



Upper Body Exercises:

(Print on back side)

Chest

- Barbell Bench Press
- Barbell Incline Press
- Cable Crossovers
- Dumbbell Bench Press
- Dumbbell Incline Press
- Dumbbell Fly

Back

- Pull Ups
- Wide-Grip Lat Pulldown
- One-Arm Dumbbell Rows
- Seated Cable Rows
- Back Extensions
- Straight-Arm Pulldowns

Shoulders

- Seated Dumbbell Press
- Front Raises
- Lateral Raises
- Reverse Fly
- Upright Cable Rows
- Upright Barbell Rows

Biceps

- Alternate Dumbbell Curls
- Barbell Curls
- Concentration Curls
- Cable Curls

Triceps

- Bench Dips
- Tricep Kickbacks
- Tricep Pushdowns
- Cable Extensions

Lower Body Exercises:

Abs

- Crunches
- Oblique Crunches
- Reverse Crunches
- Cable Crunches
- Cable Oblique Crunches
- Plank or Reverse Plank

Calves

- Standing Calf Raises

Hamstrings

- Dumbbell Lunges
- Straight-Leg Deadlifts
- Lying Leg Curls

Quadriceps

- Barbell Squats
- Leg Presses
- Leg Extensions