**\*abs**

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Band Twist(Down-Up)

<https://drive.google.com/file/d/1ZL-JeBUiz5p0rLEK4F9PW5jtxcxYcykL/view?usp=drive_link>

oblicuos con polea ascendente

Band Twist(Up-Down)

<https://drive.google.com/file/d/1fhKoeq6_-dCot_6S2EMGxsU8o-hFK52Z/view?usp=sharing>

oblicuos con polea descendente

bant Decline Sit\_Up

<https://drive.google.com/file/d/1GYrVdHdsM3bm8iXBT99EcffpIdIMawtX/view?usp=sharing>

crunch banco delinado con banda

Bant Side Bend

<https://drive.google.com/file/d/1rbKgxT1nHIpW5yXAuqjKcEuRYVD_L8LA/view?usp=sharing>

laterales en polea

Bant Standing Crunch

<https://drive.google.com/file/d/1lBrhNdGLViQIK7pFwb9layLJQFQNSZfU/view?usp=sharing>

crunch de pie banda

Bant Twist

<https://drive.google.com/file/d/1kWvmJYYrInSuQ5itvXuN9zvzZ5arMTpU/view?usp=sharing>

oblicuas con banda central

Barbell Seated Twist (On Stability ball

\*giros en balon con barra

Barbell Standing Twist

[https://drive.google.com/file/d/1HyT1Gbp0J0yJE5JejoKf--4A-ObloyPS/view?usp=sharing oblicuos](https://drive.google.com/file/d/1HyT1Gbp0J0yJE5JejoKf--4A-ObloyPS/view?usp=sharing%20%20%20%20%20%20%20%20%20oblicuos) con barra

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**calf**

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Band Two Legs Calf Raise (Band Under Leg)

<https://drive.google.com/file/d/1wuWRTo-bjnUdrM_Fq2TJ9eqDH3aq5Zly/view?usp=sharing>

elevación de talon con banda

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Chest

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barbell Bench Press

<https://drive.google.com/file/d/1f8vdVtHDM3Z9g-6ZiLopkMHeETg_o8Fd/view?usp=sharing>

pres plano con barra

Barbell Clean And Press

<https://drive.google.com/file/d/11i_bfl2tcGEAHZOowlMItOUfZ_bWRbJq/view?usp=sharing>

sentadilla y pres militar

Barbell Decline Bench Presh

<https://drive.google.com/file/d/1C8oX0XTVV5Z577TGaH7qtISrkQFY2CMT/view?usp=sharing>

press de pecho declinado con barra

barbell Incline Bench Press

<https://drive.google.com/file/d/1s48rcuB_CUWgH9jMegSSatNHWxf9J0fu/view?usp=sharing>

pres inclinado con barra pecho

Barbell Power Clean

<https://drive.google.com/file/d/1AADipYWhNlabm0P0obNq6qSM8txNYQnK/view?usp=sharing>

sentadilla con flexion de codo

Band High Fly

<https://drive.google.com/file/d/16jYNTGvEtgCSsvWK8q3qvl9Dfi3SBCB9/view?usp=sharing>

tracción polea descendente

Band Push-Up

<https://drive.google.com/file/d/1-QHr9I5UP9bTxOeSaFzXTaRNGyD9aHJ0/view?usp=sharing>

flexions de codo o push up con banda

Band Warm-Up Shoulder Streatch

<https://drive.google.com/file/d/1UfE4dGcs9n1CzsZ3QhCWM9Tyd-RpoVRQ/view?usp=sharing>

apertura con banda

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Gluts

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Barbell Sumo Squat

<https://drive.google.com/file/d/1wz4GoNwyIcvVjwEXnACYKD2y19czeG-P/view?usp=sharing>

senntadilla sumo con barra peso libre maquina

barbell Sumo Deadlift

<https://drive.google.com/file/d/1kc2zu7wQTlN9bsHuG7tIlh80cchiHyG-/view?usp=sharing>

senntadilla sumo con barra peso libre

Barbell Squat

<https://drive.google.com/file/d/1sG93F-KSwEaywZZ6GJyS3DbsAm9FZraB/view?usp=sharing>

sentadilla libre

Barbell Split Squat

<https://drive.google.com/file/d/1Mu82Ddxu8iVeWZ-S4NTpxcmy08TKluId/view?usp=sharing>

zancada o tijera con barra

Barbell Set-Up

<https://drive.google.com/file/d/1jI16rhaBUz12m41juMwDHnF8KPDCktuy/view?usp=sharing>

subir al cajón con barra

Barbell Rear Lunge

<https://drive.google.com/file/d/1YcWxXGsuQPzZ-exAu4ZqUmC-yy7iQxYW/view?usp=sharing>

desplante con barra

barbell Narrow Stance Squat

<https://drive.google.com/file/d/1ZSgU-vlvHF2i1WzjPjcASypSeg2pEraU/view?usp=sharing>

Barbell Lunge

<https://drive.google.com/file/d/1TOAgef2ROWCpPZ-HdvJDhPG9uRErLEyN/view?usp=sharing>

tijera con barra caminata

Barbell Low Bar Squat

<https://drive.google.com/file/d/1KTucnkPw3HH0_AllNOhGmzqoGkNpHEfC/view?usp=sharing>

sentadilla libre

Barbell Lateral Lunge

<https://drive.google.com/file/d/10mGp3DalcvuKMlRPT1ZHun_FYMwtxSc8/view?usp=sharing>

sentadilla lateral con barra

Barbell Hip Thrust

<https://drive.google.com/file/d/18myQlkfnIDHLiyr9z97yZSkZ_HeGDCuS/view?usp=sharing>

Hip Thrust

Barbell Gulte Bridge (hands on bar)

<https://drive.google.com/file/d/18FHLs82YY-h9JfQl2C4UnwsgdFsr9l5X/view?usp=sharing>

Puente con barra

Barbell full Zercher Squat

<https://drive.google.com/file/d/11ucWHciUQgRII6JrsHgSf2VKEN07PCLG/view?usp=sharing>

sentadilla frontal con barra

Barbell Full Squat (Rack)

<https://drive.google.com/file/d/1E1vMx-akKLittzCkw4_k0xEj9NFrq1Sv/view?usp=sharing>

sentadilla libre en rack

Barbell Front Squat\*

<https://drive.google.com/file/d/1t1Ty88Vw0_GvxdlEXmFq4254XBYbbqgc/view?usp=sharing>

sentadilla frontal

Barbell Front Rack Lunge

<https://drive.google.com/file/d/1ZPOLH24ADqiB-VKktiM4nH9SkgoINYIe/view?usp=sharing>

zancada con barra frontal

Barbell Deadlift

<https://drive.google.com/file/d/1baHLGeJZqpFOTrS-mF17_yzBHdgNcMSD/view?usp=sharing>

peso muerto

Barbell Clean-Grip Front Squat

<https://drive.google.com/file/d/1rZmUFY65moCwJ8WWCQ3g1icRvux5VxPI/view?usp=sharing>

sentadilla frontal

Barbell bench Squat

<https://drive.google.com/file/d/13NSKzb8oWNUcJQr_1bZOzNgadkRBZoSj/view?usp=sharing>

sentadilla en banco con barra

Band Bent\_Over Hip Extansion

<https://drive.google.com/file/d/1NvLgSvN8vvHdPeOI1t-bmv88yXMVgY4E/view?usp=sharing>

patada en polea recta

Band Deadlift

<https://drive.google.com/file/d/1PNbd_ONnrVZ7v-yjR283pKCfjDmyhZnr/view?usp=sharing>

sentadilla con banda

Band Hip Abduction

<https://drive.google.com/file/d/109B1n7cMqqOvM-oqHnkh1Ew6tBMS6VNg/view?usp=sharing>

abducccion en polea

Band kneeling rear kick

<https://drive.google.com/file/d/1fnFbaLoHP1R6xqlBaN-daizKA4H4QB5Q/view?usp=sharing>

patada con banda en cuadrupedia

Band Pull Through

<https://drive.google.com/file/d/11KPuDKN_HFgpDZggwf6qqimduX67aHfP/view?usp=sharing>

peso muerto y empuje de cadera con banda

Band Squat

<https://drive.google.com/file/d/1g7GdAmeC9TwqSLePZHDJ1sWG0jP0fR3P/view?usp=sharing>

sentadilla con banda

Band Standing Hip Extansion

<https://drive.google.com/file/d/1iAxd0qliVPvZY_QnSJLfGVyBMgJwOFfi/view?usp=sharing>

patada en polea

band Stright Back Stiff Leg Deadlift

<https://drive.google.com/file/d/1DjTfcj3-LHvWsN9bQ4TcZhWr-He59WKq/view?usp=sharing>

peso muerto con banda

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Hamstring

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Band Assisted Pull-Up(V3)

<https://drive.google.com/file/d/1lwok3iYbiRHwfohrD9fO0_z5ewnjdmtO/view?usp=sharing>

dominadas con banda abierta

Band Bent-Over Row

<https://drive.google.com/file/d/1YZEvbuifBGOnl5FqfBXh1gpFO84Pkb46/view?usp=sharing>

remo con banda

Band Kneeling one Arm Pulldown

<https://drive.google.com/file/d/189FP-5gSthWzneOZPXDOOaGQ-3Gm-rZz/view?usp=sharing>

halon unilateral con banda cuadrupedia

Band One Arm Twisting Seated Row

<https://drive.google.com/file/d/1DYQVLolvJQKS99VRjB37KjiKoTdI0d5f/view?usp=sharing>

remo unilateral con banda

Band Seated Row

<https://drive.google.com/file/d/16DSyWA5XDlY-Tz8vFdZOCas_erHxiljg/view?usp=sharing>

remo con banda

Band Seated Stright Back Row

<https://drive.google.com/file/d/1X8nWtzMQsWnrJ77X5XJH6HXDxLQaF7fq/view?usp=sharing>

remo con banda en banco

Band Standing Leg Curl

<https://drive.google.com/file/d/1jqDSijZJoHxSF__8Q5uJXzIRsyE8DzF8/view?usp=sharing>

flexion de rodilla unilateral

Band Stright Back Seated Row

<https://drive.google.com/file/d/1yjONKzKIfUIEYn5J628GCzO2fNGQ74Ka/view?usp=sharing>

remo con banda ==========================================================================================

QUADRICEPS

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band Hip Adduction

<https://drive.google.com/file/d/1HedvusFP3beL4vtxgjs2hy5gurlNTOni/view?usp=sharing>

aduccio9n polea

Band Seated Leg Extension

<https://drive.google.com/file/d/1JI7QupNi7jlLb1hzgo5bSoaTBMyeLVrY/view?usp=sharing>

extensión unilateral banda

band Thruster

<https://drive.google.com/file/d/1i67NYoQieOW2OoOtG_qSdJDt0p4C8Jyd/view?usp=sharing>

sentadilla pres militar con banda

Intermediate Hip Flexor And Quand Stretch

<https://drive.google.com/file/d/1lExxRE-rYIvPcYFQLUZQ1UY64xMOrzaH/view?usp=sharing>

flexion de rodilla unilateral con banda

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Shoulder

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Barbell Front Raise

<https://drive.google.com/file/d/1piTfstmMKvKSVjNUSyg5n2ZIVovtsCJM/view?usp=sharing>

band Bent-Over Rear lateral raise

<https://drive.google.com/file/d/1kNY7JIijfgsAIMjU2kOCS0i2VxjxpLZc/view?usp=sharing>

vuelos posteriores con polea cruzada

Band Face Pull

<https://drive.google.com/file/d/1j5Y5-ZWNUyh7ex-zrMLRGBPVMkFLyXhl/view?usp=sharing>

facepull

Band Front lateral raise

<https://drive.google.com/file/d/1WFUBsxSLpQxqyxfDuYXM90ZqYF1WFVqc/view?usp=sharing>

elevación frontal con banda

Band Standing Rear Delt Row

<https://drive.google.com/file/d/1S4a6pZMu8v4yMSBsQCWImNLEriQa6J9o/view?usp=sharing>

facepull con banda

Barbell Rear Delt Raise

<https://drive.google.com/file/d/19JpHHIWH0e15M6j1uuFjOPyoPW0EhHrB/view?usp=sharing>

trapecio con barra

Barbell Seated Behind Head Militry Press

<https://drive.google.com/file/d/1aj34lsfdhDEAC-1GUmtm3USLY12Hspxn/view?usp=sharing>

pres militar con barra tras nuca

Barbell Seated Overhand Press

<https://drive.google.com/file/d/1cERZp1X1J-RiZLliikOfa2-sDNyxHK14/view?usp=sharing>

pres militar con barra

Barbell Upright Row

<https://drive.google.com/file/d/1x4L3LiVFXuj2g5xNrNtPDUyeROmk-pKT/view?usp=sharing>

remo erguido con barra

Barbell Wide-Grip Upright Row

<https://drive.google.com/file/d/1RjEFkLkTAo7-UkGytbgZXtx_TUGHIda1/view?usp=sharing>

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BICEPS

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Barbell Drag Curl

<https://drive.google.com/file/d/1L8TbGBaG1C2HfJ5tcIv40zy5BJ1RGy16/view?usp=sharing>

Barbell Preacher Curl

<https://drive.google.com/file/d/1GDcYy9dUG9AOQd-2soAD85SXrTnUeUK2/view?usp=sharing>

Barbell Prone Incline Curl

<https://drive.google.com/file/d/1yN5oB8uBD9j7kwMMk7sjnsxC7OEH2iWJ/view?usp=sharing>

Barbell Wrist Curl

<https://drive.google.com/file/d/1WwKp6bzoacg48dYjO9cNMutkdnea-vl2/view?usp=sharing>

Berbell Curl

<https://drive.google.com/file/d/1iXVSrVATiOxRowhLnAgZ1ZVBMGlO57P3/view?usp=sharing>

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LATS

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Barbell Bent-Over Row

<https://drive.google.com/file/d/1v3JMI9qjSE79yRMG0C6hVfP0sgQEf_PK/view?usp=sharing>

Barbell Rack Pull

<https://drive.google.com/file/d/1mh0twNmXuobF-jSZt80OulKEaP_tVACL/view?usp=sharing>

Barbell Reverse-Grip Bend-Over Row

<https://drive.google.com/file/d/1iy8VJ__pnVR_dh7d65NPI7NHnFx49E0U/view?usp=sharing>

Barbell Romanian Deadlift

<https://drive.google.com/file/d/1jg0Hd_5R-v0lJ8eeLQ_a-JcmG8wwZ2pE/view?usp=sharing>

Barbell Straight Leg Deadlift

<https://drive.google.com/file/d/1i2HxUubLQklEyyXAqjfbbfmEwkwSWxK9/view?usp=sharing>

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BICEPS

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Barbell Close-Grip Bench Press

<https://drive.google.com/file/d/1oL1OH5iGWhLytqSx_uSgaf3_3s4Gl6sr/view?usp=sharing>

Barbell Good Morning

<https://drive.google.com/file/d/1zWWMAmLlZLTTJRMs-0jsi9rw6pYvYa34/view?usp=sharing>

barbell Lying Triceps Extension

<https://drive.google.com/file/d/1EbmHafMHWemNK9-bX9ghk8WCk5URJ5Uj/view?usp=sharing>

Barbell One Leg Split Squat

<https://drive.google.com/file/d/14IevmQQmVMtIXwPsZabkYIiMUTsl1U_t/view?usp=sharing>

Barbell Shrug

<https://drive.google.com/file/d/1DgYswqW9Fjsa2sBqEnhvWtJtBitM0tHS/view?usp=sharing>

Barbell Standing Overhand Triceps

<https://drive.google.com/file/d/1gMvBtLcSmPX8BnQFqjk3R_hHaAioZx5T/view?usp=sharing>

Barbell wide Squat

<https://drive.google.com/file/d/1dpnftHtRWTVnORMIxarZfI_S1jYfnmM7/view?usp=sharing>

Old School Reverse Extension

<https://drive.google.com/file/d/1QY50O8-iqpvoPXb5usWsF09ximhFjR-8/view?usp=sharing>

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45 Degrees Step Out

<https://drive.google.com/file/d/1_y0apPjdcv1lGYdfG3vU8eI2ehMN4Vcl/view?usp=drive_link>

Bodyweight long Rear Lunge

<https://drive.google.com/file/d/1bTmFw5PbMz7R5uvd-e4BB1sXQqleW5ie/view?usp=sharing>

Bodyweight Lying Leg curl

<https://drive.google.com/file/d/1-Z-gN87CgyQxWaEWydvEBOZtt7sytoWo/view?usp=sharing>

Bodyweight Step-Up on Stepbox

<https://drive.google.com/file/d/1T77VncvgbhPu1rTlQAxswjLQZ2wQXVDv/view?usp=sharing>

Clap Curtsey Squat

<https://drive.google.com/file/d/15m1YgZqlaepAqYXDB4VcCuAKoI96o60w/view?usp=sharing>

Glute Ham Raise (V2)

<https://drive.google.com/file/d/1xqyXVd2lS2Z5YAkYvcvCkNaig1OzoL0T/view?usp=sharing>

High Lunges

<https://drive.google.com/file/d/1KLpyuTkHeQSgjO0Byw4Iq8sSgNFhCImi/view?usp=sharing>

Jack Split Crunches

<https://drive.google.com/file/d/1CCbO_erQe6dAKHLFI-eSSxYcJh-dRmeY/view?usp=sharing>

Jump Step-Up

<https://drive.google.com/file/d/1rm8RYUuk-0h1X_8YOZa3Nsxxu6fg_Wyr/view?usp=sharing>

Lying Hip Straight Leg Raise

<https://drive.google.com/file/d/1gVaoBjlymoPxzfOYmWNuJsJB_Fpt3QnF/view?usp=sharing>

Lying Scissor Kick

<https://drive.google.com/file/d/1HEBh1w6ZYp56QaNxZpe6QlFHh5OIjiWJ/view?usp=sharing>

PIstal Squat to Box

<https://drive.google.com/file/d/1njEQKZEuwbvVAGydUi-4qyNqkEOkQd2g/view?usp=sharing>

Pulse Split Lunge

<https://drive.google.com/file/d/1YTHWu5M1vPwdjl7HwrOw91Uvnv92qCWv/view?usp=sharing>

Punches side lunges

<https://drive.google.com/file/d/1x3YEDctk4gy-uCWae-cKDP-8fYdnqceh/view?usp=sharing>

Quadriceps Lying Stretch

<https://drive.google.com/file/d/1ecaT6EjN2IqIFEeFVg6spOVJWFtd8siB/view?usp=sharing>

Quadriceps Stretch

<https://drive.google.com/file/d/1lFTYkhCbwnSFotwKj_nbHCCMojX2oZpI/view?usp=sharing>

Rear Lunge Front Raise.

<https://drive.google.com/file/d/1-PQnDuAXVZwPhUHtrBJi7PmdK1EGmwsp/view?usp=sharing>

Roll Rectus Femoris

<https://drive.google.com/file/d/1ee3UZmKG5xe_hIxmcDGk6Lz8S3zzaXnX/view?usp=sharing>

Seated Hip External Rotator And Hip Extensor

<https://drive.google.com/file/d/1n9R8bW5EQIBNY6lKBW8dfvf4cN6pMFiF/view?usp=sharing>

Side Lying Hip Adduction

<https://drive.google.com/file/d/1wg-CtPsvUAN6nhjpR5oOTOWXCSRpX0iC/view?usp=sharing>

Side lying Leg Circle

<https://drive.google.com/file/d/1M9OPO7ml0kbnoroY-iaL9e7WnxXu4WkA/view?usp=sharing>

Side Squat Step

<https://drive.google.com/file/d/18U9tOGRmw8vlBb0JxLbRyD-YF37117Es/view?usp=sharing>

Side to Side Leg Swing

<https://drive.google.com/file/d/1vuGQO8Yp5oKvOnncXt-8-e6HgAh9EUza/view?usp=sharing>

Sissy Squat Bodyweight

<https://drive.google.com/file/d/1biegJ55BwzJIeM89_D81cpPxjsT_xd9X/view?usp=sharing>

Split Squat Elevated

<https://drive.google.com/file/d/1Cnp_h2bxYsQvZvCd2nDuaCLe-705-lZQ/view?usp=sharing>

Squat and 5 Bounces

<https://drive.google.com/file/d/1-99ViLuXgVTYyMMHsk670Oy8FTeNCTcS/view?usp=sharing>

Squat and Tip Tose

<https://drive.google.com/file/d/1bfIbhXRaI5xCkxvNNK4eZRH1PhUXzYDf/view?usp=sharing>

Standing Balance Quadriceps Stretch

<https://drive.google.com/file/d/1Kjx-6KBAMLY19giFOxhMpgX8WE83JBFr/view?usp=sharing>

Standing leg curl

<https://drive.google.com/file/d/1bNp0o4jLBo76LqRU97mKpI9w5m36rS0z/view?usp=sharing>

Straight leg sit-up

<https://drive.google.com/file/d/1gbf7zRUqPcNDoNf0hmrYDeYL1TUewmfk/view?usp=sharing>

V-Up Double Crunch

<https://drive.google.com/file/d/1aIvpcuVU52fQrdtl69aGCE4NG3pE5wHn/view?usp=sharing>

Cable Kneeling Crunch

<https://drive.google.com/file/d/1h0kOJ4ZypWXLfHMTbQs6Hto7HyZbYSTk/view?usp=sharing>

Cable Seated Twist On Floor

<https://drive.google.com/file/d/1PcXApCNwS5XbvBk0UZZjbYOE1HJn-H0q/view?usp=sharing>

Cable Standing Crunch

<https://drive.google.com/file/d/1I5cqt4cZXLfzdZZI6RIVpX9dJITw9D-v/view?usp=sharing>

Cable Twist (Down-up)

<https://drive.google.com/file/d/1rsYCIaU0gKY7RtzSQxKLyxwB0VMu4xv2/view?usp=sharing>

Cable Twist (Up-Down)

<https://drive.google.com/file/d/1penjWogQ-cdOiDJERDYoB8PcmOF9wGKj/view?usp=sharing>

Cable Twist

<https://drive.google.com/file/d/12bRCBMHQOnwTX3waPVl-zK-apYKr1NJx/view?usp=sharing>

Cable Hammer Curl (Rope)

<https://drive.google.com/file/d/17EQPKuj6q1GqH8GLiXNjirS7BGESb5T3/view?usp=sharing>

Cable Hammer Curl

<https://drive.google.com/file/d/1H8LiNcBICc-b_ZbjqnoqMy5BI309vWDB/view?usp=sharing>

Cable Lying Bicep Curl

<https://drive.google.com/file/d/16-Bd2DpjpSO5dfdu_uf-JwNNDOY-CdiT/view?usp=sharing>

Cable Lying Biceps Curl

<https://drive.google.com/file/d/1AUWhMMCPd35xpnEp2XUvWmMukonahCUX/view?usp=sharing>

Cable one arm curl

<https://drive.google.com/file/d/1__afmcK5kVTHdFD9Dz8I4mwoNfX9lr2T/view?usp=sharing>

Cable Standing Inner Curl

<https://drive.google.com/file/d/1OQtvBJjGyR954W_xK6FPUdY3FgEd8FQN/view?usp=sharing>

Cable Decline Fly

<https://drive.google.com/file/d/1DRDCGBvzugSHG2lOisa5Nk2Fpa3_vJmq/view?usp=sharing>

Cable Incline Fly

<https://drive.google.com/file/d/13aKQ46CrT4UEu44kv3Yddktb0LcXBXJv/view?usp=sharing>

Cable Low Fly

<https://drive.google.com/file/d/1vgt_aOx9PM2M__vxZzVfEF6V8e3L8ZzQ/view?usp=sharing>

Cable Lying Fly

<https://drive.google.com/file/d/1Q5FcC49qtd7beiXvt-ji1uqmidLBI-5x/view?usp=sharing>

Cable Standing Chest Press

<https://drive.google.com/file/d/1f5lZz03out6kEQlypbCXBf_BDxMEule0/view?usp=sharing>

Cable Standing-Up Straight Crossover

<https://drive.google.com/file/d/1Om-grM9NVu_OcrolzB4eWQkWVBbxQtXm/view?usp=sharing>

Cable Upper Chest Croseover

<https://drive.google.com/file/d/1p1Ugp2u7-lf3UE2wPYQHZNU8gm7JeFuX/view?usp=sharing>

Cable Reverse Curl

<https://drive.google.com/file/d/1TC9pmunX6Kt8LVQxH-XXo4EBJ1HmtHRk/view?usp=sharing>

Cable Standing Reverse-Grip Curl

<https://drive.google.com/file/d/1D9W-fbo8iiUubNGgtY5paU-ZS6Y_IBHw/view?usp=sharing>

Cable Reverse Curl

<https://drive.google.com/file/d/1TC9pmunX6Kt8LVQxH-XXo4EBJ1HmtHRk/view?usp=sharing>

Cable Standing Reverse-Grip Curl

<https://drive.google.com/file/d/1D9W-fbo8iiUubNGgtY5paU-ZS6Y_IBHw/view?usp=sharing>

Cable Donkey Kickback

<https://drive.google.com/file/d/1ZZkibZlLizvhZ2-hp_9G6E-pF64aVpUN/view?usp=sharing>

Cable Gulte Dominant Stand-Up

<https://drive.google.com/file/d/1gyEWnb7OKGlcI28NwGPpQ-uSph9Es2o0/view?usp=sharing>

Cable Hip Abduction (V2)

<https://drive.google.com/file/d/1VXuKjD_L7PTQ6P23o0ThuVYX2ery5jQh/view?usp=sharing>

Cable Narrow Chair Stand-Up

<https://drive.google.com/file/d/1mY30i7dT3V0z6jBicE324iG5kgFaFesi/view?usp=sharing>

Cable Pull Through (Rope)

<https://drive.google.com/file/d/1ExMVg3K1nRVehHDWDlWUQ6Dv2Ksmeld9/view?usp=sharing>

Cable Pull Through

<https://drive.google.com/file/d/1jQSiRDa85jGKNhIykqumCPUkIk4bCL2d/view?usp=sharing>

Cable Standing Hip Extension

<https://drive.google.com/file/d/11RvI4mI1AMuifsb0ZlH5zifNb9V5VVq7/view?usp=sharing>

Cable Close-Grip Front lats Pulldown

<https://drive.google.com/file/d/1biB0u3blujl2Kol-NZMuukBhMlPo-q1h/view?usp=sharing>

Cable Front Seated Row

<https://drive.google.com/file/d/1KUOnFaRCKARgXbplW7uJVLaXTFzhf7or/view?usp=sharing>

Cable Hip Adduction

<https://drive.google.com/file/d/12JOaE-YYv6t5E0mX7CXyEJtiwdbKntza/view?usp=sharing>

Cable incline PushDown

<https://drive.google.com/file/d/1DFn2c54jgIRIJTiSO5-7Ihm71YqyGQpp/view?usp=sharing>

Cable Lat Pulldown

<https://drive.google.com/file/d/1fuVrNNIbaqn3dmMRZjoppZmFsmOfbcng/view?usp=sharing>

Cable Low Seated Row

<https://drive.google.com/file/d/1JAafm22xvQCB48tkdn2V5xyAonzulKvb/view?usp=sharing>

Cable One Arm Lat Pulldown

<https://drive.google.com/file/d/1SKWC6QIpuOPC2OZa1FvZndKKeef4088w/view?usp=sharing>

Cable One Arm Twisting Seated Row

<https://drive.google.com/file/d/1jUbOgW9wX6xHkxYioFObiD9PzKsXPFjO/view?usp=sharing>

Cable Reverse-Grip Pulldown

<https://drive.google.com/file/d/1sck5VV2ixxi9Bt2zCSBbEjiv1EvcCbjo/view?usp=sharing>

Cable Seated High Row (V-bar)

<https://drive.google.com/file/d/1AVYMBuojhyLHY4Kssgk66a2nL6WRyIF0/view?usp=sharing>

Cable Seated Row

<https://drive.google.com/file/d/1zciczl9ETyvSnpxEFEbY7a66VhZ_igdx/view?usp=sharing>

Cable Seated wide-Grip Row

<https://drive.google.com/file/d/1i9xWu5oBZd4IhiVWP8udHwKbxwXJ2-Hj/view?usp=sharing>

Cable Staff Lg Deadlift from Stepbox

<https://drive.google.com/file/d/1U0LtKnFigKTSoFuZ0DBhzzeaWK2vES1f/view?usp=sharing>

Cable Straight Arm Pulldown (V2)

<https://drive.google.com/file/d/1BaDkeyj_FGCUnPbQIqBqs7adr2N_7OBA/view?usp=sharing>

Cable Straight Back Seated Row

<https://drive.google.com/file/d/1wMlCr2z7J0Az90G-EWf3zQY1Z03S-Rfg/view?usp=sharing>

Cable Wide-Grip Let Pulldown

<https://drive.google.com/file/d/1wYsY7BQxymydlZ7mlE8kpETkS6NOgq2N/view?usp=sharing>

Cable Wide-Grip Let Pulldown

<https://drive.google.com/file/d/1wYsY7BQxymydlZ7mlE8kpETkS6NOgq2N/view?usp=sharing>

Cable Crossover Reverse Fly

<https://drive.google.com/file/d/1ql5ArOGajvIT5iqvLZWY8ecYnGXWBiy1/view?usp=sharing>

Cable Front Raise

<https://drive.google.com/file/d/1ToR3UWeIH9Uzajknx0bfSZt_lokcW3xG/view?usp=sharing>

Cable lateral Raise

<https://drive.google.com/file/d/1EH5at5UWsEkHHLH88ubPLSlsEgC2XQDd/view?usp=sharing>

Cable One Arm Front Raise

<https://drive.google.com/file/d/1yJiESclQLZJQ0nyu6vss81Mq78foDV1S/view?usp=sharing>

Cable One Arm Lateral Raise

<https://drive.google.com/file/d/1lZL3OanqEXNF9Bir57rFpKt2FainFLkp/view?usp=sharing>

Cable Standing Rear Delt Row (Rope)

<https://drive.google.com/file/d/1j9nL1RFte39ZAi0LDVmvyYFNG-Ht00Ze/view?usp=sharing>

Cable Upright Row

<https://drive.google.com/file/d/1AE8-I0UjzHtX9xtH0_sZ8wgJ-MxoUucB/view?usp=sharing>

Arm Crossover

<https://drive.google.com/file/d/1p_GjH7DOafKUSZFWMWrd_8aEZkqupDM9/view?usp=sharing>

Back pec Stretch

<https://drive.google.com/file/d/12HruNs1zTUrwVcreFEJGfDojgMg1fxjX/view?usp=sharing>

Bodyweight Standing Fly

<https://drive.google.com/file/d/1eE_mIwyySQtSVHwPsM1Am4IxoUFZOtlC/view?usp=sharing>

Cable High Pully Ovr Head Tricps Extension

<https://drive.google.com/file/d/10O9b0hwTseMS_-GRdXDM5talS_8fmYYq/view?usp=sharing>

Cable Kickback

<https://drive.google.com/file/d/1iDYkKto1e67ykLDkf0S7ltu9RWg7SPTZ/view?usp=sharing>

Cable Lying Triceps Extension

<https://drive.google.com/file/d/1PAEkoqxR7FXp_9n58aPszyy9mwvzvHg0/view?usp=sharing>

Cable Lying Triceps Extension

<https://drive.google.com/file/d/1PAEkoqxR7FXp_9n58aPszyy9mwvzvHg0/view?usp=sharing>

Cable Overhand Triceps Extension (Rope)

<https://drive.google.com/file/d/16ATOvf5XGRuM-zB6l8DIPqPKGxtf-4Qa/view?usp=sharing>

Cable Pushdown

<https://drive.google.com/file/d/1PLEwrYTYxdY8VfsusJDntm5ZjOMT7JYm/view?usp=sharing>

Cable Reverse-Grip Pushdown

<https://drive.google.com/file/d/1ErQLZnceEY_6DC0S81bbCNQxv3gBL6nK/view?usp=sharing>

Cable Standing One Arm Triceps Extension

<https://drive.google.com/file/d/1x8qq-K5u9gOVeDr03jli3BvkCWCLmtB8/view?usp=sharing>

Cable Triceps Pushdown (V-bar)

<https://drive.google.com/file/d/1qHgevmcbfCIL1yauSiyJsESB5zceTg_G/view?usp=sharing>

Dumbal side bend

<https://drive.google.com/file/d/1Fd5CWbNLfDqdvNaP41_0XmQiwNlYPE19/view?usp=sharing>

Dumbbell Curl To Press

<https://drive.google.com/file/d/19G_72-oDS99vnR4zq_0jjsuMiYIfDYiN/view?usp=sharing>

Dumbbell One Arm Zottman Preacher Curl

<https://drive.google.com/file/d/1oJnrEduOm2U0lXfbfXfaStZ0C70SVsjT/view?usp=sharing>

Dumbbell preacher Curl over Exercise Ball

<https://drive.google.com/file/d/156ZMUYZ-Xo4GGVtLbbGTGclI1w6LEGV2/view?usp=sharing>

Dumbbell V-Up

<https://drive.google.com/file/d/1ME86v3uVa6828uRAq1b802drgc8Gp2IT/view?usp=sharing>

Spell Caster

<https://drive.google.com/file/d/1SFq6YJgjiS-q-KhYAYtqNIlnMzyK-pso/view?usp=sharing>

Dumbbell Alternate Biceps Curl

<https://drive.google.com/file/d/1hz_txnLo6SGlIA4E07ZluNUenFE8yGvS/view?usp=sharing>

Dumbbell Biceps Curl

<https://drive.google.com/file/d/15hnKsMgvZ7f_6rz-jnZq0Ia5k4PfCQqN/view?usp=sharing>

Dumbbell Concentration Curl

<https://drive.google.com/file/d/1lNLe7V8TzFhXMfYFPfMUf6hWYwVaKvtt/view?usp=sharing>

Dumbbell Concentration Curl

<https://drive.google.com/file/d/1_5RWuXpyP55MXwK93D0yrGrHQ1lNZLwz/view?usp=sharing>

Dumbbell Hammer Curl

<https://drive.google.com/file/d/1MNDKuUpMic8lL36dQQN8STI3yzEAw2K_/view?usp=sharing>

Dumbbell Incline Biceps Curl

<https://drive.google.com/file/d/1btvE2CMghc2cwta-k2RsB4aUzIcR79v3/view?usp=sharing>

Dumbbell Incline Hammer Curl

<https://drive.google.com/file/d/1Rclr4g_gROXj3Iw12HKva1yzxvbQgqus/view?usp=sharing>

Dumbbell Incline Straight Curl

<https://drive.google.com/file/d/10MoP0HH-B3IPcskwjcaqQ_7JZhWHVlNR/view?usp=sharing>

Dumbbell One Arm Zottman Preacher Curl

<https://drive.google.com/file/d/1bw8awny3ZVAElTPbA46zS5TWA8Pk11A1/view?usp=sharing>

Dumbbell Preacher Curl

<https://drive.google.com/file/d/1miN5ENP7O2A_Q1GLSHm4hLGd_MQXKXF4/view?usp=sharing>

Dumbbell Prone Incline Curl

<https://drive.google.com/file/d/1X9moXYOkk-crsa1chsV5AFpm4okaymi5/view?usp=sharing>

Dumbbell One Leg Calf Raise

<https://drive.google.com/file/d/1U3V9R_F4fF0cMz0vIrFfrOaHoCnI1GrM/view?usp=sharing>

Dumbbell Seated Calf Raise

<https://drive.google.com/file/d/1u5JaYn_JzfAStP0jmdgNT5pjS1sVVY84/view?usp=sharing>

Dumbbell Standing Calf Raise

<https://drive.google.com/file/d/1u7Dkzz-2zuF38tCa9iU-nPCqR70HIMkM/view?usp=sharing>

Dumbbell Standing One Leg Calf Raise

<https://drive.google.com/file/d/1HuV_IlJxmbI0ArsLSwmaK3HpcseWafuk/view?usp=sharing>

Deep Push-Up

<https://drive.google.com/file/d/1AS5WPnLdSOSApwqPQpMxLskLBkDDvmDU/view?usp=sharing>

Dumbbell Alternate Floor Press

<https://drive.google.com/file/d/16W41TGEmWcs05vYfF1H7yuJ6DZu68gjd/view?usp=sharing>

Dumbbell Beanch Press

<https://drive.google.com/file/d/11J4kSkN-eBxJwrRpV4O_hEEm0t2eUa-J/view?usp=sharing>

Dumbbell Decline bench press

<https://drive.google.com/file/d/1pvghcoq2IT2PbD6aw7ny2PPDF4cCcWZF/view?usp=sharing>

Dumbbell Decline Twist Fly

<https://drive.google.com/file/d/1BquvifnA7LBHFngy8MYc82IM1kvYCgaL/view?usp=sharing>

Dumbbell Fly On Exercise Ball

<https://drive.google.com/file/d/1pY0XGMLIuwNS0pJvWyPelUc6BUZMdoK0/view?usp=sharing>

Dumbbell Fly

<https://drive.google.com/file/d/1TZpjzrqWTUtQZ7h8TNMLsPwVWstFEo5m/view?usp=sharing>

Dumbbell Incline Bench Press

<https://drive.google.com/file/d/1nNd8-8nEa9Dqo_N3pelg_GA5OD9LRBEX/view?usp=sharing>

Dumbbell Incline Fly

<https://drive.google.com/file/d/1ce8bOUjml1nMMUrZ5-z5c8LjysLMiBci/view?usp=sharing>

Dumbbell Incline Hammer Press

<https://drive.google.com/file/d/1zKwmXnlWbs-wtt2LphO5k58wiKVdiIar/view?usp=sharing>

Dumbbell lying Hammer Press

<https://drive.google.com/file/d/1T6mFhdirH9zvj_hlTwWCYGZWhmYRkgAg/view?usp=sharing>

Dumbbell lying Hammer Press

<https://drive.google.com/file/d/1T6mFhdirH9zvj_hlTwWCYGZWhmYRkgAg/view?usp=sharing>

Dumbbell Lying On Floor Hamer Press

<https://drive.google.com/file/d/1w0zOrd3TI8LqFcyZRVutRBmWPWuiBv7Z/view?usp=sharing>

Dumbbell One Arm Snatch

<https://drive.google.com/file/d/18iw3qHVxwGjibXM7h9qOjatOKu45_vlP/view?usp=sharing>

Dumbbell PullOver on Exercise Ball

<https://drive.google.com/file/d/1dzy_mvA6eBMkja_r6J_8aqmgWIjau81C/view?usp=sharing>

Dumbbell Stright Arm Pullover

<https://drive.google.com/file/d/1fUnRynDu3UOz5b_uDLFgFB50fvr6hBCK/view?usp=sharing>

Dumbbell Behind Back Finger Curl

<https://drive.google.com/file/d/1WlV77jpG0xs8JscvESlftaiLCmwrzCJJ/view?usp=sharing>

Dumbbell Cross Body Hammer Curl (V2)

<https://drive.google.com/file/d/13GREndOLzJBy0Of0LSilXKb8K3nm17xk/view?usp=sharing>

Dumbbell lying Supine Curl

<https://drive.google.com/file/d/1jPFjxeTqgEm55aVFU0GP5sC-6OsTEVLR/view?usp=sharing>

Dumbbell Over Bench Wrist Curl

<https://drive.google.com/file/d/1b-MHtCS_5vYuFpl1bDTQxlfGXyXeDf7x/view?usp=sharing>

Dambbell Overhead Squat

<https://drive.google.com/file/d/1gj19m4YQC7bl3fzBhvYRiH5jBpAKBlNH/view?usp=sharing>

Dumbbell Bar-Grip Sumo Squat

<https://drive.google.com/file/d/1liWSzA1oK86g1zhw4dmQ4tctxbEDXvqr/view?usp=sharing>

Dumbbell Bench Squat

<https://drive.google.com/file/d/1HnCACfyQmkW4Py-CD2FYDBiYiTgZH9a3/view?usp=sharing>

Dumbbell Bulgarian Split Squat

<https://drive.google.com/file/d/1CF4a6RBor9dZINSziufLi9niOWH3BqBD/view?usp=sharing>

Dumbbell Clean

<https://drive.google.com/file/d/1hO7IoqmroxdfhEW2cTQhlEEe2lTx0DWM/view?usp=sharing>

Dumbbell Curtsey Lunge

<https://drive.google.com/file/d/1JIJOxdvqzIb5lipZ5gZGfOTn_8y7lb55/view?usp=sharing>

Dumbbell Deadlift

<https://drive.google.com/file/d/1gskYC_AQjcYKxr0Lerc7-pJvrr2QGX6j/view?usp=sharing>

Dumbbell Front Squat

<https://drive.google.com/file/d/13CoaLeei23NHdGbh7T5Nm6_FyRglA-53/view?usp=sharing>

Dumbbell Glute Bridge

<https://drive.google.com/file/d/11SAbBXoStD9BPYG_Sa_mv8GtB4e2QV5u/view?usp=sharing>

Dumbbell Gobelt Curtsey Lunge

<https://drive.google.com/file/d/1SBE6peVJ-3yofl79nperDf2ZN06WumTe/view?usp=sharing>

Dumbbell Goblet Split Squat Front Food Elevanted

<https://drive.google.com/file/d/1bdbOZImHPf7RV4OIfwpZ2KZYagLB5sRK/view?usp=sharing>

Dumbbell Goblet Squate

<https://drive.google.com/file/d/1upifR72ePURHKDXofrpduogFO28NziQB/view?usp=sharing>

Dumbbell Hip Thrust

<https://drive.google.com/file/d/1rTCiMz0rxAI2KWOMkYZMrDhAvjB70Tes/view?usp=sharing>

Dumbbell Lateral Step-Up

<https://drive.google.com/file/d/1kq8nNxeDvuP6nB-FOeHPYG2mgxsBwuf7/view?usp=sharing>

Dumbbell Lunge

<https://drive.google.com/file/d/16z_F7iVHEmP3LGDuplJASUtK5u1JTeKw/view?usp=sharing>

Dumbbell One Leg Glute Bridge

<https://drive.google.com/file/d/1P1VhIZ9l1jVhtHiTbnST6w5wkLsKTsPS/view?usp=sharing>

Dumbbell One Leg Squat (V2)

<https://drive.google.com/file/d/1-SARfplQFFhOz-jrYEzMxaGhJpXVE_C_/view?usp=sharing>

Dumbbell One Leg Squat

<https://drive.google.com/file/d/1wvi_dh0q1lJPjzkAGL42YWACY9kmsE0n/view?usp=sharing>

Dumbbell One Leg Step-up

<https://drive.google.com/file/d/1X-_Znj0buZksoNSO-5ekiEwq6-Wm3v0Y/view?usp=sharing>

Dumbbell Pause Squat

<https://drive.google.com/file/d/1HeUnxBGW6scrBK0gQN3xGKnKYLF1e1TY/view?usp=sharing>

Dumbbell Real Lunge From Step

<https://drive.google.com/file/d/16dNsyu2GyffhtQODT3EG8p40rJLuF7Jc/view?usp=sharing>

Dumbbell Rear Lunge

<https://drive.google.com/file/d/1AxZvTIPBEbExzuUamPhSFL0f3vKqtAPa/view?usp=sharing>

Dumbbell Side Lunge (V3)

<https://drive.google.com/file/d/1WAl_XHvLF6Mts6Bs6ULUlAcpKg-7_ZAw/view?usp=sharing>

Dumbbell Side Lunge

<https://drive.google.com/file/d/1mFbDJx_GNyvf64MDLRxQOllzB_dVG0iE/view?usp=sharing>

Dumbbell Split Lunge Stretch

<https://drive.google.com/file/d/1Cd5sEQ6hjpSkW-k2Lgk9iceNe703pp5E/view?usp=sharing>

Dumbbell Split Squat Front Foot Elevented

<https://drive.google.com/file/d/1woUIouXriqfE-uxAp29CWl-dEE7wKzJh/view?usp=sharing>

Dumbbell Split Squat

<https://drive.google.com/file/d/1s2y1PB8aGx4GKAaHIcKMqDd87V8fOfGN/view?usp=sharing>

Dumbbell Squat

<https://drive.google.com/file/d/1OMMUo1M5PV3xBBl985ismA9jUgHK7DOJ/view?usp=sharing>

Dumbbell Static Lunge

<https://drive.google.com/file/d/1ES-_-CtfBTVe4Oe17uV1iZ4L7UNbKwnW/view?usp=sharing>

Dumbbell Step-Up

<https://drive.google.com/file/d/1xaY1r0KNwzZ9E5Ewhe91o-3LLghfJfLO/view?usp=sharing>

Dumbbell Sumo Deadlift.

<https://drive.google.com/file/d/1_Z23o1js47asyUZ5sIxoLq7v-M7znviM/view?usp=sharing>

Dumbbell Sumo Squate

<https://drive.google.com/file/d/1OMF0AWHALt2uAkekIEWU-h_8XvSpFL6m/view?usp=sharing>

Dumbbell Thruster

<https://drive.google.com/file/d/1XRks83rQ6yvmGPf-1kt92pwz6HJ89hik/view?usp=sharing>

Dumbbell Lying Femoral

<https://drive.google.com/file/d/1Dx4uErjPpi2kPPt3_oox-ayRJWEzI_Wf/view?usp=sharing>

Dumbbell Bent-Over Reverse Row

<https://drive.google.com/file/d/1GX7X9cFaN0BTD2A5L2Vpl0ZWtexdUk4n/view?usp=sharing>

Dumbbell Bent-Over Row

<https://drive.google.com/file/d/1tsFgTTYlMu9dxQG3XrbqXXCrR6yWWZ_N/view?usp=sharing>

Dumbbell Hammer-Grip Incline Bench Two Arm Row

<https://drive.google.com/file/d/1Lua5L2N9YkXTn8gSdnJBWa9bP0ppkj8R/view?usp=sharing>

Dumbbell Incline Row

<https://drive.google.com/file/d/188C78dA7GRSlBNIZTdDdlsCKxN0yOmS_/view?usp=sharing>

Dumbbell One-Leg Deadlift

<https://drive.google.com/file/d/1WhYCl92GxMydmqeTlu1ujvLD07t_NTH8/view?usp=sharing>

Dumbbell Plam Rotational Bent-Over Row

<https://drive.google.com/file/d/1e9C0L_waLmNEeeuXBgnarJi_s8Jk9tbp/view?usp=sharing>

Dumbbell Pronated to netural-Grip Row

<https://drive.google.com/file/d/1kQ9xMpO00yX4VejQMfVDfKWTcLvnRVhO/view?usp=sharing>

Dumbbell Rear Delt Row

<https://drive.google.com/file/d/1qgpysxlYWhWiAFkh_G9k4UzzLGu9XmSw/view?usp=sharing>

Dumbbell Renegade Row

<https://drive.google.com/file/d/1GMdZNeoRzoooW1w01FnLtHyIjj2WdCi3/view?usp=sharing>

Dumbbell Reverse-Grip Incline Row

<https://drive.google.com/file/d/1-UYigf_rklDLTp6xDNEZoXlR6iDqPsN1/view?usp=sharing>

Dumbbell Romanian Deadlift

<https://drive.google.com/file/d/1Uq0IDIu0vvRMwVQoNFyePZlQk4s2yVNt/view?usp=sharing>

Dumbbell Stiff Leg Deadlift (V2)

<https://drive.google.com/file/d/1jkSl0wCn1t_QafYCPD_I0wt3tnvyMBQr/view?usp=sharing>

Dumbbell Stiff Leg Deadlift

<https://drive.google.com/file/d/1kNqtmIiZlGyW7WCT7b4veEJ0AgDe4yj5/view?usp=sharing>

Dumbbell Sumo Pull Through

<https://drive.google.com/file/d/10mSB1T8wIhIRa9vFIzAJZoE--TZ0pzoE/view?usp=sharing>

Dumbbell Alternate Shoulder Press

<https://drive.google.com/file/d/1AtqxMMZCJEK6028xAHp9MEXBtmI03cai/view?usp=sharing>

Dumbbell Arnold Press

<https://drive.google.com/file/d/1O4yzuCnCsbdEXZ5AUsDkhfGkWznSFVRS/view?usp=sharing>

Dumbbell Front Raise

<https://drive.google.com/file/d/1TkXlQNqVMTfdcA-O5KSHDJ2rimZuUtch/view?usp=sharing>

Dumbbell Incline Rear Lateral Raise

<https://drive.google.com/file/d/1tGSX2xJPgdAlEsZ5-Q2lVjf9ia65gSoI/view?usp=sharing>

Dumbbell Iron Cross

<https://drive.google.com/file/d/1DCH4lv1rq16nTsqLjk_qHPiJd_pMzU8I/view?usp=sharing>

Dumbbell One Arm Leaning Lateral Raise

<https://drive.google.com/file/d/1owbgl2xUJcOUxX9fPyOXxxqTaaFNBg46/view?usp=sharing>

Dumbbell One Arms Lateral Raise

<https://drive.google.com/file/d/1VpwqlUmY31lyeO0V2V1aR0ct5W_V1-LS/view?usp=sharing>

Dumbbell Rear Fly

<https://drive.google.com/file/d/1N-_UaU-oA4MvckWOP-t-zBWdXudPcfCp/view?usp=sharing>

Dumbbell Seated Front Raise

<https://drive.google.com/file/d/1CuKBdhvvmeIeKCajixTcYU4r8lWrRvAA/view?usp=sharing>

Dumbbell Seated Lateral Raise

<https://drive.google.com/file/d/1gNZSTVzDkzVfwuJgjGakAbA9BTI_5EiD/view?usp=sharing>

Dumbbell Seated Shoulder Press

<https://drive.google.com/file/d/1yyFg5QksdYB2DV5hY-3NKB68st9JCUll/view?usp=sharing>

Dumbbell Stamding Lateral Raise

<https://drive.google.com/file/d/1VVo4jnTC3oRCNGftVxmiRTOG5YmxrIPM/view?usp=sharing>

Dumbbell Incline Shrug

<https://drive.google.com/file/d/1TG-C7L1W0kO-QES9pHfqdfZ4KiLbCQpe/view?usp=sharing>

Dumbbell Shrug

<https://drive.google.com/file/d/1FsrkoEMNizo6KqL5KZinsVaUS6OPrfhP/view?usp=sharing>

Dumbbell Cross-Grip Press

<https://drive.google.com/file/d/1WnEtPDbSscgPSjcYA6h8v1hKWlcDH6-g/view?usp=sharing>

Dumbbell Incline hammer Press

<https://drive.google.com/file/d/1e4CQ1VHzskZ3b6Lo-480K4fSLtNB5Ddm/view?usp=sharing>

Dumbbell Incline Tricep Extension

<https://drive.google.com/file/d/1TG53pdCir8aAcLF98MYTJaQVONAeLTGy/view?usp=sharing>

Dumbbell Kickback

<https://drive.google.com/file/d/1wVtVTyBDzLjfoSyEEbhVsQAVglycHUZU/view?usp=sharing>

Dumbbell Lying Alternate Extension

<https://drive.google.com/file/d/1zzMPOETStbTpZw8ndobt5Taal94OcQIa/view?usp=sharing>

Dumbbell Lying Triceps Extension On Floor

<https://drive.google.com/file/d/1iof7nHLuB6dEVTlNkFmuxnOsZ6fnYxZx/view?usp=sharing>

Dumbbell One Arm Triceps Extension (on bench)

<https://drive.google.com/file/d/1wKV5AEgwPv2Qv3NqwXuTySeCXbkUFGDt/view?usp=sharing>

Dumbbell Pronate-Grip Triceps Extension

<https://drive.google.com/file/d/1av4Mwt7dM2APNxNYgPOmkn0zPWtx3mEI/view?usp=sharing>

Dumbbell Seated Kickback

<https://drive.google.com/file/d/14i8SPNxr8La1oScdZLeqJa_dM7_gyYkg/view?usp=sharing>

Dumbbell Seated Triceps Extension

<https://drive.google.com/file/d/1IcniIJHkgCpfNU6UleZM11ogYsRBUtWt/view?usp=sharing>

Dumbbell Standing Kickback

<https://drive.google.com/file/d/141xP7VNltdtrE_qqLfMv7I0J4Zj_DNg7/view?usp=sharing>

Dumbbell Standing Triceps Extension

<https://drive.google.com/file/d/1j8WFIlcQmMObGCc2z8CfQOBMpQMAtHJ6/view?usp=sharing>

EZ Barbell Curl

<https://drive.google.com/file/d/1SHsSwreK2lJtNh1oYPIXMqSpNK9RO85W/view?usp=sharing>

EZ-Barbell Close Grip Curl

<https://drive.google.com/file/d/1djJxWxajjgSX9He6WlL8qvmxyIBS7hQQ/view?usp=sharing>

BZ-Barbell Reverse-Grip Close

<https://drive.google.com/file/d/1EXP2RdZm_SC8bLUJ8HFxrYOMQMbC5JrB/view?usp=sharing>

EZ-Barbell Anti-Gravity Press

<https://drive.google.com/file/d/1CYwarYslGszIRLx_dJkvRFVwhcwIe7QT/view?usp=sharing>

Hand Behind Hand Chest Squeeze

<https://drive.google.com/file/d/1-7-WYOcTNPOHlkwwTN_HTxeygA8W7a49/view?usp=sharing>

palms Above Hand Elbow Squeeze

<https://drive.google.com/file/d/1O5AsMxzAuqS-_5xCKS8es7oPbbrPap14/view?usp=sharing>

Seated Back Squeeze-1

<https://drive.google.com/file/d/1QeBCMyE2Eoncv0BazTZ4OOK1Cukqsor-/view?usp=sharing>

Y Leg Squeeze and Curl

<https://drive.google.com/file/d/1J41x3-khd3NXz0PM24h9Mrz_LYlFd4fa/view?usp=sharing>

EZ-Bar Close-Grip Banch Press

<https://drive.google.com/file/d/1lSUlmFyJHrqO07PWPSy52ghrOH0dIXIP/view?usp=sharing>

EZ-Barbell Lying Triceps Extension

<https://drive.google.com/file/d/1OHqJrm4M7dkIgWHDgR96yVtfEYBcrrsK/view?usp=sharing>

Kettelbell Overhand-Grip Swing

<https://drive.google.com/file/d/11KZl2ejqozfUNRAu5uCYJze0TvYD7aQt/view?usp=sharing>

Kettelebell Bent Press

<https://drive.google.com/file/d/1fOXP4qaXqGuVC2CKa568CJt6SHLa84qJ/view?usp=sharing>

Kettelebell deadlift

<https://drive.google.com/file/d/1kE41K2gbVtoIq53mKxSNCoOFTkkzx7fy/view?usp=sharing>

Kettelebell One Arm Clean

<https://drive.google.com/file/d/1McJd0L-IF4Ebwjfmo_shOL95xV1VTtK8/view?usp=sharing>

Kettelebell One Arm Swing

<https://drive.google.com/file/d/10J5szOwfTccxNoFabOSkfBN5FWdgO7Dy/view?usp=sharing>

Kettelebell Rear Delt Row

<https://drive.google.com/file/d/1yrDonFXp-wNT6wGchAT40bJb9wGeLfsD/view?usp=sharing>

Kettelebell Windmill

<https://drive.google.com/file/d/1qOrDI_q3xpBT-edpxnHdVwNYRsWr1Hql/view?usp=sharing>

Kettlebell Front Squat

<https://drive.google.com/file/d/1UvWN6Ak5zMXyA3qICTjeSMNOGckdgVmv/view?usp=sharing>

Kettlebell Swing

<https://drive.google.com/file/d/1I4Aq1YEFHB8Ki6XSefS2axGn52brCD66/view?usp=sharing>

Run on Treadmill

<https://drive.google.com/file/d/1NALiErfVxCKH8-6mgfMXDyFrljiRs7Pr/view?usp=sharing>

Lever Seated Calf Press

<https://drive.google.com/file/d/1ar-B_AmKpOt0Lx5EOzmJnBD-7a5ckKob/view?usp=sharing>

Lever Seated Calf Raise (Plate)

<https://drive.google.com/file/d/1sAfRPKAp8Cixulm41-f__N7FzbU-kCQ8/view?usp=sharing>

Lever Stinding Calf Raise

<https://drive.google.com/file/d/1r-MyxkNFODiG1Shs-NYFracICt0YY_Dl/view?usp=sharing>

Lever Chest Press (Plate)

<https://drive.google.com/file/d/1HH2zCca-YlGlNz_TXZQbtD-OqWuwUlXG/view?usp=sharing>

Lever Seated Peck deck

<https://drive.google.com/file/d/1AvRcNgukUEbm_TJA1KIZd3l43n8hd5fc/view?usp=sharing>