
Squats
Power Squats
Angled Leg Press
Hack Squats
Leg Extensions
Lying Leg Curls
Standing Leg Curls
Seated Leg Curls
Good Mornings
Cable Adductions
Machine Adductions
Standing Calf Raises
One Leg Toe Raises
Donkey Calf Raises
Seated Calf Raises
Seated Barbell Calf Raises

Buttocks

Lunges
Dumbbell Lunges
Cable Back Kicks
Machine Hip Extensions
Floor Hip Extensions
Bridging
Cable Hip Abductions
Standing Machine Hip Abductions
Floor Hip Abductions
Seated Machine Hip Abductions

Abdomen

Crunches
Sit-ups
Gym Ladder Sit -ups
Calves Over Bench Sit-ups
Incline Bench Sit-ups
Suspended Bench Sit-ups
High Pulley Crunches
Machine Crunches
Incline Leg Raise
Captains Chair Leg Raise
Hanging Leg Raise
Broomstick Twists
Dumbbell Side Bends
Roman Chair Side Bends
Machine Trunk Rotations