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