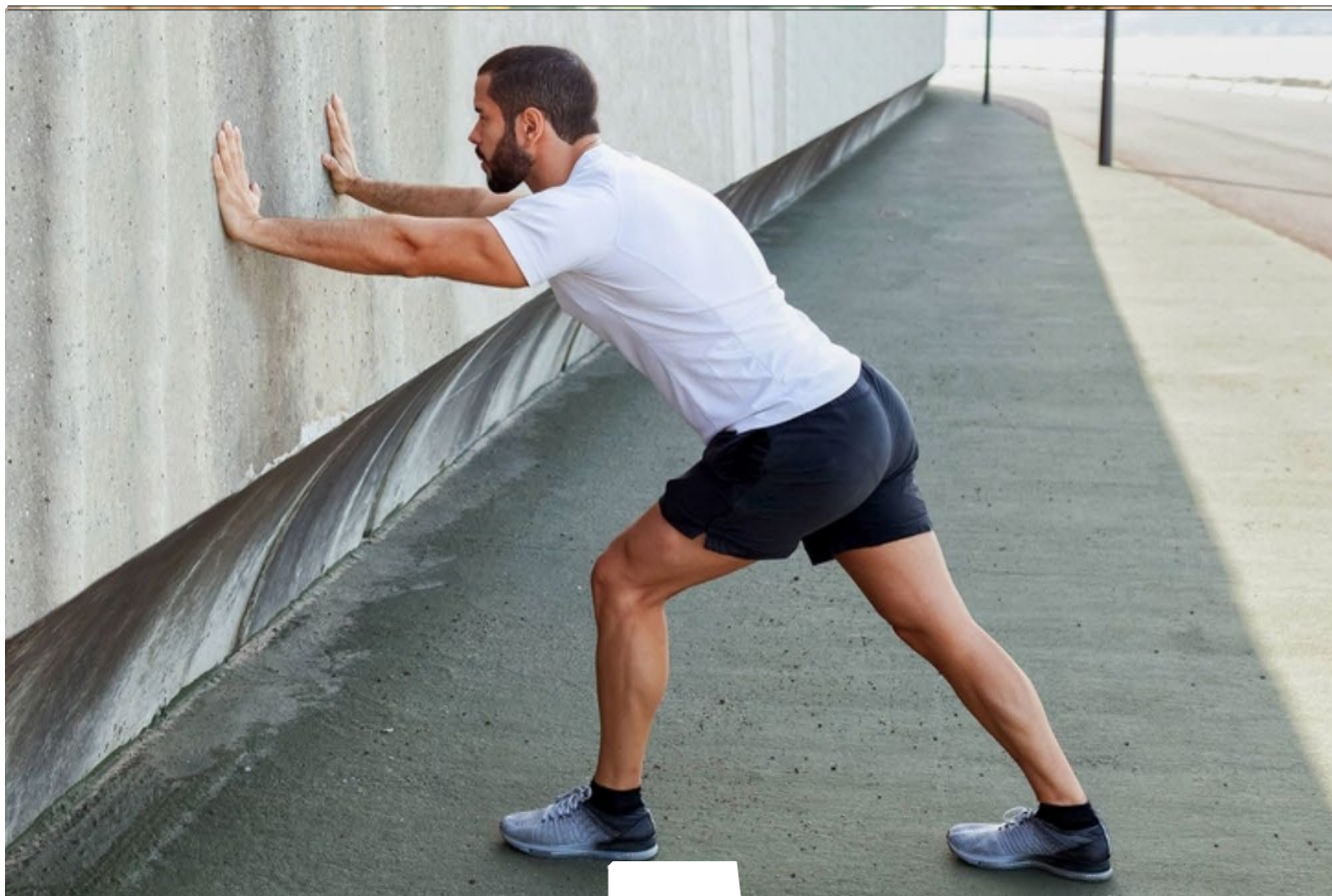


Stretches to Help You Get Loose



Calf Stretch

Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the **calf** muscle of your back leg. Try to keep both **feet** flat. Hold it for 20 to 30 seconds on each side.



Chest and Shoulder Stretch

You can do this sitting or standing. Interlace your fingers with bent elbows and put your hands behind your head. Move your elbows gently backward and squeeze your shoulder blades together. You can move your hands to the top of your head -- or a few inches above your head -- to affect different parts of your shoulders and chest.



Standing Quad Stretch

Stand behind a chair with your legs about shoulder-width apart. Put one hand on the chair for balance. On the opposite side, lift your foot behind you and grab it with your free hand, keeping your bent knee pointing straight to the floor. Avoid bending forward, and try not to lock the knee of your standing leg. Pull gently on the leg until you feel the thigh stretch. Hold it for 10 to 30 seconds.



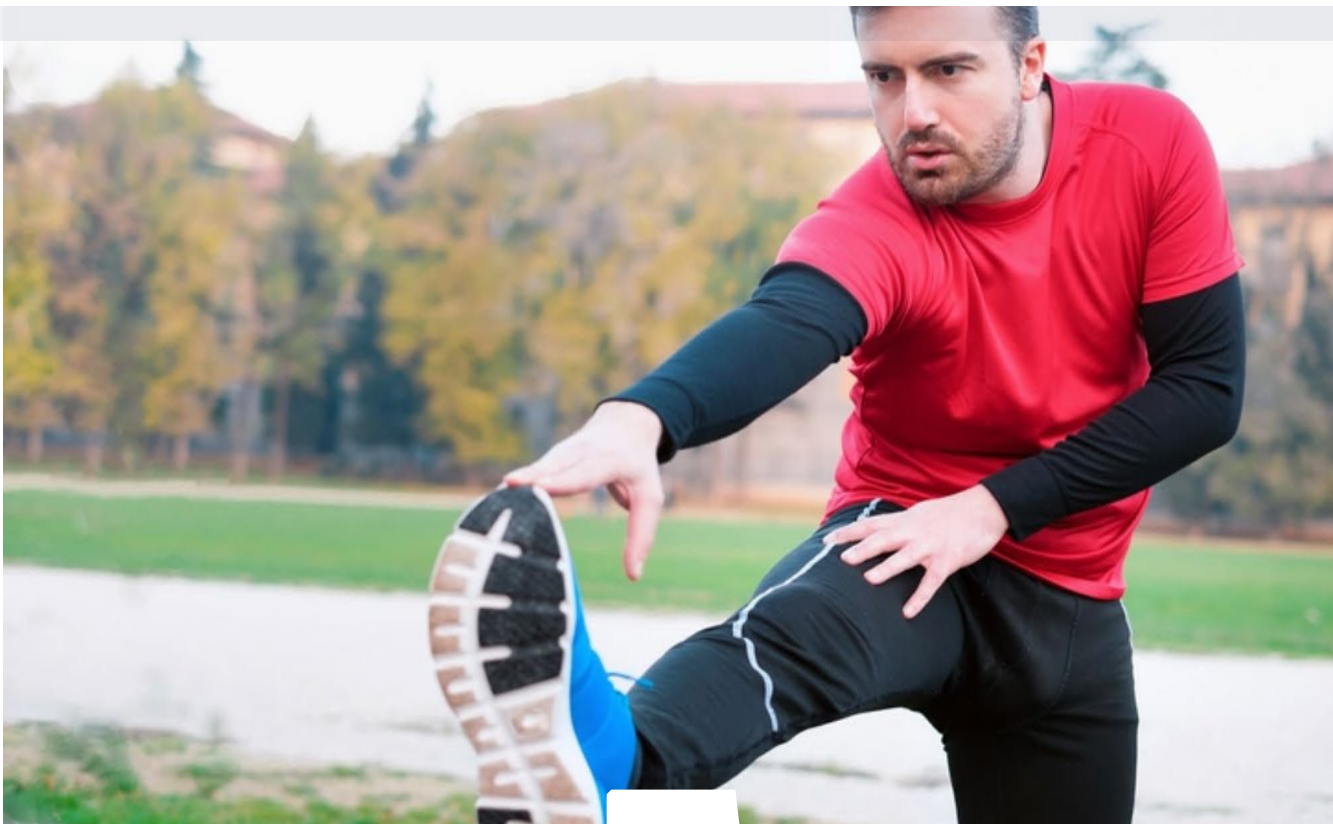
Standing Hip Flexor Stretch

Your hip flexors -- muscles that help you lift your knees and bend your [waist](#) -- can get tight if you're a runner or you sit for long periods. Drop one leg back, keeping it straight or slightly bent. Try to keep your torso upright and your spine straight. Drop your tailbone down toward the floor and tuck your butt forward until you feel the stretch on the inside thigh of your rear leg. Hold for 20 to 30 seconds and then switch legs.



Butterfly Stretch

This one loosens up your inner thighs, [groin](#), hips, and knees. Sit on the floor or a mat and bring your feet together so that your soles touch and your knees bend to opposite sides. With a straight spine, grasp your feet, then lean slowly forward and gently push your thighs down with your elbows until you feel the stretch along your inner thighs. Hold for 15 to 30 seconds.



Standing Hamstring Stretch

In a standing position, find something to hold for balance. Put one straightened leg up on a step or a block. Bend slightly with the opposite knee until you feel a gentle stretch at the back of the thigh of the raised leg. Bend slightly forward from your hips if you need more stretch. Move slowly and evenly, without bouncing. Hold it for 20 to 30 seconds and switch legs.

Monday/Thursday - Upper Body (Chest and Back)

Bodybuilding (Hypertrophy) Workout					
Phase 1					
Muscle Group	Exercise	Sets	Reps	Wt	
Workout 1					
Chest	Flat Bench Press (Barbell or Dumbell)	4	12,10,8,6		
	Incline Bench Press (Barbell or Dumbell)	4	12,10,8,6		
	Flat Dumbell Flys	4	12,10,8,6		
Back	Chins	4	12,10,8,6		
	Lat Pull-Down	4	12,10,8,6		
	Seated Cable Row	4	12,10,8,6		
Lower Back	Hyperextension	4	2,10,10,10		

Tuesday/Friday - Lower Body (Legs and Abs)

Bodybuilding (Hypertrophy) Workout					
Phase 1					
Workout 3					
Quadriceps / Glutes	Squat	4	12,10,8,6	WT	
	Leg Press	4	12,10,8,6		
	Front Lunge or Reverse Lunge	4	12,10,8,6		
Quadriceps	Leg Extension	4	12,10,8,6		
Hamstrings / Glutes	Romanian Dead Lift	4	12,10,8,6		
	Lying Leg Curl	4	12,10,8,6		
Calves	Standing Calf Raise	3	15,12,10		
	Seated Calf Raise	3	15,12,10		
Abdominals	Crunch	2	10-15		
	Reverse Crunch	2	10-15		
	Oblique Crunch	2	10-15		

Wednesday/Saturday - Upper Body (Shoulder and Arms)

Bodybuilding (Hypertrophy) Workout					
Phase 1					
Workout 2					
Shoulders	Barbell Shoulder Press	4	12,10,8,6	WT	
	Side Lateral Raise	4	12,10,8,6		
	Seated Bent-Over (near) Delt Raise	4	12,10,8,6		
Biceps	Barbell Curl	3	12,10,8		
	Incline Dumbell Curl	3	12,10,8		
Triceps	Lying Tricep Extension	3	12,10,8		
	Cable Tricep Extension	3	12,10,8		
Frequency	3-5/week (rotate workouts)				
Rest Days	Minimum of 2 rest days per week				
Set Rest	60-90 Sec				
Set Rest	2-3 Min (Squats, Dead Lifts, and Leg Presses)				
Exercise Rest	1-2 Min				

Full Body Workout

Exercise	Muscle Group	Sets	Reps	Wt
Leg Press	Quadriceps / Glutes	2	15	
Seated Leg Curl	Hamstrings	2	15	
Bench Press (Machine or	Chest	2	15	
Lat Pull-Down	Back	2	15	
Shoulder Press	Shoulders	2	15	
Barbell Curl	Biceps	2	15	
Triceps Extension	Triceps	2	15	
Hyperextension	Lower Back	2	15	
Standing Calf Raise	Calves	2	15	
Crunch	Abdominals	2	15	
Monday/Wednesday				
Repeat Circuit (2)				
Set Rest (30 Sec)				
Circuit Rest (1-2 Min)				
2 Count Lifting				
3 Count Lowering				
Goal Weight				
Goal Bodyfat				

Weighted Focus

Instructions: Select one Type of Workout and then one Exercise from Each column. Do not repeat a workout type or exercise until all other options have been completed.

Types of Workouts

Pyramid	Perform 1,2....9,10,9.....2,1 Reps	
Pyramid	Perform 10,9....2,1,2....9,10 Reps	
Time	4 Rounds- 60 Seconds (No rest, move to the next exercise) 60 sec. rest	
Time	4 Rounds- 45 Seconds Work 15 Seconds Rest	
Rounds	4 Rounds 15 reps each exercise as Fast as Possible	
Rounds	5 Rounds 12 reps each exercise as Fast as Possible	
High Reps	100 Reps of Every Exercise (Don't move to the next exercise until	

Multi-Joint Exercise

Single Joint

Timed/Reps Cardio (R&L= 1 rep or 10 sec.= 1 rep)

Core

Multi-Joint Exercise	Single Joint	Timed/Reps Cardio (R&L= 1 rep or 10 sec.= 1 rep)	Core
Deadlift	Good Morning	Run	Crunches
Squats	Straight Leg Deadlift	Jump Rope	Sit Ups
Lunges	Single Leg Straight Leg Deadlift	Box Jumps	Leg Lowers
Step Up	Lateral Raise	Burpees	Scissors Vertical
Bench	Front Raise	Mt. Climbers	Scissors Horizontal
Shoulder Press	Bicep Curls	Skater	Flutter Kicks
Pull Up	Hammer Curls	Jump Squat	Hanging Leg Raise
Push Up	Overhead Tricep Extension	Lunge Jump	Hanging Knee Raise
Bent Over Row	Kick Backs	Rower	Windshield Wipers

Bodyweight Focus

Instructions: Select one Type of Workout and then one Exercise from Each column. Do not repeat a workout type or exercise until all other options have been completed.

Types of Workouts

Pyramid	Perform 1,2....9,10,9.....2,1 Reps	
Pyramid	Perform 10,9....2,1,2....9,10 Reps	
Time	4 Rounds- 60 Seconds (No rest, move to the next exercise) 60 sec. rest before next round.	
Time	4 Rounds- 45 Seconds Work 15 Seconds Rest	
Rounds	4 Rounds 15 reps each exercise as Fast as Possible	
Rounds	5 Rounds 12 reps each exercise as Fast as Possible	
High Reps	100 Reps of Every Exercise (Don't move to the next exercise until all 100 reps are complete. Take Breaks as Needed)	

Multi-Joint Exercise

Distance/Rep Exercises

(R&L= 1 rep or 10 ft= 1 rep)

Timed/Reps Cardio

(R&L= 1 rep or 10 sec.= 1 rep)

Core

Multi-Joint Exercise	Distance/Rep Exercises (R&L= 1 rep or 10 ft= 1 rep)	Timed/Reps Cardio (R&L= 1 rep or 10 sec.= 1 rep)	Core
Good Morning	Walking Lunges	Jumping Lunges	Crunches
Squats	Crab Walk Forward/Backward	Jump Rope	Sit Ups
Diamond Push Ups	Run	Jump Squats	Leg Lowers
Step Up	Bear Crawl Forward/Backward	Burpees	Scissors Vertical
Curtsey Lunge	Broad Jump	Mt. Climbers	Scissors Horizontal
Bridges	Inch Worm	Skater	Flutter Kicks
Pull Up	Reverse Walking Lunges	Plank Jacks	Hanging Leg Raise
Push Up	Crab Walk Sideways	High Knees	Hanging Knee Raise
Pike Push Up	Bear Crawl Sideways	Butt Kicks	Windshield Wipers

Workout A- Complete 3 rounds. Record the number of reps you get each round			Date:	Date:	Date:	Date:	Date:
Push Ups	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
Squat	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
Plank	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
Dips	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
Rest		60 Sec.					

DB/W = Weighted Exercise (LESS THAN 10 REPS)
 BW = Bodyweight Exercise

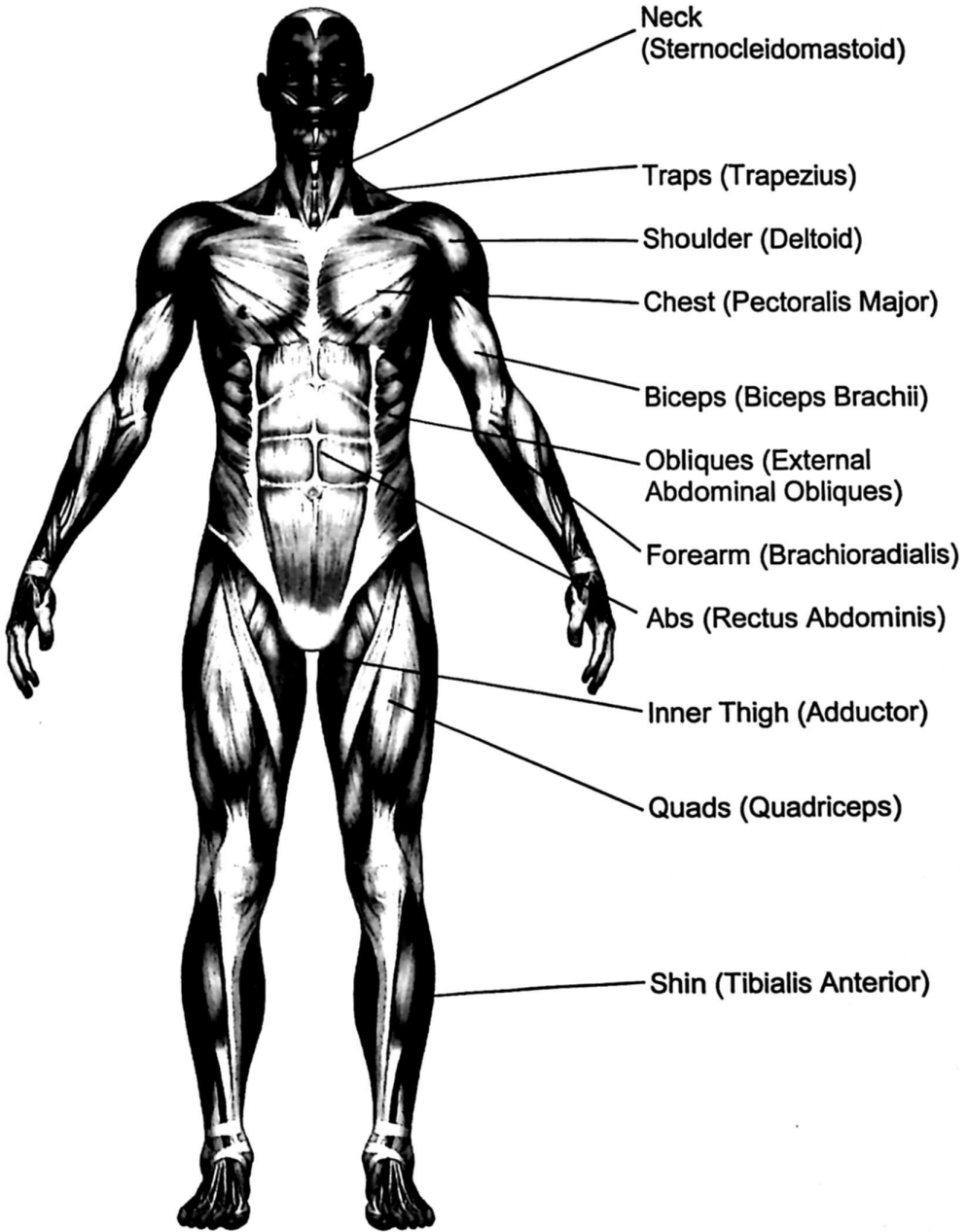
Workout B- Complete 3 rounds. Record the number of reps you get each round			Date:	Date:	Date:	Date:	Date:
	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
Rest		60 Sec.					

Workout C- Complete 3 rounds. Record the number of reps you get each round			Date:	Date:	Date:	Date:	Date:
Rest	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
		60 Sec.					

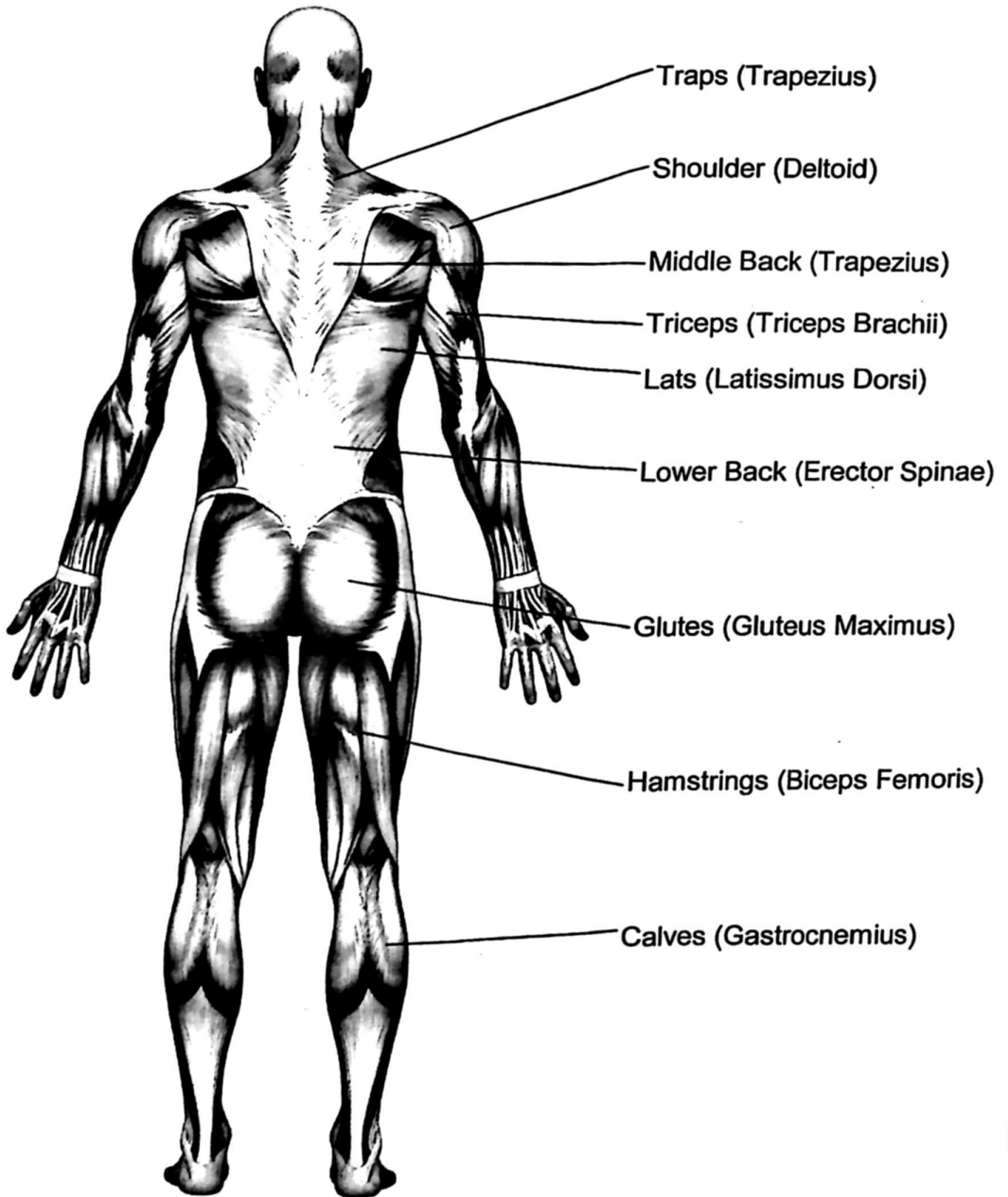
Workout C- Complete 3 rounds. Record the number of reps you get each round			Date:	Date:	Date:	Date:	Date:
Rest	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	BW	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
	DB /W	60 Sec.	1.	1.	1.	1.	1.
		Max	2.	2.	2.	2.	2.
		Effort	3.	3.	3.	3.	3.
		60 Sec.					

Appendix A
Muscular Anatomy

Anterior View



Posterior View



no-equipment ab exercises

by DAREBEE © darebee.com



upper



lower



six-pack



obliques



complete



core



crunches



reverse crunches



flutter kicks



sitting twists



knee to elbow



half wipers



high crunches



scissors



elbow plank



cross crunches



knee-to-elbow v2



arm / leg raises



sit-ups



leg raises



L-sit



side jack-knives



dead bug



wipers



long arm crunches



pulae-ups



star plank



toe taps



plank crunches



plank rolls



hundreds



bicycle crunches



hollow hold



sitting punches



side plank crunches



knee-in twists



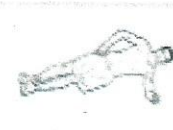
knee crunches



crunch kicks



V-ups



side plank



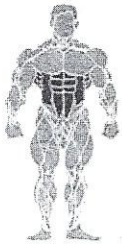
V with rotations



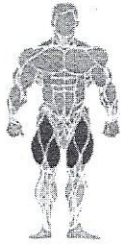
climber taps

Bodyweight Exercises

by DAREBEE © darebee.com



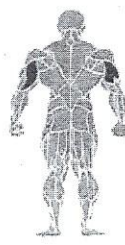
abs



quads



glutes



triceps



biceps



back



chest

 sit-ups	 lunges	 squats	 close grip push-ups	 chin-ups	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backfists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 forearm plank	 lunge	 side kick	 standing	 forearm plank	 superman	 pike push-up

10 Seconds Mountain Climbers Video	https://youtu.be/834tNnoe53A
20 Seconds Spiderman + Reach Video	https://youtu.be/tGxCop_0yRQ
25 Double Taps Video	https://youtu.be/rvb3aw-019Q
2x Odd Object Rows Video	https://youtu.be/5bTX5qKWtEA
30 Over and Back Dumbbell Hops Video	https://youtu.be/N9wJ3p1o69I
30 Second Hollow Hold Video	https://youtu.be/EJvFiNvuuXw
30 Seconds Active Samson Video	https://youtu.be/jGVMgxjPORo
30 Seconds Active Spidermans Video	https://youtu.be/tGxCop_0yRQ
30 Seconds Air Squats	
30 Seconds Frog Hops Video	https://www.youtube.com/watch?v=VoIEWe3UfCY
30 Seconds Goblet Squats (Light Weight) Video	https://www.youtube.com/watch?v=bJWKhWkVmPA0
30 Seconds Mountain Climbers Video	https://youtu.be/834tNnoe53A
30 Seconds Over and Back Dumbbell Hops Video	https://youtu.be/N9wJ3p1o69I
30 Seconds Push-up to Down Dog Video	https://www.youtube.com/watch?v=hPhA5b-P34Y
30 Seconds Shuttle Runs	
30 Seconds Slow Burpees	
50 Line Hops Video	https://youtu.be/AG3QNjrioZl
60 Double Taps Video	https://youtu.be/rvb3aw-019Q
60 Line Hops Video	https://youtu.be/AG3QNjrioZl
Airsquats	https://www.youtube.com/watch?v=C_VtOYc6j5c
Alternating Dumbbell Bench Press: Video	
Back Squats	https://www.youtube.com/watch?v=ultWZbUMPL8
Banded Good Mornings: Video	https://youtu.be/qS2PveiBtpM
Barbell Bent Over Rows	
Barbell Warmup	https://youtu.be/Ff_dtGJKgxM
Bench Dips	https://www.youtube.com/watch?v=6kALZikXxLc
Box Jumps	https://www.youtube.com/watch?v=52r_UI5k03g
Burpees	https://www.youtube.com/watch?v=TU8QYVW0gDU
Clean And Jerk	https://www.youtube.com/watch?v=sTbRlJVdyGE
Dead Hang From Pull Up Bar / Hollw Body Holds	https://www.youtube.com/watch?v=uQP7ZucTrI
Dead Lifts	https://www.youtube.com/watch?v=op9kVnSso6Q
Dragon Fly	https://www.youtube.com/watch?v=klCXJien7xM
Dragon Flyes	https://www.youtube.com/watch?v=nUgJp4Dah3g
Dumbbell Rows From Push-up Position Video	
Dumbbell Or Kettle Bell Snatch	https://www.youtube.com/watch?v=6l2lu26oWW8
Front Squat	https://www.youtube.com/watch?v=m4ytaCJZpl0
Goblet Squats	https://www.youtube.com/watch?v=QrVgpDOLlgM
Hollow Hold: Video	https://youtu.be/EJvFiNvuuXw
Hollow Rocks: Video	http://youtu.be/gQ2Pcv0GHTU
Inchworm to Push-ups Video	https://youtu.be/Et0WRT6Q3sA
Inverted Row Video	https://youtu.be/wdadrFLIC2s
Jump Rope	
Kettle Bell Swings	https://www.youtube.com/watch?v=vdezTMuIJ-k
Kettlebell Thruster	https://www.youtube.com/watch?v=2O8VWlQrbvg
Kettlebell Goblet Squat	https://www.youtube.com/watch?v=QrVgpDOLlgM&t=13s
Kettlebell Swings	https://www.youtube.com/watch?v=vdezTMuIJ-k
Overhead Lunge	https://www.youtube.com/watch?v=m6MczOv_Ayg
Overhead Squats	https://www.youtube.com/watch?v=RD_vUnqwqql
Overhead Walking Lunges	https://www.youtube.com/watch?v=m6MczOv_Ayg
Plank	https://www.youtube.com/watch?v=pSHjTRCQxIw
Plank Tabata	https://www.youtube.com/watch?v=GFCOWA6uuQw
Push Press	https://www.youtube.com/watch?v=X6-DMh-t4nQ
Reverse Burpees: Video	https://youtu.be/WCEuVr-n_OY
Seconds Push-up to Down Dog Video	https://www.youtube.com/watch?v=hPhA5b-P34Y
Single Arm Bent Over Row (Full Reps Each Side) Video	https://youtu.be/izaclnNZMWs
Single Arm Dumbbell Bent Over Row: Video	https://youtu.be/izaclnNZMWs
Single Dumbbell "Macho Man" (3 Reps Each Side) Video	https://youtu.be/EDus27jZC90

Single Dumbbell Deadlifts (15-12-9 Each Side) Video	https://youtu.be/S40eu8aKP18
Squat	https://www.youtube.com/watch?v=xDdSZmWNYQI
The Overhead Lung	https://www.youtube.com/watch?v=m6MczOv_Ayg
Thrusters	https://www.youtube.com/watch?v=aea5BGj9a8Y
Thrusters/ Burpees	https://www.youtube.com/watch?v=aea5BGj9a8Y
Walking Lunges	https://www.youtube.com/watch?v=L8fvypPrzs
Walking Lunges/Sit-Ups	https://www.youtube.com/watch?v=_HDZODOx7Zw

Strength Training Exercises

ARMS (Biceps)	Mechanics Type	Equipment	Other Muscles
Name			
Bicep Ladder Curl*	Compound	Machine	Middle Back, Forearms
Standing Barbell Curl*	Isolation	Barbell	Forearms
Reverse Barbell Curl*	Isolation	Barbell	Forearms
Preacher Curl*	Isolation	EZ Curl Barbell	Forearms
Alternate Hammer Curl*	Isolation	Dumbbell	Forearms
Zottman Curl*	Isolation	Dumbbell	Forearms
Alternate Dumbbell Bicep Curl*	Isolation	Dumbbell	Forearms
Alternate Incline Dumbbell Curl	Isolation	Dumbbell	Forearms
Dumbbell Prone Incline Curl	Isolation	Dumbbell	Forearms
Concentration Curls*	Isolation	Dumbbell	Forearms
Preacher Hammer Dumbbell Curl	Isolation	Dumbbell	Forearms
One Arm Dumbbell Preacher Curl	Isolation	Dumbbell	Forearms
Standing Bicep Cable Curl	Isolation	Cable Machine	Forearms

ARMS (Triceps)	Mechanics Type	Equipment	Other Muscles
Name			
Close-Grip Bench Press*	Compound	Barbell	Chest, Shoulders
Bench Dips*	Compound	Bodyweight	Chest, Shoulders
Overhead Barbell Triceps Extension	Isolation	Barbell	Shoulders
Lying Triceps Extension*	Isolation	EZ Curl Barbell	
Standing Dumbbell Triceps Extension*	Isolation	Dumbbell	Chest, Shoulders
Standing Dumbbell One-Arm Triceps Extension	Isolation	Dumbbell	Shoulders
Tricep Dumbbell Kickback*	Isolation	Dumbbell	
Decline Dumbbell Triceps Extension	Isolation	Dumbbell	
Cable Triceps Extension*	Isolation	Cable Machine	

ARMS (Forearms)	Mechanics Type	Equipment	Other Muscles
Name			
Palms-Up Barbell Wrist Curl*	Isolation	Barbell	
Palms-Down Reverse Wrist Curl*	Isolation	Barbell	
Standing Behind The Back Wrist Curl*	Isolation	Barbell	
Wrist Roller	Isolation	Wrist Roller	
Weight Plate Pinches	Isolation	Weight Plates	

* See Enclosed Description and Photo

CHEST (Middle)	Mechanics Type	Equipment	Other Muscles
Name			
Barbell Bench Press*	Compound	Barbell	Shoulders, Triceps
Wide-Grip Barbell Bench Press	Compound	Barbell	Outer Chest, Shoulders, Triceps
Barbell Pullover and Press	Compound	Barbell	Shoulders, Triceps
Machine Bench Press	Compound	Machine	Shoulders, Triceps
Dumbbell Bench Press	Compound	Dumbbell	Shoulders, Triceps
Pushups*	Compound	Bodyweight	Shoulders, Triceps
Straight-Arm Dumbbell Pullover*	Isolation	Dumbbell	Lats, Shoulders, Triceps
Dumbbell Flyes*	Isolation	Dumbbell	Shoulders
Butterfly (Pec Deck Fly)	Isolation	Machine	Shoulders
Cable Crossover	Isolation	Cable Machine	Shoulders

CHEST (Upper)	Mechanics Type	Equipment	Other Muscles
Name			
Incline Barbell Bench Press*	Compound	Barbell	Shoulders, Triceps
Incline Dumbbell Press	Compound	Dumbbell	Shoulders, Triceps
Hammer Grip Incline DB Bench Press	Compound	Dumbbell	Shoulders, Triceps
Bent-Arm Barbell Pullover	Isolation	Barbell	Lats, Shoulders, Triceps
Incline Dumbbell Flyes*	Isolation	Dumbbell	Shoulders
Bent-Arm Dumbbell Pullover*	Isolation	Dumbbell	Lats, Shoulders, Triceps

CHEST (Lower)	Mechanics Type	Equipment	Other Muscles
Name			
Decline Barbell Bench Press*	Compound	Barbell	Shoulders, Triceps
Wide-Grip Decline Barbell Bench Press	Compound	Barbell	Lower Outer Chest, Shoulders, Triceps
Decline Dumbbell Bench Press	Compound	Dumbbell	Shoulders, Triceps
Dips - Chest Version*	Compound	Bodyweight	Shoulders, Triceps
Decline Dumbbell Flyes*	Isolation	Dumbbell	Shoulders, Triceps

* See Enclosed Description and Photo

SHOULDERS (Front/Outer)	Mechanics Type	Equipment	Other Muscles
Name			
Barbell Shoulder Press*	Compound	Barbell	Chest, Triceps
Standing Military Press	Compound	Barbell	Chest, Triceps
Upright Barbell Row*	Compound	Barbell	Biceps, Traps
Dumbbell Shoulder Press	Compound	Dumbbell	Triceps
Arnold Dumbbell Press*	Compound	Dumbbell	Triceps
Standing Palms-In Dumbbell Press	Compound	Dumbbell	Traps, Triceps
See-Saw Press (Alternating Side)*	Compound	Dumbbell	Abs, Triceps
Machine Shoulder Press	Compound	Machine	Triceps
Standing Front Barbell Raise	Isolation	Barbell	
Front Dumbbell Raise*	Isolation	Dumbbell	
Side Lateral Raise*	Isolation	Dumbbell	
One-Arm Side Laterals	Isolation	Dumbbell	
Standing Dumbbell Straight-Arm Front Delt Raise Above Head	Isolation	Dumbbell	
Front Cable Raise	Isolation	Cable Machine	

SHOULDERS (Rear)	Mechanics Type	Equipment	Other Muscles
Name			
Lying Rear Delt Raise	Isolation	Dumbbell	Middle Back, Traps
Seated Bent-Over Rear Delt Raise*	Isolation	Dumbbell	Middle Back, Traps
Reverse Flyes*	Isolation	Dumbbell	Middle Back, Traps
Bent Over Low-Pulley Side Lateral	Isolation	Cable Machine	Middle Back, Traps

BACK (Upper Traps)	Mechanics Type	Equipment	Other Muscles
Name			
Standing Dumbbell Upright Row	Compound	Dumbbell	Biceps, Shoulders
Upright Cable Row	Compound	Cable Machine	Biceps, Shoulders
Barbell Shrug*	Isolation	Barbell	
Barbell Shrug Behind The Back	Isolation	Barbell	Forearms, Middle Back
Dumbbell Shrug*	Isolation	Dumbbell	Middle Back
Calf-Machine Shoulder Shrug	Isolation	Machine	Middle Back

* See Enclosed Description and Photo

BACK (Middle Traps)	Mechanics Type	Equipment	Other Muscles
Name			
Bent Over Barbell Row*	Compound	Barbell	Biceps, Shoulders, Lats
Reverse Grip Bent-Over Rows	Compound	Barbell	Biceps, Shoulders, Lats
Bent Over Two-Dumbbell Row	Compound	Dumbbell	Biceps, Shoulders, Lats
Bent Over Two-Dumbbell Row (Palms In)	Compound	Dumbbell	Biceps, Lats
Bent Over Two-Arm Long Bar Row	Compound	Barbell	Biceps, Lats
Lying T-Bar Row*	Compound	Machine	Biceps, Lats
Seated Cable Rows*	Compound	Cable Machine	Biceps, Shoulders, Lats
Prone Middle Back Shrug	Isolation	Dumbbell	Shoulders

BACK (Lats)	Mechanics Type	Equipment	Other Muscles
Name			
Wide-Grip Lat Pulldown*	Compound	Cable Machine	Biceps, Middle Back, Shoulders
Close-Grip Front Lat Pulldown	Compound	Cable Machine	Biceps, Middle Back, Shoulders
Underhand Cable Pulldowns	Compound	Cable Machine	Biceps, Middle Back, Shoulders
V-Bar Pulldown*	Compound	Cable Machine	Biceps, Middle Back, Shoulders
One Arm Dumbbell Rows*	Compound	Dumbbell	Biceps, Shoulders
Pullups*	Compound	Bodyweight	Biceps, Middle Back
Sternum Chins*	Compound	Bodyweight	Biceps, Middle Back
Straight-Arm Lat Pulldown	Isolation	Cable Machine	Shoulders

BACK (Lower)	Mechanics Type	Equipment	Other Muscles
Name			
Barbell Deadlift*	Compound	Barbell	Forearms, Glutes, Hamstrings, Lats, Middle Back, Quads, Traps
Stiff-Legged Dumbbell Deadlift*	Compound	Dumbbell	Hamstrings
Superman*	Isolation	Bodyweight	Hamstrings
Hyperextensions (Back Extensions)*	Isolation	Bodyweight	Glutes, Hamstrings

* See Enclosed Description and Photo



LEGS (Quads/Hips)	Mechanics Type	Equipment	Other Muscles
Name			
Barbell Squat*	Compound	Barbell	Glutes, Hamstrings, Lower Back
Barbell Lunge*	Compound	Barbell	Calves, Glutes, Hamstrings
Sumo-Style Deadlift*	Compound	Barbell	Forearms, Glutes, Hamstrings, Lats, Middle/Lower Back, Traps
Dumbbell Squat	Compound	Dumbbell	Glutes, Hamstrings, Lower Back
Dumbbell Squat To A Bench	Compound	Dumbbell	Glutes, Hamstrings, Lower Back
Dumbbell Rear Lunge	Compound	Dumbbell	Calves, Glutes, Hamstrings
Hack Squat*	Compound	Machine	Calves, Glutes, Hamstrings
Leg Press*	Compound	Machine	Calves, Hamstrings
Leg Extensions*	Isolation	Machine	
Thigh Adductor*	Isolation	Machine	Glutes, Hamstrings

LEGS (Hamstrings)	Mechanics Type	Equipment	Other Muscles
Name			
Romanian Deadlift*	Compound	Barbell	Glutes, Lower Back
Lying Leg Curls*	Isolation	Machine	Glutes
Seated Leg Curl	Isolation	Machine	Glutes

LEGS (Glutes)	Mechanics Type	Equipment	Other Muscles
Name			
One-Legged Cable Kickback	Isolation	Cable Machine	Hamstrings
Glute Kickback*	Isolation	Bodyweight	Hamstrings

LEGS (Calves)	Mechanics Type	Equipment	Other Muscles
Name			
Standing Dumbbell Calf Raise	Isolation	Dumbbell	
Dumbbell Seated One-Leg Calf Raise*	Isolation	Dumbbell	
Standing Calf Raises*	Isolation	Machine	
Seated Calf Raise*	Isolation	Machine	

* See Enclosed Description and Photo

ABDOMINALS (Upper)	Mechanics Type	Equipment	Other Muscles
Name			
Sit-Up*	Isolation	Bodyweight	
Crunches*	Isolation	Bodyweight	
Decline Sit-Up*	Isolation	Bodyweight	
Cable Crunch	Isolation	Cable Machine	
Ab Crunch Machine	Isolation	Machine	

ABDOMINALS (Lower)	Mechanics Type	Equipment	Other Muscles
Name			
Decline Knee Raise	Compound	Bodyweight	Lower Back
Seated Flat Bench Leg Pull-In*	Compound	Bodyweight	Lower Back
Knee/Hip Raise On Parallel Bars*	Compound	Bodyweight	
Reverse Crunch*	Isolation	Bodyweight	
Hanging Leg Raise	Isolation	Bodyweight	
Flat Bench Lying Leg Raise	Isolation	Bodyweight	

ABDOMINALS (Outer/Sides)	Mechanics Type	Equipment	Other Muscles
Name			
Decline Oblique Crunch	Compound	Bodyweight	Lower Back
Russian Twist*	Compound	Bodyweight	Lower Back
Oblique Crunches*	Isolation	Bodyweight	

* See Enclosed Description and Photo



Arms (Biceps)



Using a Smith machine, position the bar about three feet from the floor giving yourself just enough room to hang under the bar without laying on your back. Grab the bar with a medium width grip and palms facing up. Hang under the bar and extend your legs straight out while keeping your back straight. This is your starting position.

Bicep Ladder Curl



Pull your shoulders to the bar while contracting your biceps. Hold the contracted position for a second and squeeze the biceps hard. Then, slowly begin to lower yourself back to starting position. Repeat for the prescribed number of repetitions. Move the bar up a notch on the Smith machine and perform another set. Continue moving up a notch until the bar is at chest level, then work your way back down.

Arms (Biceps)



Stand with your torso upright while holding a barbell at a shoulder-width grip. The palms of your hands should be facing forward and the elbows should be close to the torso. This is your starting position. While holding the upper arms stationary, curl the weights forward while contracting the biceps. Tip: Only the forearms should move.

Standing Barbell Curl



Continue the movement until your biceps are fully contracted and the bar is at shoulder level. Hold the contracted position for a second and squeeze the biceps hard. Slowly begin to bring the bar back to the starting position. Repeat for the prescribed number of repetitions. Barbell curl can also be performed with an E-Z curl bar.

Arms (Biceps)



Stand (torso upright) with a dumbbell in each hand held at arms length, palms facing your thighs. While holding the upper arm stationary, curl the dumbbell in one hand as you rotate the palm of the hand until the dumbbell is at shoulder level. Hold the contracted position for a second and squeeze the bicep.

Alternate Dumbbell Bicep Curl



Slowly begin to bring the dumbbell back to the starting position. Tip: Remember to rotate the palms back to the starting position (facing your thighs) as you come down. Repeat the movement with the other hand. This equals one repetition. Continue alternating in this manner for the prescribed number of repetitions.

Arms (Biceps)



Stand (torso upright) with a dumbbell in each hand held at arms length, palms facing your thighs. While holding the upper arm stationary, curl the dumbbell in one hand without rotating the palm of the hand (as if you were swinging a hammer) until the dumbbell is at shoulder level. Hold the contracted position for a second and squeeze the bicep.

Alternate Hammer Curl



Slowly begin to bring the dumbbell back to the starting position. Repeat the movement with the other hand. This equals one repetition. Continue alternating in this manner for the prescribed number of repetitions.

Arms (Biceps)



Stand with your torso upright and a dumbbell in each hand held at arms length, palms facing in. Keep elbows close to the torso. This is your starting position. Moving only your forearms, curl the weights while contracting the biceps. Your wrists should rotate (as pictured) so that you have a supinated (palms up) grip. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level.

Arms (Biceps)



Stand with your torso upright while holding a barbell at shoulder width with the elbows close to the torso. The palms of your hands should be facing down (pronated grip). This is your starting position. While holding the upper arms stationary, curl the weights while contracting the biceps. Only the forearms should move.

Zottman Curl



Hold the contracted position for a second then rotate your wrists until you have a pronated (palms facing down) grip with the thumbs at a higher position than the pinkies. Slowly bring the dumbbells back down using the pronated grip. As the dumbbells get close to your thighs, start rotating the wrists so that you go back to a neutral (palms facing your body) grip. Repeat for the prescribed number of repetitions.

Reverse Barbell Curl



Continue the movement until your biceps are fully contracted and the bar is at shoulder level. Hold the contracted position for a second as you squeeze the muscle. Slowly begin to bring the bar back to the starting position. Repeat for the prescribed number of repetitions.

Arms (Biceps)



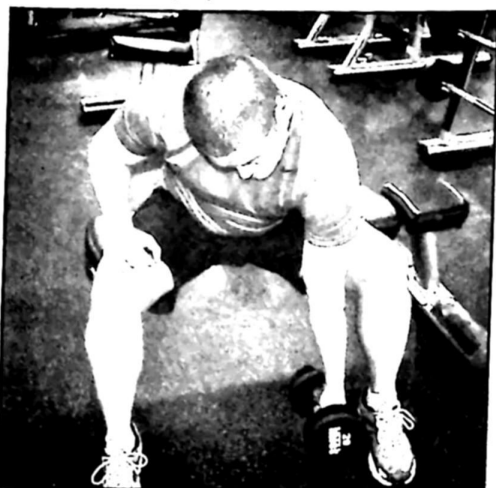
To perform this movement you will need a preacher bench and an E-Z curl bar. Grab the E-Z curl bar at the close inner handle. The palms of your hands should be facing forward and they should be slightly tilted inwards due to the shape of the bar. With the upper arms and chest positioned against the preacher bench pad, hold the E-Z curl bar at shoulder height. This is your starting position.

Preacher Curl



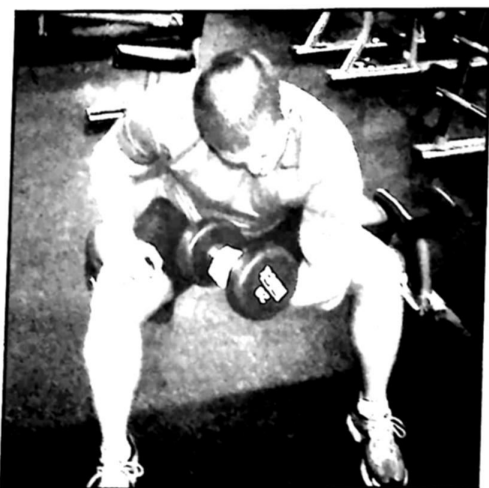
Slowly lower the bar until your upper arms are extended and the biceps are fully stretched. Curl the bar using the biceps until they are fully contracted and the bar is at shoulder height. Squeeze the biceps hard and hold this position for a second. Repeat for the prescribed number of repetitions.

Arms (Biceps)



Sit down on a flat bench with one dumbbell in front of you between your legs. Use your left arm to pick up the dumbbell. Place the back of your left upper arm on the top of your inner left thigh. Rotate the palm of your hand until it is facing forward away from your thigh. This is your starting position. While holding the upper arm stationary, curl the weight forward while contracting the bicep. Only the forearm should move.

Concentration Curls



Continue the movement until your bicep is fully contracted and the dumbbell is at shoulder level. Hold the contracted position for a second as you squeeze the bicep. Slowly begin to bring the dumbbell back to the starting position. Avoid swinging motions at any time. Repeat for the prescribed number of repetitions then switch arms.

Arms (Triceps)



Lie back on a flat bench. Using a close grip (around shoulder width), lift the bar from the rack and hold it straight over you with your arms locked. This is your starting position. Slowly lower the bar until you touch your middle chest. Tip: Make sure that as opposed to a regular bench press, you keep the elbows close to the torso at all times in order to maximize triceps involvement.

Close-Grip Bench Press



After a brief pause, push the bar back to the starting position using your triceps. Lock your arms in the contracted position, hold for a second then start coming down slowly again. Tip: It should take at least twice as long to go down than to come up. Repeat the movement for the prescribed number of repetitions then place the bar back in the rack.

Arms (Triceps)



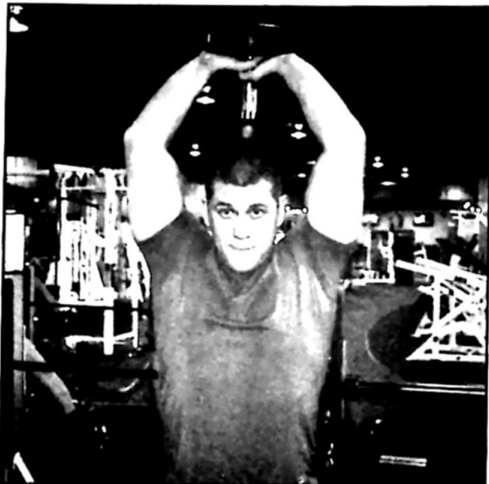
Lie on a flat bench holding either an E-Z curl bar or a straight bar. Using a medium overhand (pronated) grip raise the bar in front of you at arms length. Tip: The arms should be perpendicular to the torso and the floor. The elbows should be tucked in. This is your starting position.

Lying Triceps Extension



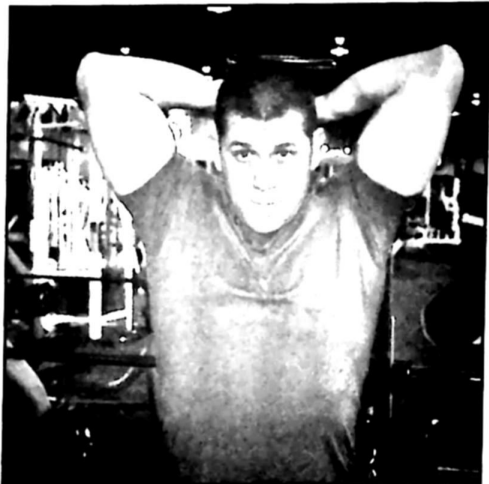
Slowly lower the weight until the bar lightly touches your forehead while keeping the upper arms and elbows stationary. Next, extend your arms using the triceps to bring the weight back up to the starting position. Repeat for the prescribed number of repetitions.

Arms (Triceps)



Stand with a dumbbell held by both hands. Your feet should be about shoulder width apart from each other. Slowly use both hands to lift the dumbbell over your head until both arms are fully extended. The dumbbell should be resting in the palms of your hands with your thumbs wrapped around it. The palm of the hands should be facing up towards the ceiling. This is your starting position.

Standing Dumbbell Triceps Extension



Keeping your upper arms close to your head and elbows in, lower the dumbbell in a semicircular motion behind your head until your forearms touch your biceps. Tip: The upper arms should remain stationary. Go back to the starting position by using the triceps to raise the dumbbell. Hold for a second then repeat for the prescribed number of repetitions.

Arms (Triceps)



Attach a straight or angled bar to a high pulley and grab with an overhand grip (palms facing down) at shoulder width. Standing upright with the torso straight and a slight forward lean, bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar. This is your starting position.

Cable Triceps Extension



Using the triceps, bring the bar down until it touches the front of your thighs and your arms are fully extended. Tip: The upper arms should always remain stationary next to your torso and only the forearms should move. Hold for a second at the contracted position then bring the bar slowly up to the starting point. Repeat for the prescribed number of repetitions.

Arms (Triceps)



Start with a dumbbell in your right hand with your palm facing your torso. Using a bench to support you, bend forward at the waist keeping your back straight. Your torso and upper arm should be almost parallel to the floor. Your forearm should be pointed towards the floor as you hold the weight. There should be a 90 degree angle formed between your forearm and upper arm. This is your starting position.

Tricep Dumbbell Kickback



While keeping your upper arm stationary and your head up, use your tricep to lift the weight until the arm is fully extended. Focus on moving the forearm. After a brief pause at the top contraction, slowly lower the dumbbell back down to the starting position. Repeat for the prescribed number of repetitions and switch arms.

Arms (Triceps)



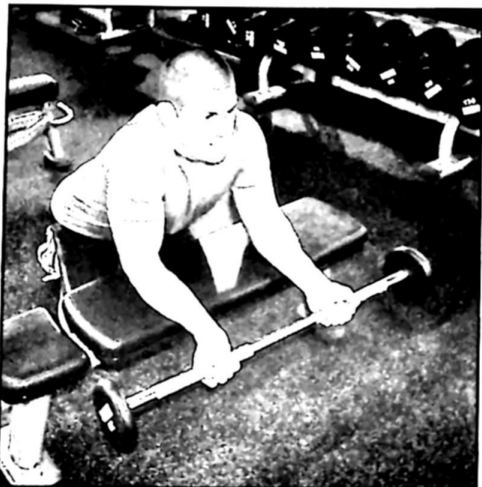
For this exercise you will need two benches or platforms. Place a bench behind your back perpendicular to your body and another bench to your front. Hold on to the edge of the bench behind you with your hands shoulder width apart and arms fully extended. Extended your legs forward and place your feet on the bench to your front. This is your starting position.

Bench Dips



Slowly lower your body by bending at the elbows until the upper arms and forearms form a 90 degree angle. Tip: Keep the elbows as close-in as possible throughout the movement and your forearms pointing down. Lift yourself back to the starting position using your triceps. Repeat for the prescribed number of repetitions.

Arms (Forearms)



Place a barbell on one side of a flat bench. Kneel down on both knees so that your body is facing the flat bench. Grab the barbell with a supinated grip (palms up), and rest your forearms against the flat bench. Your wrists should be hanging over the edge.

Palms-Up Barbell Wrist Curl



Curl your wrists upwards. Hold the contraction at the top then slowly lower your wrists back down to the starting position. Your forearms should be stationary as your wrists are the only movement needed to perform this exercise. Repeat for the prescribed number of repetitions. This exercise can also be performed using a dumbbell instead of a barbell.

Arms (Forearms)



Place a barbell on one side of a flat bench. Kneel down on both knees so that your body is facing the flat bench. Grab the barbell with a pronated grip (palms down), and rest your forearms against the flat bench. Your wrists should be hanging over the edge.

Palms-Down Reverse Wrist Curl



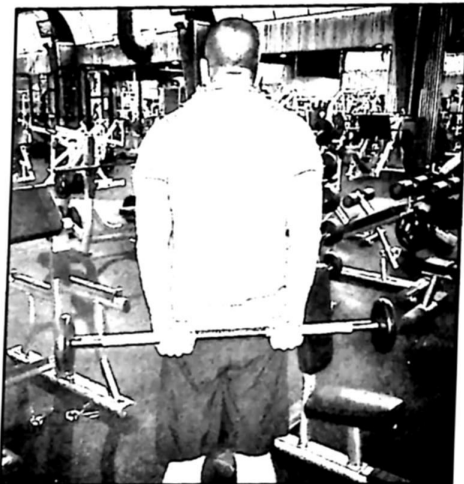
Curl your wrists upwards. Hold the contraction at the top then slowly lower your wrists back down to the starting position. Your forearms should be stationary as your wrist is the only movement needed to perform this exercise. Repeat for the prescribed number of repetitions. This exercise can also be performed using a dumbbell instead of a barbell.

Arms (Forearms)



Stand with your feet shoulder width apart while holding a barbell behind your glutes at arms length using a shoulder width pronated grip (palms will be facing back away from the glutes). This is your starting position.

Standing Behind The Back Wrist Curl



Slowly elevate the barbell up by curling your wrists in a semi-circular motion towards the ceiling. Note: Your wrist should be the only body part moving for this exercise. Hold the contraction for a second and lower the barbell back down to the starting position. Repeat for the prescribed number of repetitions.

Chest (Middle)



Lie back on a flat bench. Using a medium width grip (a grip that creates a 90 degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This is your starting position.

Barbell Bench Press



From the starting position, slowly lower the bar until it touches your middle chest. After a brief pause, push the bar back to the starting position. Lock your arms and squeeze your chest in the contracted position at the top of the motion. Hold for a second then slowly lower the bar again. Repeat the movement for the prescribed number of repetitions.

Chest (Middle)



Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hand will be facing each other. Using your thighs to help raise the dumbbells, lift the dumbbells one at a time so you can hold them in front of you at shoulder width with the palms of your hands facing forward or each other. Raise the dumbbells up like you are pressing them. This is your starting position.

Chest (Middle)



Lie perpendicular on a bench (torso across it as in forming a cross) with only your shoulders lying on the surface. Hips should be below the bench, legs bent and feet firmly on the floor. Grasp the dumbbell with both hands and hold it straight over your chest at arms length. Both palms should be pressing against the underside of the dumbbell. This is your starting position.

Dumbbell Flies



With a slight bend in your elbows lower your arms out at both sides in a wide arc until you feel a stretch in your chest. Using the same arc of motion, return your arms back to the starting position as you squeeze your chest muscles. Hold for a second at the contracted position and repeat the movement for the prescribed number of repetitions.

Straight-Arm Dumbbell Pullover



While keeping your arms straight, lower the weight slowly in an arc behind your head until you feel a stretch in the chest. Using the same arc, bring the dumbbell back to the starting position. Hold for a second and repeat the motion for the prescribed number of repetitions.

Chest (Middle)



Lie on the floor face down. Place your hands a little wider than shoulder width apart while holding your torso up at arms length. This is your starting position.

Pushups



Keeping your back straight, lower yourself downward until your chest almost touches the floor. While squeezing your chest, press your upper body back up to the starting position. After a brief pause at the top contracted position, lower yourself down again and repeat for the prescribed number of repetitions.

Chest (Upper)



Lie back on an incline bench. Using a medium width grip (a grip that creates a 90 degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This is your starting position.

Incline Barbell Bench Press



Lower the bar slowly until you feel the bar touch your upper chest. Pause for a second and push the bar back to the starting position. Lock your arms in the contracted position and squeeze your chest. Hold for a second then come down slowly again. Repeat the movement for the prescribed number of repetitions.

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Chest (Upper)



Hold a dumbbell in each hand and lie on an incline bench that is set to an incline angle of no more than 30 degrees. Extend your arms above you with a slight bend at the elbows. Now rotate the wrists so that the palms of your hands are facing you. This is your starting position.

Incline Dumbbell Flyes



Slowly lower your arms to both sides in a wide arc until you feel a stretch in your chest. Keep your arms extended and rotate your wrists until the palms of your hands are facing each other. Bring the dumbbells back up to the starting position using the same arc. The movement should only happen at the shoulder joint and at the wrist, not the elbow joint. Repeat for the prescribed number of repetitions.

Chest (Upper)



Lie perpendicular on a bench (torso across it as in forming a cross) with only your shoulders lying on the surface. Hips should be below the bench, legs bent and feet firmly on the floor. Grasp the dumbbell with both hands and hold it straight over your chest with a bend in your arms. Both palms should be pressing against the underside of the dumbbell. This is your starting position.

Bent-Arm Dumbbell Pullover



While keeping your arms bent, lower the weight slowly in an arc behind your head until you feel a stretch in the chest. Using the same arc, bring the dumbbell back to the starting position. Hold for a second and repeat the motion for the prescribed number of repetitions.

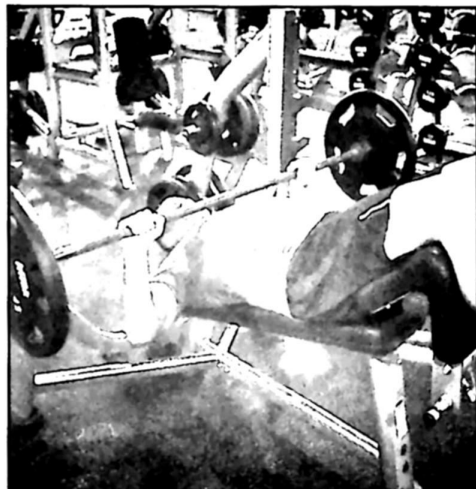


Chest (Lower)



Secure your legs at the end of a decline bench and slowly lay down on the bench. Using a medium width grip (a grip that creates a 90 degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. The arms should be perpendicular to the floor. This is your starting position. A spotter may be needed to lift the bar from the rack.

Decline Barbell Bench Press



Lower the bar slowly until you feel the bar touch your lower chest. Pause for a second then bring the bar back to the starting position using your chest muscles. Lock your arms and squeeze your chest in the contracted position. Hold for a second then slowly come down again. Repeat the movement for the prescribed number of repetitions.

Chest (Lower)



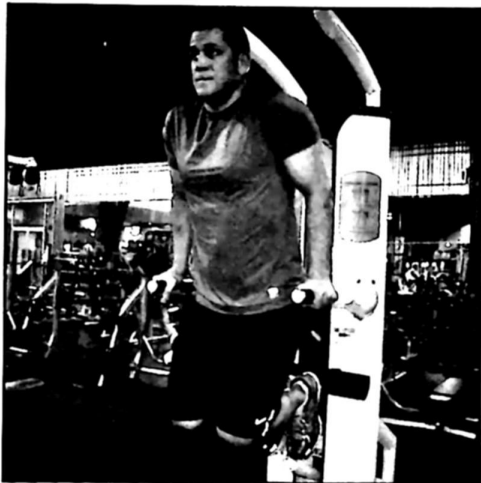
Secure your legs at the end of a decline bench while holding a dumbbell in each hand on top of your thighs. The palms of your hands will be facing each other. Lie back and move the dumbbells in front of you at shoulder width. The palm of the hands should be facing each other and the arms should be perpendicular to the floor and fully extended. This is your starting position.

Decline Dumbbell Flies



With a slight bend in your elbows to prevent stress at the biceps tendon, lower your arms out at both sides in a wide arc until you feel a stretch in your chest. The movement should only occur at the shoulder joint. Return your arms back to the starting position using the same arc. Hold for a second at the contracted position and repeat the movement for the prescribed number of repetitions.

Chest (Lower)



For this exercise you will need access to parallel bars. To get yourself into the starting position, hold your body at arms length (arms locked) above the bars. Lower yourself slowly with your torso leaning forward around 30 degrees or so and your elbows flared out slightly until you feel a slight stretch in the chest.

Dips - Chest Version



Once you feel the stretch, use your chest to bring your body back to the starting position. Tip: Remember to squeeze the chest at the top of the movement for a second. Repeat the movement for the prescribed number of repetitions.

Shoulders (Front/Outer Deltoids)



Seated at a Smith Machine or Squat Rack grab the barbell with a pronated grip (palms facing forward) wider than shoulder width so to create a 90 degree angle between the forearm and the upper arm as the barbell goes down. Lift the bar up over your head by locking your arms. Hold at about shoulder level and slightly in front of your head. This is your starting position.

Barbell Shoulder Press



Slowly lower the bar down to the collarbone. Pause, then lift the bar back up to the starting position. Hold in the contracted position for a second and repeat for the prescribed number of repetitions.

Shoulders (Front/Outer Deltoids)



Sit on an exercise bench with back support and hold two dumbbells in front of you at about upper chest level with your palms facing your body and your elbows bent. Tip: Your arms should be next to your torso. The starting position should look like the contracted portion of a dumbbell curl.

Arnold Dumbbell Press



Raise the dumbbells as you rotate the palms of your hands outward until they are facing forward. Continue lifting the dumbbells until your arms are extended. Pause at the top then lower the dumbbells to the original position and rotate the palms of your hands towards you. Repeat for the prescribed number of repetitions.

Shoulders (Front/Outer Deltoids)



Grasp a barbell with an overhand grip that is slightly less than shoulder width. The bar should be resting on the top of your thighs with your arms extended and a slight bend in your elbows. Your back should also be straight. This is your starting position.

Upright Barbell Row



Lift the bar by raising your elbows up and to the side. Keep the bar close to your body as you raise it. Continue to lift the bar until it nearly touches your chin. Tip: Your elbows should drive the motion and should always be higher than your forearms. Lower the bar back down slowly to the starting position. Repeat for the prescribed number of repetitions.

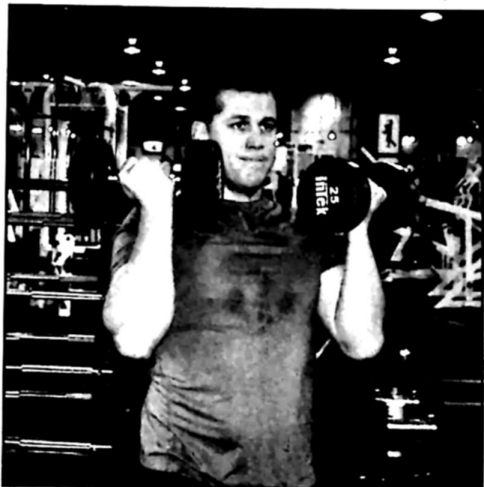
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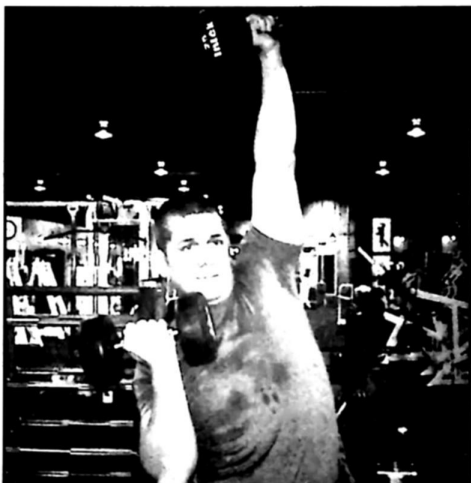
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Shoulders (Front/Outer Deltoids)



Grab a dumbbell with each hand and stand with a straight torso. Lift the dumbbells to the chest/shoulder level and rotate your wrists so that your palms are facing towards you as if you were getting ready to perform an Arnold Press. This is your starting position.

See-Saw Press (Alternating Side)



Extend your left arm overhead as you rotate the wrist so that the palm of your hand faces forward. Simultaneously bend from your hip to your opposite (right) side. Once you reach the top position, lower the left arm while raising the right arm in the same manner and bending to the left side. Continue alternating for the prescribed number of repetitions.

Shoulders (Front/Outer Deltoids)



Grab two dumbbells and stand with a straight torso. Hold the dumbbells in front of your thighs at arms length with the palm of the hands facing your thighs. This is your starting position. Lift one dumbbell to the front with a slight bend in the elbow and the palm facing down.

Front Dumbbell Raise



Continue to go up until your arm is slightly above parallel to the floor. Pause for a second at the top then lower the dumbbell back down slowly to the starting position while simultaneously lifting the other dumbbell. Continue alternating in this manner until all of the prescribed number of repetitions have been performed for each arm.

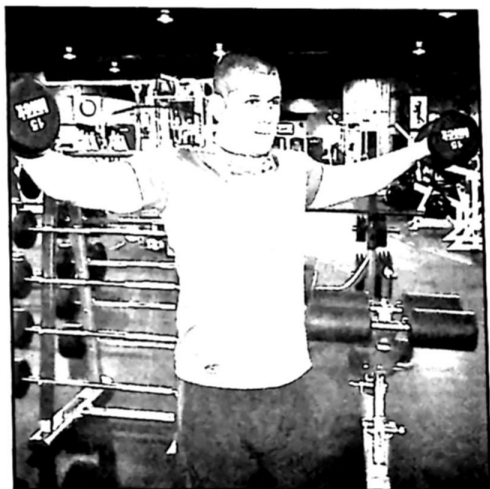


Shoulders (Front/Outer Deltoids)



Grab two dumbbells and stand with a straight torso. Hold the dumbbells by your side at arms length with the palm of the hands facing you. This is your starting position. Lift the dumbbells to your side with a slight bend in the elbows and the hands slightly tilted forward as if pouring a pitcher or water.

Side Lateral Raise



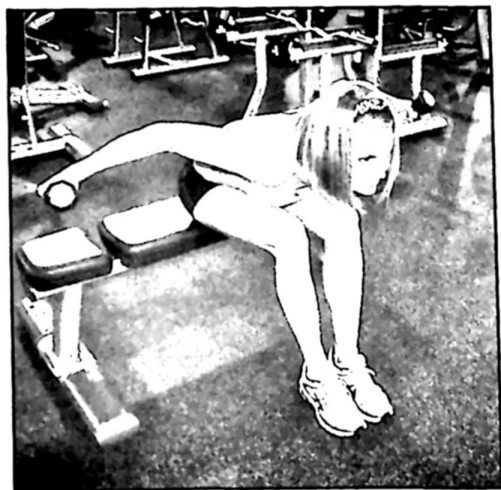
Go up until your arms are parallel to the floor. Pause for a second at the top then lower the dumbbells back down slowly to the starting position. Repeat for the prescribed number of repetitions.

Shoulders (Rear Deltoids)



Sit on the edge of a bench with your legs together and two dumbbells behind your calves. Bend at the waist while keeping the back straight then pick up the dumbbells. The palms of your hands should be facing each other. This is your starting position.

Seated Bent-Over Rear Delt Raise



Keeping your torso forward and stationary, and the arms slightly bent at the elbows, lift the dumbbells straight to the side until both arms are parallel to the floor. Note: Avoid swinging the torso or bringing the arms back as opposed to the side. After a brief contraction at the top, slowly lower the dumbbells back to the starting position. Repeat for the prescribed number of repetitions.

Shoulders (Rear Deltoids)



Lie down holding two dumbbells on an incline bench with the chest and stomach pressing against the bench. Hold the dumbbells in each hand with the palms facing each other (neutral grip). Extend the arms in front of you so that they are perpendicular to the angle of the bench. The legs should be stationary. This is your starting position.

Reverse Flyes



Maintaining the slight bend in the elbows, move the weights out and away from each other in an arc motion. Tip: Try to squeeze your shoulder blades together to get the best results from this exercise. The arms should be elevated until they are parallel to the floor. Hold the contraction and slowly lower the weights back down to the starting position. Repeat for the prescribed number of repetitions.

Back (Upper Traps)



Stand up straight with your feet at shoulder width as you hold a barbell with both hands in front of you using a pronated grip (palms facing the thighs). Tip: Your hands should be a little wider than shoulder width apart. You can use wrist wraps for this exercise for a better grip. This is your starting position.

Front Barbell Shrug



Raise your shoulders up as high as you can and hold the contraction for a second. Tip: Refrain from trying to lift the barbell by using your biceps or bending your arms. Slowly return to the starting position. Repeat for the prescribed number of repetitions.



Back (Upper Traps)



Stand erect with a dumbbell in each hand (palms facing your torso) and arms extended on both sides. Tip: The arms should remain extended at all times. This is your starting position.

Dumbbell Shrug



Lift the dumbbells by elevating the shoulders as high as possible. Hold the contraction at the top for a second. Refrain from using the biceps to help lift the dumbbells. Only the shoulders should move up and down. Lower the dumbbells back to the original position and repeat for the prescribed number of repetitions.

Back (Middle Traps/Lats)



Holding a barbell with a pronated grip (palms facing down). Bend your knees slightly and bring your torso forward until it is almost parallel to the floor by bending at the waist while keeping the back straight. Tip: Make sure that you keep your head up. The barbell should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.

Bent Over Barbell Row



While keeping the torso stationary, lift the barbell to your lower chest. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause. Slowly lower the barbell back to the starting position and repeat for the prescribed number of repetitions.

Back (Middle Traps/Lats)



Sit down on a pull-down machine with a wide bar attached to the top pulley. Adjust the knee pad of the machine to fit your height. Grab the bar with the palms facing forward using the prescribed grip. Bring your torso back around 30 degrees or so while creating a curvature in your lower back and sticking your chest out. This is your starting position.

Wide-Grip Lat Pulldown



Pull the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. The upper torso should remain stationary and only the arms should move. Do not pull the bar down using the forearms. Squeeze the back muscles and pause once you reach the full contracted position. Slowly raise the bar to the starting position and repeat for the prescribed number of repetitions.

Back (Middle Traps/Lats)



Sit down on a pull-down machine with a V-Bar attached to the top pulley. Adjust the knee pad of the machine to fit your height. Grab the V-bar with the palms facing each other (a neutral grip). Stick your chest out and lean back slightly (around 30 degrees) in order to better engage the middle back. This is your starting position.

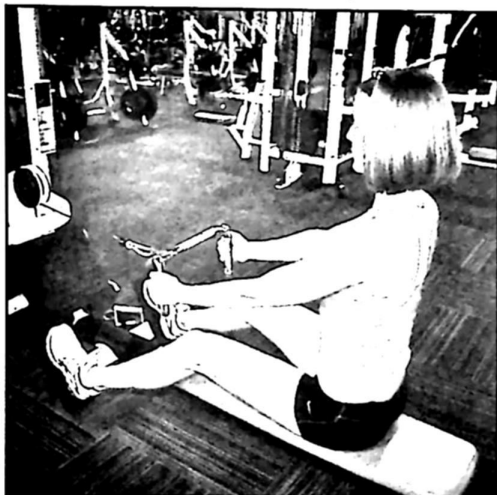
V-Bar Pulldown



Using your back, pull the bar down as you squeeze your shoulder blades. Continue until your chest nearly touches the V-bar. Tip: Keep the torso stationary throughout the movement. Pause on the contracted position, then slowly bring the bar back to the starting position. Repeat for the prescribed number of repetitions.



Back (Middle Traps/Lats)



Sit down on the row machine and place your feet on the front platform keeping your knees slightly bent. Lean over as you keep the natural alignment of your back and grab the V-bar handles. With your arms extended, lean back until your torso is at a 90 degree angle with your legs. Your back should be slightly arched and your chest should be sticking out. This is your starting position of the exercise.

Seated Cable Rows



Keeping the torso stationary, pull the handles back towards your torso until you touch the abdominals while keeping the arms close in. Squeeze your back muscles hard. Hold the contraction for a second and slowly go back to the original position. Repeat for the prescribed number of repetitions.

Back (Lats)



Choose a flat bench and place a dumbbell to the side of it. Place your right leg atop the end of the bench and bend your torso forward from the waist until your upper body is parallel with the floor. Place your right hand on the other end of the bench for support. Keeping your lower back straight, pick up the dumbbell with your left hand. The palm of the hand should be facing your torso. This is your starting position.

One Arm Dumbbell Rows



Pull the weight straight up to the side of your chest, keeping your upper arm close to your side and your torso stationary. Perform the lift with the back muscles and not the arms. The forearms should do no work besides holding the dumbbell. Lower the dumbbell straight down to the starting position. Repeat the movement for the specified number of repetitions then switch arms.

Back (Middle Traps/Lats)



Load up the T-bar Row Machine with the desired weight and adjust the leg height so that your upper chest is at the top of the pad. Lie face down on the pad and grab the handles. You can either use a palms down or palms up position depending on what part of your back you want to emphasize. Lift the bar off the rack and extend your arms in front of you. This is your starting position.

Lying T-Bar



Slowly pull the weight up and squeeze your back at the top of the movement. Tip: Keep the upper arms as close to the torso as possible throughout the movement in order to better engage the back muscles. Pause for a second at the top of the movement then slowly go back down to the starting position. Repeat for the prescribed number of repetitions.

Back (Middle Traps/Lats)



Grab the pull-up bar with the palms facing forward using a pronated (overhand) grip. Extend both arms, stick out your chest, and arch your lower back. This is your starting position.

Pullups



Pull your torso up until the bar touches your upper chest. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The forearms should do no work besides holding the bar. Pause for a second at the top of the movement then slowly go back down to the starting position. Repeat for the prescribed number of repetitions.

Back (Middle Traps/Lats)



Grab the pull-up bar with a shoulder width underhand grip. Hang with your arms fully extended, stick out your chest, and lean back. This is your starting position. Tip: You will be leaning back throughout the entire movement. Pull yourself towards the bar with your spine arched and your head leaning back as far away from the bar as possible.

Sternum Chins



Keep pulling until your lower chest or sternum area touches the bar. Keep your hips and legs at about a 45 degree angle to the floor. Hold that contraction for a second then slowly go back to the starting position. Repeat for the prescribed number of repetitions.

Back (Lower)



Stand in front of a loaded barbell. Bend your knees, lean forward and grasp the bar using a medium (shoulder width) overhand or alternate grip. This will be the starting position of the exercise. Tip: If it is difficult to hold on to the bar use wrist straps. Keeping your back straight, lift the bar by pushing with your legs until your torso is upright.

Barbell Deadlift



In the upright position, stick your chest out and contract the back by bringing the shoulder blades back. Go back to the starting position by bending at the knees and simultaneously leaning the torso forward at the waist while keeping the back straight. Repeat for the prescribed number of repetitions.

Back (Lower)



Grab two dumbbells and hold them to your front or by your side at arms length. Stand with your legs spaced shoulder width apart, torso straight, and your knees slightly bent. This is your starting position.

Stiff-Legged Dumbbell Deadlift



Lower the dumbbells to over the top of your feet by bending at the waist while keeping your back straight until you feel a stretch on the hamstrings. Return to the start position by straightening your torso and extending your hips and waist. Repeat for the prescribed number of repetitions.

Back (Lower)



Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist. With your body straight, cross your arms in front of you or behind your head. This is your starting position. Tip: You can also hold a weight plate for extra resistance in front of you under your crossed arms.

Hyperextensions (Back Extensions)



Bend forward slowly at the waist as far as you can while keeping your back flat. Keep moving forward until you feel a slight stretch in the hamstrings and you can no longer keep going without rounding the back. Slowly raise your torso back to the initial position and repeat for the prescribed number of repetitions. Tip: Avoid the temptation to arch your back past a straight line.



Back (Lower)



Lie straight and face down on the floor or exercise mat. Your arms should be fully extended in front of you. This is your starting position.

Superman



Simultaneously raise your arms, legs, and chest off of the floor and hold this contraction for 2 seconds. Tip: Squeeze your lower back to get the best results from this exercise. Slowly lower your arms, legs and chest back down to the starting position and repeat for the prescribed number of repetitions.

Legs (Quads)



This exercise is best performed inside a squat rack or Smith machine for safety purposes. Set the bar on a rack that best matches your height. Step under the bar and place it across the back of your shoulders. Hold the bar using both arms at each side and lift it off the rack. Step away from the rack and position your legs using a shoulder width stance with the toes slightly pointed out. Keep your head up to maintain balance and a straight back.

Barbell Squat



Slowly lower the bar by bending the knees as you maintain a straight posture. Continue down until your bent knee angle becomes slightly less than 90 degrees. Return to the starting position by pushing the floor with the heels of your feet as you straighten the legs. Repeat for the prescribed number of repetitions.

Legs (Quads)



Place the back of your torso against the back pad of the machine. Hook your shoulders under the pads if provided. Position your feet using a shoulder width stance and toes slightly pointed out. Keep your head up and maintain the back on the pad. Place your arms on the side handles of the machine and disengage the safety bars. Straighten your legs without locking the knees. This is your starting position.

Hack Squat



Begin to slowly lower the unit by bending the knees as you maintain a straight posture. Continue down until your bent knee angle becomes slightly less than 90 degrees. Begin to raise the unit by pushing the platform mainly with the balls of your feet and straightening your legs. Return to the starting position and repeat for the prescribed number of repetitions.

Legs (Quads)



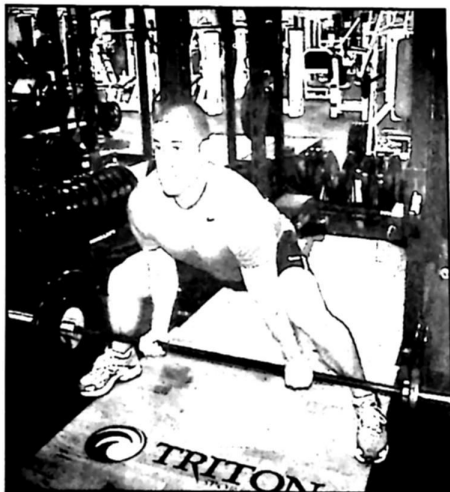
Using a leg press machine, sit down on the machine and place your feet on the platform directly in front of you at a shoulder width stance. Press the platform all the way up until your legs are fully extended in front of you then release the safety bars. Tip: Make sure that you do not lock your knees. Your torso and the legs should make a perfect 90 degree angle. This is your starting position.

Leg Press



Slowly lower the platform until your upper and lower legs make a 90 degree angle. Return to the starting position by pushing mainly with the balls of your feet and using the quadriceps. Repeat for the prescribed number of repetitions and ensure to lock the safety bars properly once you are done.

Legs (Quads)



Stand with a very wide stance facing a loaded barbell. (The wider the stance, the more involved the inner thighs.) Point your toes out. Bend at the knees and hips, squat down and grab the bar with a shoulder-width, alternate grip (one hand supinated, one hand pronated). At the start, the bar should touch your shins and your head should be straight. This is your starting position.

Sumo-Style Deadlift



With your arms straight and back flat, press through the floor with your feet, dragging the bar up your legs until you are completely upright. Squeeze your legs, glutes and back at the top, then drag the bar back down your legs again to the floor. Repeat for the prescribed number of repetitions. The key is beginning each rep from a dead stop.

Legs (Quads)



This exercise is best performed using a squat rack for safety purposes. Set the bar on a rack that best matches your height. Step under the bar and place it across the back of your shoulders. Hold the bar using both arms at each side and lift it off the rack. Step away from the rack and keep your head up to maintain balance and a straight back.

Barbell Lunge



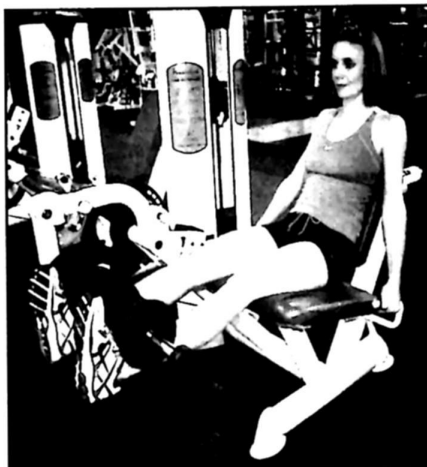
Step forward with your right leg and squat down through your hips while keeping the torso upright. Note: Do not allow your knee to go forward beyond your toes as you come down to prevent undue stress on the knee joint. Using mainly your heel, push up and go back to the starting position. Alternate legs and repeat the movement for the prescribed number of repetitions.

Legs (Quads)



For this exercise you will need to use a leg extension machine. Select a weight, adjust the seat, and sit on the machine with your legs under the pad (feet pointed forward) while holding the side bars with your hands. This is your starting position.

Leg Extensions



Using your quadriceps, extend your legs to the maximum. Ensure that the rest of the body remains stationary on the seat. Pause a second on the contracted position. Slowly lower the weight back to the original position and repeat for the prescribed number of repetitions.

Legs (Quads)



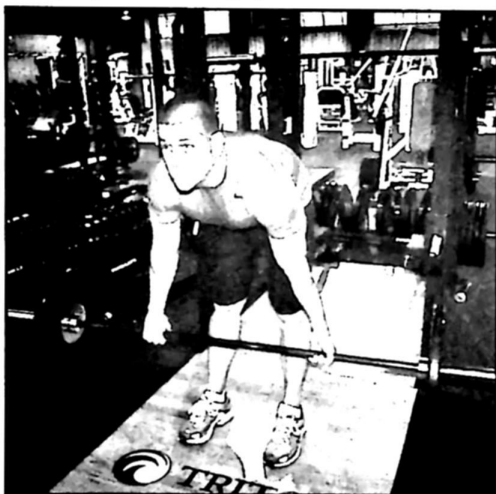
Sit down on the adductor machine and select a weight. Position your legs against the pads and grip the handles on each side. Your entire upper body (from the waist up) should be stationary. This is your starting position.

Thigh Adductor



Slowly squeeze the machine with your legs and bring them together. Hold the contraction for a second then slowly move your legs back to the starting position. Repeat for the prescribed number of repetitions.

Legs (Hamstrings)



Place a barbell in front of you on the ground and grab it using a pronated (palms facing down) or alternate grip a little wider than shoulder width. Tip: Depending on the weight used, you may need wrist straps to perform the exercise. A raised platform will also allow for a better range of motion. Bend the knees slightly while keeping the back straight and hips back. This is your starting position.

Romanian Deadlift



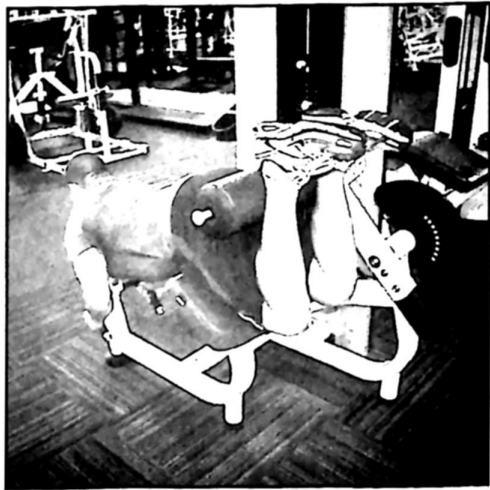
Keeping your back and arms completely straight at all times, lift the bar using your hips. Tip: The movement should be steady and under control. Once standing completely straight up, lower the bar by pushing the hips back and keeping a slight bend in the knees. Repeat for the prescribed number of repetitions.

Legs (Hamstrings)



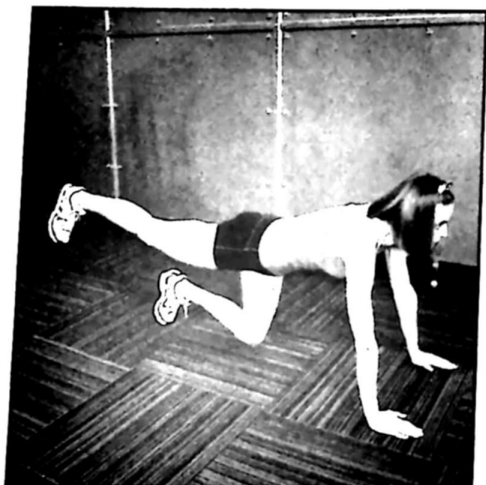
Adjust the lever pad of a leg curl machine to fit your height and select your desired weight resistance. Lie face down on the machine with the lever pad behind your legs (just a few inches under the calves). Grab the side handles of the machine, keep your torso flat on the bench, your legs fully extended, and toes straight. This is your starting position.

Lying Leg Curls



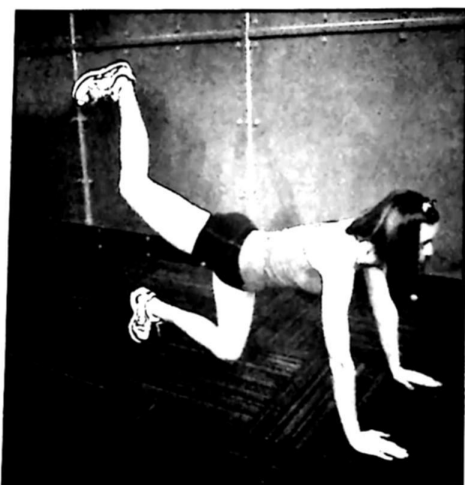
Curl your legs up as far as possible without lifting the upper legs from the base. Once you hit the fully contracted position, hold it for a second. Bring your legs back to the initial position and repeat for the prescribed number of repetitions.

Legs (Glutes)



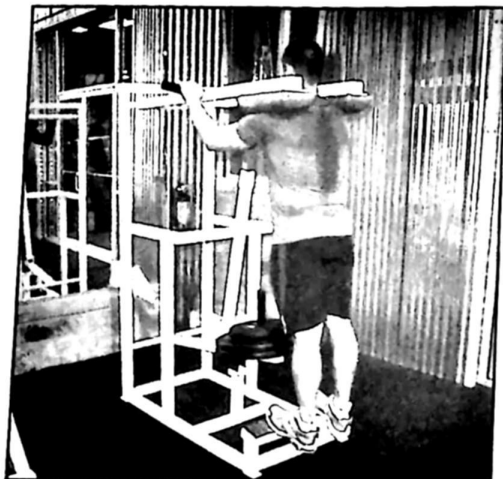
Kneel on the floor or an exercise mat and bend at the waist with your arms extended in front of you (perpendicular to the torso). Your head should be looking forward. Lift your right leg until it is in-line with your back and parallel to the floor. This is your starting position.

Glute Kickback



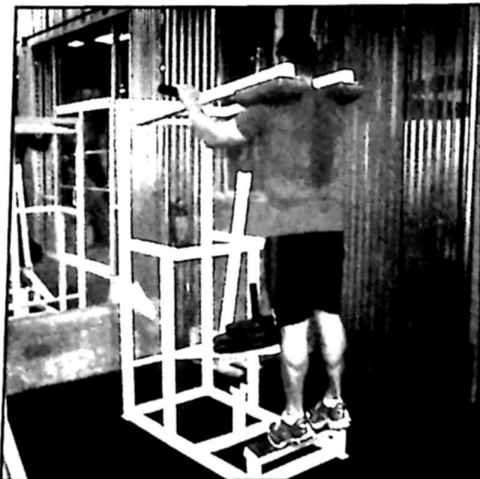
Lift up your right leg and foot as high as you can. Contract the glutes throughout this movement and hold the contraction at the top for a second. Go back to the initial position and repeat for the prescribed number of repetitions then switch legs.

Legs (Calves)



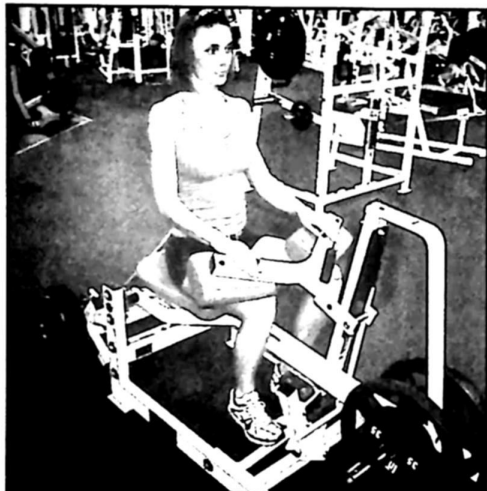
Adjust the padded lever of the calf raise machine to fit your height. Place your shoulders under the pads and position your toes facing forward. The balls of your feet should be secured on top of the platform with the heels extending off. Push the lever up by extending your hips and knees until your torso is standing erect. Keep a slight bend in the knees; never locked. This is your starting position.

Standing Calf Raises



Raise your heels by extending your ankles as high as possible and flexing your calf. Ensure that the knees are kept stationary at all times. Hold the contracted position for a second before you go back down. Go back slowly to the starting position by lowering your heels until the calves are stretched. Repeat for the prescribed number of repetitions.

Legs (Calves)



Sit on the calf raise machine and place your toes on the lower portion of the platform with the heels extending off. Place your lower thighs under the lever pad and adjust according to your height. Place your hands on top of the lever pad and lift the lever slightly by pushing your heels up to release the safety bar. This is your starting position.

Seated Calf Raise



Slowly lower your heels by bending at the ankles until the calves are fully stretched. Raise the heels by extending the ankles as high as possible as you contract the calves. Hold the top contraction for a second, lower and repeat for the prescribed number of repetitions.

Legs (Calves)



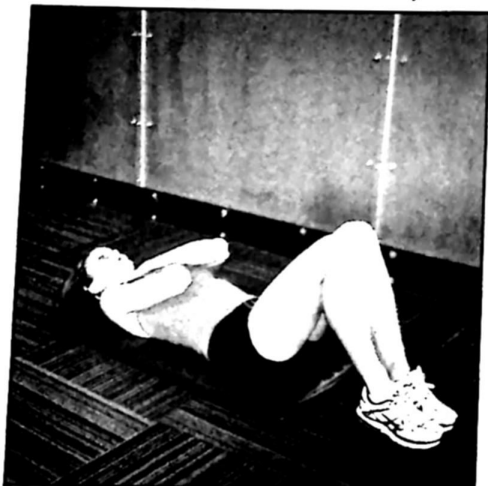
Select a bench that has a 2-3 inch base or place a 2 inch high block on the floor about 12 inches from a flat bench. Sit on the bench and place a dumbbell on your upper thigh about 3 inches above your knee. Now place the ball of your foot on the base or block. This is your starting position.

Dumbbell Seated One-Leg Calf Raise



Raise your heel up as high as possible and contract your calf muscle. Hold the contraction for a second. Slowly return to the starting position, stretching as far down as possible. Repeat for the prescribed number of repetitions then switch legs.

Stomach (Upper Abdominals)



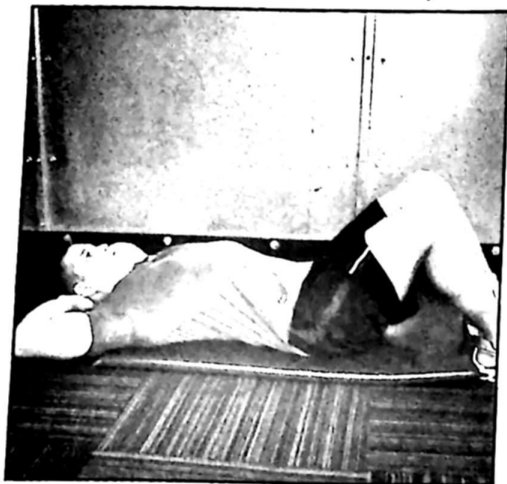
Lie flat on your back with your feet flat on the ground, or elevated on a bench with your knees bent at a 90 degree angle. Cross your arms in front of you or place your hands lightly on either side of your head keeping your elbows in. While pushing the small of your back down on the floor to better isolate your abdominal muscles, begin to roll your shoulders off the floor.

Crunches



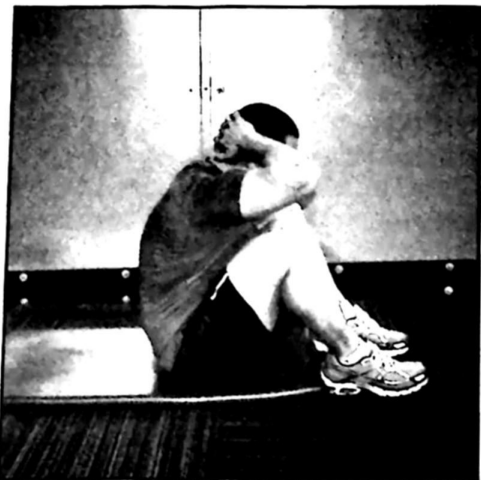
Your shoulders should come up off the floor only about four to six inches, and your lower back should remain on the floor. At the top of the movement, contract your abdominals hard and hold the contraction for a second. After the one second contraction return to the starting position and repeat for the prescribed number of repetitions.

Stomach (Upper Abdominals)



Lie down on the floor and place your feet under something that will not move or have a partner hold them. Your legs should be bent at the knees. Place your hands behind your head and interlock your fingers. This is your starting position. While pushing the small of your back down on the floor to better isolate your abdominal muscles, begin to lift your shoulders off the floor.

Sit-Up



Elevate your upper body until your back forms a 90 degree angle with the ground. Hold for a second then lower your upper body back down to the starting position. Repeat for the prescribed number of repetitions. Tip: Contract your abdominals throughout the entire repetition.



Stomach (Upper Abdominals)



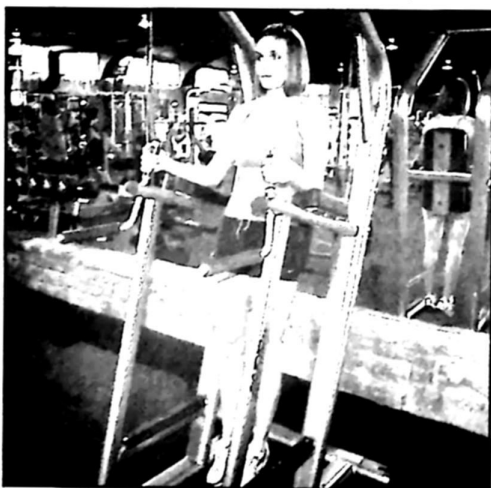
Secure your legs at the end of a decline bench and lie down. Place your hands behind your head and interlock your fingers. While pushing the small of your back down on the bench to better isolate your abdominal muscles, begin to lift your shoulders up.

Decline Sit-Up



Elevate your upper body until your back forms a 90 degree angle with your thighs. Hold for a second then lower your upper body back down to the starting position. Repeat for the prescribed number of repetitions. Tip: Contract your abdominals throughout the entire repetition.

Stomach (Lower Abdominals)



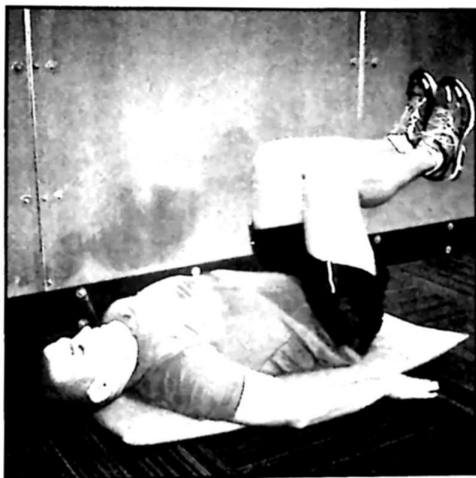
Position your body on a vertical leg raise machine by grasping the handles and resting your forearms on the pads next to the torso. Your torso should be straight with the lower back pressed against the pad of the machine. Your legs should be extended with the toes pointing towards the floor. This is your starting position.

Knee/Hip Raise On Parallel Bars



Lift your knees until they are bent at a 90 degree angle and your upper legs are roughly parallel to the floor. Hold the contraction for a second. Tip: Do not use any momentum or swinging as you perform this exercise. Slowly go back to the starting position and repeat for the prescribed number of repetitions.

Stomach (Lower Abdominals)



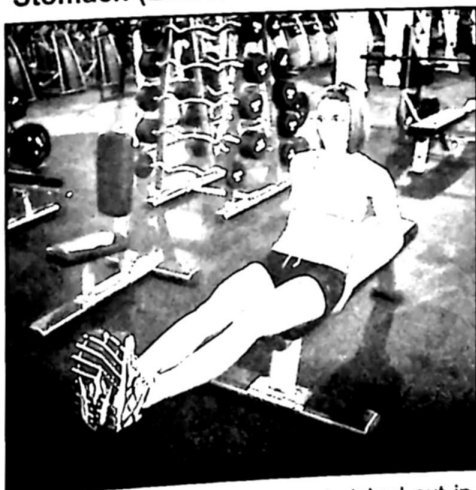
Lie down on the floor with your legs fully extended and arms extended at your side. Your arms should be stationary for the entire exercise. Bend your knees and lift your legs up so that your thighs are perpendicular to the floor. This is your starting position.

Reverse Crunch



Move your legs towards the torso as you roll your pelvis backwards and raise your hips off the floor. At the end of this movement your knees will be above your chest. Hold the contraction for a second and move your legs back to the starting position while. Repeat for the prescribed number of repetitions.

Stomach (Lower Abdominals)



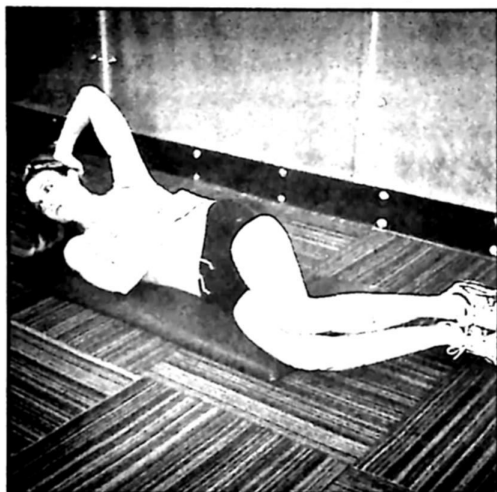
Sit on a bench with the legs stretched out in front of you slightly below parallel and your arms holding on to the sides of the bench. Your torso should be leaning backwards forming a 45 degree angle with the bench. This is your starting position.

Seated Flat Bench Leg Pull-In



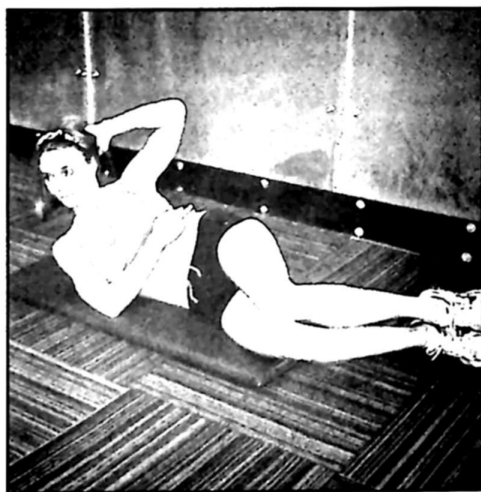
Bring the knees in toward you as you move your torso closer at the same time. Pause for a second and return to the starting position. Repeat for the prescribed number of repetitions.

Stomach (Outer Abdominals)



Lie on your right side with your legs on top of each other. Make sure your knees are slightly bent. Place your left hand behind your head and your right hand on your side. Once you are in this position, begin to move your left shoulder and elbow up as you would perform a normal crunch while contracting your obliques.

Oblique Crunches



Crunch as high as you can. Hold the contraction for a second then slowly drop down into the starting position. Repeat for the prescribed number of repetitions then switch sides.

Stomach (Outer Abdominals)



Secure your legs at the end of a decline bench and lie down. Your legs should be bent at the knees. Elevate your upper body so that it creates a V-shape with your thighs. Extend your arms in front of you, perpendicular to your torso with the hands clasped together or holding a light weight. This is your starting position.

Russian Twist



Twist your torso to the left side until your arms are parallel with the floor. Hold the contraction for a second, move back to the center position, then twist to the right side applying the same technique. Repeat for the prescribed number of repetitions.