

WEIGHT TRAINING EXERCISE LIST

On upper body day, choose two exercises from each section, and on upper lower body day, choose two exercises from each section.

Upper Body Exercises

Chest

Choose Exercise from List

- Barbell Bench Presses
- Barbell Incline Presses
- Dumbbell Bench Presses
- Dumbbell Incline Presses
- Dumbbell Flyes
- Cable Crossovers

Back

Choose Exercise from List

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

Shoulders

Choose Exercise from List

- Seated Dumbbell Presses
- Front Raises
- Lateral Raises
- Reverse Flyes
- Upright Cable Rows
- Upright Barbell Rows

Biceps

Choose Exercise from List

- Alternate Dumbbell Curls
- Barbell Curls
- Preacher Curls
- Concentration Curls
- Cable Curls
- Hammer Curls

Triceps

Choose Exercise from List

- Seated Triceps Presses
- Lying Triceps Presses
- Triceps Kickbacks
- Triceps Pushdowns
- Cable Extensions
- Bench Dips

Lower Body Exercises

Quadriceps

Choose Exercise from List

- Barbell Squats
- Leg Presses
- Leg Extensions

Hamstrings

Choose Exercise from List

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

Calves

Choose Exercise from List

- Seated Calf Raises
- Standing Heel Raises

Abs

Choose Exercise from List

- Floor Crunches
- Oblique Floor Crunches
- Decline Crunches
- Decline Oblique
- Hanging Knee Raises
- Reverse Crunches
- Cable Crunches
- Cable Oblique Crunches