

LIST OF LIFTS:

CHEST

Incline Press (bar or dumbbell)
Flat Press (bar or dumbbell)
Decline Press (bar or dumbbell)
Flys
Dips
Push-ups
Cross-over Cables (high or low)
Machines

BACK

Pull-downs
Seated Rows
Bent-over Rows
Dead lift
Dumbbell Rows
Pullovers
Hyper-extensions
Pull-ups
T-bar Row
Machines

LEGS

Leg Extensions
Leg Press (machine or slanted)
Leg Curl (prone or seated)
Squats
Sissy Squats
Hack Squats
Smith Machine
Standing Calf Raise
Seated Calf Raise
Donkey Calf Raise
Squatting Calf Raise
Standing Calf Burners
Abductor Machine
Adductor Machine
Lunges
Multi-hip Machine
Low-pulley Sweeps

TRICEPS

Extensions
Push-downs
French Curls
Kick-backs
Dips
Stirrup Extensions
Dumbbell Extensions
Machines

BICEPS

Seated Concentration Curls
Incline Concentration Curls
Standing Concentration Curls
Inner-thigh Concentration Curls
Preacher (Scott) Curls
Standing Straight-bar Curls
Standing Easy-bar Curls
Low Pulley Curls (stirrups or bar)
High Pulley Curls
Machines

SHOULDERS

Military Press
Smith Machine Press
Shrugs
Front Lateral Raise
Side Lateral Raise
Rear Lateral Raise
Rear Delt Machine
Low-pulley Raise

ABS

Crunches (raised or knee-cross)
Roman Chair
Leg Lift (grounded or bench)
Rope Pull
V-ups
Hanging Leg Lifts
Machines