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| **Abdominal Exercises** | | | | | | |
| **Ab Crunch Machine** | **Ab Roller** | **Air Bike** | **Alternate Heel Touchers** | **Barbell Side Bend** | **Bent-Knee Hip Raise** | **Bosu Ball Cable Crunch With Side Bends** |
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| **Cable Crunch** | **Cable Reverse Crunch** | **Cable Seated Crunch** | **Cross-Body Crunch** | **Crunch - Hands Overhead** | **Crunch - Legs On Exercise Ball** | **Crunches** |
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| **Decline Crunch** | **Decline Reverse Crunch** | **Dumbbell Side Bend** | **Flat Bench Leg Pull-In** | **Flat Bench Lying Leg Raise** | **Frog Sit-Ups** | **Jackknife Sit-Up** |
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| **Kettlebell Figure 8** | **KneeHip Raise On Parallel Bars** | **Lower Back Curl** | **Oblique Crunches - On The Floor** | **Reverse Crunch** | **Seated Flat Bench Leg Pull-In** | **Side Bridge** |
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| **Side Jackknife** | **Sit-Up** | **Toe Touchers** |  |  |  |  |
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| **Bicep Exercises** | | | | | | |
| **Alternate Hammer Curl** | **Alternate Incline Dumbbell Curl** | **Barbell Curl** | **Barbell Curls Lying Against An Incline** | **Cable Hammer Curls - Rope Attachment** | **Cable Preacher Curl** | **Close-Grip EZ Bar Curl** |
|  |  |  |  |  |  |  |
| **Close-Grip Standing Barbell Curl** | **Concentration Curls** | **Cross Body Hammer Curl** | **Drag Curl** | **Dumbbell Alternate Bicep Curl** | **Dumbbell Prone Incline Curl** | **EZ-Bar Curl** |
|  |  |  |  |  |  |  |
| **Hammer Curls** | **Incline Dumbbell Curl** | **Lying Cable Curl** | **Lying High Bench Barbell Curl** | **Lying Supine Dumbbell Curl** | **Machine Preacher Curls** | **One Arm Dumbbell Preacher Curl** |
|  |  |  |  |  |  |  |
| **Overhead Cable Curl** | **Preacher Curl** | **Preacher Hammer Dumbbell Curl** | **Reverse Barbell Curl** | **Reverse Barbell Preacher Curls** | **Reverse Cable Curl** | **Reverse Plate Curls** |
|  |  |  |  |  |  |  |
| **Seated Close-Grip Concentration Barbell Curl** | **Seated Dumbbell Curl** | **Spider Curl** | **Standing Inner-Biceps Curl** | **Standing One-Arm Cable Curl** | **Wide-Grip Standing Barbell Curl** | **Zottman Curl** |
|  |  |  |  |  |  |  |
| **Zottman Preacher Curl** |  |  |  |  |  |  |
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| **Calf Exercises** | | | | | | |
| **Anterior Tibialis-SMR** | **Balance Board** | **Barbell Seated Calf Raise** | **Calf Press** | **Calf Press On The Leg Press Machine** | **Calf Raise On A Dumbbell** | **Calves-SMR** |
|  |  |  |  |  |  |  |
| **Donkey Calf Raises** | **Dumbbell Seated One-Leg Calf Raise** | **Foot-SMR** | **Rocking Standing Calf Raise** | **Seated Calf Raise** | **Smith Machine Reverse Calf Raises** | **Standing Calf Raises** |
|  |  |  |  |  |  |  |
| **Standing Dumbbell Calf Raise** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Chest Exercises** | | | | | | |
| **Alternating Floor Press** | **Barbell Bench Press - Medium Grip** | **Barbell Incline Bench Press - Medium Grip** | **Bent-Arm Dumbbell Pullover** | **Butterfly** | **Cable Crossover** | **Chest Push (multiple response)** |
|  |  |  |  |  |  |  |
| **Chest Push (single response)** | **Chest Push from 3 point stance** | **Cross Over - With Bands** | **Decline Barbell Bench Press** | **Decline Dumbbell Bench Press** | **Decline Dumbbell Flyes** | **Dips - Chest Version** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Drop Push** | **Dumbbell Bench Press** | **Dumbbell Flyes** | **Elbows Back** | **Flat Bench Cable Flyes** | **Front Raise And Pullover** | **Incline Cable Flye** |
|  |  |  |  |  |  |  |
| **Incline Dumbbell Flyes** | **Incline Dumbbell Flyes - With A Twist** | **Incline Push-Up Depth Jump** | **Leverage Chest Press** | **Leverage Decline Chest Press** | **Machine Bench Press** | **Neck Press** |
|  |  |  |  |  |  |  |
| **Plyo Push-up** | **Smith Machine Bench Press** |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Forearm Exercises** | | | | | | |
| **Cable Wrist Curl** | **Dumbbell Lying Pronation** | **Palms-Down Dumbbell Wrist Curl Over A Bench** | **Palms-Up Barbell Wrist Curl Over A Bench** | **Palms-Up Dumbbell Wrist Curl Over A Bench** | **Seated Dumbbell Palms-Up Wrist Curl** | **Standing Palms-Up Barbell Behind The Back Wrist Curl** |
|  |  |  |  |  |  |  |
| **Wrist Roller** |  |  |  |  |  |  |
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| **Glute Exercises** | | | | | | |
| **Barbell Glute Bridge** | **Barbell Hip Thrust** | **Butt Lift (Bridge)** | **Glute Kickback** | **One-Legged Cable Kickback** | **Pull Through** | **Single Leg Glute Bridge** |
|  |  |  |  |  |  |  |
| **Hamstring Exercises** | | | | | | |
| **Ball Leg Curl** | **Band Good Morning (Pull Through)** | **Glute Ham Raise** | **Good Morning** | **Linear Acceleration Wall Drill** | **Lying Leg Curls** | **Platform Hamstring Slides** |
|  |  |  |  |  |  |  |
| **Reverse Band Sumo Deadlift** | **Seated Leg Curl** | **Standing Leg Curl** |  |  |  |  |
|  |  |  |  |  |  |  |
| **Lat Exercises** | | | | | | | **Lat Exercises** |
| **Bent-Arm Barbell Pullover** | **Cable Incline Pushdown** | **Chin-Up** | **Close-Grip Front Lat Pulldown** | **Full Range-Of-Motion Lat Pulldown** | **Leverage Iso Row** | **One Arm Lat Pulldown** |
|  |  |  |  |  |  |  |
| **Straight-Arm Pulldown** | **Underhand Cable Pulldowns** | **V-Bar Pulldown** | **Wide-Grip Lat Pulldown** |  |  |  |
|  |  |  |  |  |  |  |
| **Lower-back Exercises** | | | | | | |
| **Axle Deadlift** | **Cat Stretch** | **Dancer's Stretch** | **Hug Knees To Chest** | **Hyperextensions (Back Extensions)** | **Hyperextensions With No Hyperextension Bench** | **Stiff Leg Barbell Good Morning** |
|  |  |  |  |  |  |  |
| **Superman** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Middle-back Exercises** | | | | | | |
| **Bent Over Barbell Row** | **Bent Over Two-Arm Long Bar Row** | **Bent Over Two-Dumbbell Row** | **Lying Cambered Barbell Row** | **Lying T-Bar Row** | **Middle Back Shrug** | **One Arm Chin-Up** |
|  |  |  |  |  |  |  |
| **One-Arm Dumbbell Row** | **Seated Cable Rows** |  |  |  |  |  |
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| **Neck Exercises** | | | | | | |
| **Chin To Chest Stretch** | **Isometric Neck Exercise - Front And Back** | **Isometric Neck Exercise - Sides** | **Lying Face Down Plate Neck Resistance** | **Lying Face Up Plate Neck Resistance** | **Side Neck Stretch** |  |
|  |  |  |  |  |  |  |
| **Quadricep Exercises** | | | | | | |
| **Alternate Leg Diagonal Bound** | **Backward Drag** | **Barbell Full Squat** | **Barbell Hack Squat** | **Barbell Lunge** | **Barbell Side Split Squat** | **Barbell Squat** |
|  |  |  |  |  |  |  |
| **Barbell Squat To A Bench** | **Barbell Step Ups** | **Bear Crawl Sled Drags** | **Bicycling, Stationary** | **Bodyweight Squat** | **Box Squat with Bands** | **Cable Deadlifts** |
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| **Cable Hip Adduction** | **Clean Deadlift** | **Clean from Blocks** | **Clean Pull** | **Double Leg Butt Kick** | **Dumbbell Lunges** | **Dumbbell Rear Lunge** |
|  |  |  |  |  |  |  |
| **Dumbbell Squat** | **Dumbbell Step Ups** | **Elevated Back Lunge** | **Elliptical Trainer** | **Front Barbell Squat** | **Front Cone Hops (or hurdle hops)** | **Goblet Squat** |
|  |  |  |  |  |  |  |
| **Hack Squat** | **Hip Flexion with Band** | **Intermediate Hip Flexor and Quad Stretch** | **Iron Crosses (stretch)** | **Jefferson Squats** | **Jerk Dip Squat** | **Jogging-Treadmill** |
|  |  |  |  |  |  |  |
| **Kettlebell Pistol Squat** | **Kneeling Hip Flexor** | **Leg Extensions** | **Leg Press** | **Linear Depth Jump** | **Looking At Ceiling** | **Lying Machine Squat** |
|  |  |  |  |  |  |  |
| **Mountain Climbers** | **Narrow Stance Hack Squats** | **Narrow Stance Leg Press** | **On Your Side Quad Stretch** | **One Leg Barbell Squat** | **On-Your-Back Quad Stretch** | **Plie Dumbbell Squat** |
|  |  |  |  |  |  |  |
| **Power Snatch from Blocks** | **Rear Leg Raises** | **Recumbent Bike** | **Rope Jumping** | **Rowing, Stationary** | **Running, Treadmill** | **Side Hop-Sprint** |
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|  |  |  |  |  |  |  |
| **Side Standing Long Jump** | **Side to Side Box Shuffle** | **Single Leg Butt Kick** | **Single Leg Push-off** | **Single-Leg High Box Squat** | **Single-Leg Leg Extension** | **Sled Drag - Harness** |
|  |  |  |  |  |  |  |
| **Sled Push** | **Smith Machine Squat** | **Smith Single-Leg Split Squat** | **Split Jump** | **Split Squat with Dumbbells** | **Stairmaster** | **Trail RunningWalking** |
|  |  |  |  |  |  |  |
| **Shoulder Exercises** | | | | | | |
| **Alternating Deltoid Raise** | **Arnold Dumbbell Press** | **Backward Medicine Ball Throw** | **Barbell Rear Delt Row** | **Barbell Shoulder Press** | **Bent Over Dumbbell Rear Delt Raise** | **Bent Over Low-Pulley Side Lateral** |
|  |  |  |  |  |  |  |
| **BradfordRocky Presses** | **Cable Internal Rotation** | **Cable Rope Rear-Delt Rows** | **Cuban Press** | **Dumbbell Lying One-Arm Rear Lateral Raise** | **Dumbbell Lying Rear Lateral Raise** | **Dumbbell One-Arm Shoulder Press** |
|  |  |  |  |  |  |  |
| **Dumbbell One-Arm Upright Row** | **Dumbbell Raise** | **Dumbbell Shoulder Press** | **External Rotation** | **Face Pull** | **Front Cable Raise** | **Front Dumbbell Raise** |
|  |  |  |  |  |  |  |
| **Front Plate Raise** | **Machine Shoulder (Military) Press** | **One-Arm Incline Lateral Raise** | **One-Arm Side Laterals** | **Power Partials** | **Push Press** | **Reverse Flyes** |
|  |  |  |  |  |  |  |
| **Round The World Shoulder Stretch** | **Seated Barbell Military Press** | **Seated Side Lateral Raise** | **See-Saw Press (Alternating Side Press)** | **Shoulder Stretch** | **Smith Incline Shoulder Raise** | **Smith Machine Overhead Shoulder Press** |
|  |  |  |  |  |  |  |
| **Standing Barbell Press Behind Neck** | **Standing Dumbbell Press** | **Standing Low-Pulley Deltoid Raise** | **Standing Military Press** | **Standing Palms-In Dumbbell Press** | **Upright Barbell Row** | **Upward Stretch** |
|  |  |  |  |  |  |  |
| **Trap Exercises** | | | | | | |
| **Barbell Shrug** | **Barbell Shrug Behind The Back** | **Cable Shrugs** | **Calf-Machine Shoulder Shrug** | **Dumbbell Shrug** | **Kettlebell Sumo High Pull** | **Smith Machine Shrug** |
|  |  |  |  |  |  |  |
| **Tricep Exercises** | | | | | | |
| **Bench Dips** | **Bench Press - Powerlifting** | **Board Press** | **Cable Lying Triceps Extension** | **Cable One Arm Tricep Extension** | **Cable Rope Overhead Triceps Extension** | **Close-Grip Barbell Bench Press** |
|  |  |  |  |  |  |  |
| **Decline Dumbbell Triceps Extension** | **Dip Machine** | **Dips - Triceps Version** | **Dumbbell One-Arm Triceps Extension** | **Kneeling Cable Triceps Extension** | **Low Cable Triceps Extension** | **Lying Close-Grip Barbell Triceps Press To Chin** |
|  |  |  |  |  |  |  |
| **Lying Dumbbell Tricep Extension** | **Lying Triceps Press** | **Machine Triceps Extension** | **One Arm Pronated Dumbbell Triceps Extension** | **One Arm Supinated Dumbbell Triceps Extension** | **Push-Ups - Close Triceps Position** | **Reverse Grip Triceps Pushdown** |
|  |  |  |  |  |  |  |
| **Seated Bent-Over Two-Arm Dumbbell Triceps Extension** | **Seated Triceps Press** | **Standing Bent-Over Two-Arm Dumbbell Triceps Extension** | **Standing Low-Pulley One-Arm Triceps Extension** | **Standing Overhead Barbell Triceps Extension** | **Triceps Overhead Extension with Rope** | **Triceps Pushdown** |
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| **Triceps Pushdown - Rope Attachment** |  |  |  |  |  |  |
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| **All Fours Quad Stretch** | | **Ankle On The Knee** | | **Calf Stretch Hands Against Wall** | |
|  |  |  |  |  |  |
| **Cat Stretch** | | **Crossover Reverse Lunge** | | **Dancer's Stretch** | |
|  |  |  |  |  |  |
| **Dynamic Chest Stretch** | | **Elbow Circles** | | **Elbows Back** | |
|  |  |  |  |  |  |
| **Hamstring** | | **Hamstring Stretch** | | **Hug Knees To Chest** | |
|  |  |  |  |  |  |
| **Iron Crosses (stretch)** | | **Knee Across The Body** | | **Kneeling Hip Flexor** | |
|  |  |  |  |  |  |
| **One Half Locust** | | **Runner's Stretch** | | **Shoulder Stretch** | |
|  |  |  |  |  |  |
| **Side Neck Stretch** | | **Split Squats** | | **Standing Biceps Stretch** | |
|  |  |  |  |  |  |
| **Standing Lateral Stretch** | | **Standing Toe Touches** | | **The Straddle** | |
|  |  |  |  |  |  |
| **Triceps Stretch** | |  | |  | |
|  |  |  |  |  |  |