

1. Free Weights & Resistance Equipment

- Dumbbells
- Barbell
- Kettlebells
- Resistance Bands (Light, Medium, Heavy)
- Bench Press (Flat, Incline, Decline, Adjustable)
- Safety Squat Bar (SSB)
- Cambered Bar

2. Machines

- Leg Press (45-degree, Vertical)
- Hack Squat Machine
- Belt Squat Machine
- Pendulum Squat Machine
- V-Squat Machine
- Smith Machine
- Leg Extension Machine
- Lying Leg Curl Machine
- Seated Leg Curl Machine
- Standing Leg Curl Machine
- Glute Ham Developer (GHD)
- Nordic Curl Machine
- Hip Thrust Machine
- Hip Abduction Machine
- Hip Adduction Machine
- Calf Raise Machine (Seated & Standing)
- Lat Pulldown Machine
- Seated Row Machine
- Pec Deck Machine
- Chest Press Machine (Flat, Incline, Decline)
- Shoulder Press Machine
- Lateral Raise Machine
- Rear Delt Fly Machine
- Preacher Curl Machine
- Tricep Dip Machine
- Tricep Extension Machine
- Bicep Curl Machine
- Pullover Machine (Nautilus & Plate Loaded)
- T-Bar Row Machine
- Iso-Lateral Row Machine

- Reverse Pec Deck (Rear Delt Machine)
- Chest-Supported Row Machine
- Assisted Pull-Up/Dip Machine
- Plate Loaded Incline Press
- Plate Loaded Mid Chest Press Machine
- Plate Loaded Decline Press Machine
- Plate Loaded Shoulder Press Machine
- Plate Loaded Flat Bench Press Machine
- Plate Loaded Pulldown Machine
- Plate Loaded Mid Row Machine
- Plate Loaded Low Row Machine

3. Cable Machines & Attachments

- Functional Trainer (Dual Pulley)
- Cable Crossover Machine
- Lat Pulldown Cable Attachment
- Low Row Cable Attachment
- Triceps Rope
- Straight Bar Attachment
- EZ Curl Bar Attachment
- D-Handle Attachments
- Multi-Grip Lat Bar
- Triangle Row Handle
- Ankle Strap Attachments

4. Miscellaneous Gym Equipment

- Landmine Attachment
- Smith Machine
- Plyo Boxes (Wood, Soft, Stackable)
- Step-Up Platforms
- Dip Bars
- Pull-Up Bar (Standard, Multi-Grip)
- Adjustable Benches
- Fixed Benches (Flat, Incline, Decline)

Exercise list

Back

Cables

- Lat pulldown
- V-grip pulldown
- Supinated pulldown
- Kneeling rope pulldown
- Kneeling modified v-grip low lat pulldown
- Kneeling single arm pulldown
- Incline bench isolateral mid back row
- Incline bench isolateral low row
- Incline bench isolateral high row
- Incline bench reverse facing v grip pulldown
- Incline bench pullover
- Incline bench chest supported low lat rope row
- Seated lat bar stretch row
- Seated lat bar row
- Seated v-grip row
- Seated single arm cable row
- Kneeling single arm cable row from low position
- Kneeling single arm cable row from high position
- Unbalanced rope low row
- Standing rope pullover
- Standing v-grip pullover
- Crossover cable pull
- Rope high pull
- Reverse cable fly

Db

- Dual db incline bench row
- Single arm db row
- Db pullover
- Dual db deficit row

BB

- Deficit bb row (supinated)
- Deficit bb row (pronated)
- T bar row

Smith

- Inverted body weight
- Deficit smith row
- Single arm smith row

Machine

- Plate loaded low row

- Plate loaded low row (isolateral)
- Plate loaded mid row
- Plate loaded mid row (isolateral)
- Plate loaded pulldown
- Plate loaded pulldown (isolateral)
- Plate loaded chest supported row
- Pull-ups (assisted)

Chest

DB

- Incline db flys
- Incline fly with internal rotation
- Decline db fly
- Flat db fly
- Incline db press
- Flat db press
- Decline db press

Cable

- Incline bench cable stretch flys
- Bench supported cable supinated fly
- Upper chest bench supported cable fly
- Bench supported cable presses
- Incline bench front facing decline fly
- Mid chest staggered stance cable fly
- Downward cable fly
- 90 degree downward cable presses
- Upper alternating chest cable fly
- Kneeling supinated cable fly

Body weight

- Dips (chest focused)
- Deficit pushups

Smith

- Flat smith machine press
- Incline smith machine press

Bench

- Bench press
- Incline bench press
- Decline bench press

Plate loaded

- Plate loaded flat press
- Plate loaded decline press
- Plate loaded incline press

Machine

- Machine press
- Machine fly

Tricep

Cable

- Cable lat bar pushdowns
- Cable rope pushdowns
- Cable v grip pushdowns
- Incline bench pushdowns
- Flat bench supported overhead extensions
- Incline bench cable overhead extensions
- Crossover kickbacks
- Single arm cross body extension
- Cable kickback
- Kneeling overhead rope extension

Db

- Db overhead extension
- Db incline overhead extension
- Close grip db presses
- Weighted bench dips

Body weight

- Deficit narrow grip pushups
- Dips (tricep biased)
- Smith machine overhead extensions
- Smith machine body weight extensions

Smith

- JM presses
- Close grip smith bench

Machine

- Machine tricep pushdowns
- Machine tricep overhead extensions

Bicep

Barbell

- BB Bicep Curl
- Preacher curls
- Drag curl
- Spider curl

DB

- Hammer Curls
- Concentration Curls
- Incline Dumbbell Curls
- Seated Zottoman curl
- Incline bench iso curl
- Hammer preacher curl

Cable

- Standing bar Cable Curls
- Cable drag curl
- Lying curl
- Incline bench single arm cable curl
- Incline bench stretch biased curl
- Incline bench contraction biased curl
- Rope cable bicep curl
- Unilateral Cable Curl from mid height

Body weight

- Chin-Ups

Machine

- Machine curls

Forearms

- Reverse curls
- Db bench supported rotations
- Barbell forearm curls

Shoulders

DB

- Db seated lateral raises
- Db full ROM raises
- Db alternating front raises
- Db incline bench front raises
- Db shoulder presses
- Db rear delt fly with head supported

Barbell

- Bb shoulder presses
- Bb upright row

Smith

- Smith machine shoulder presses
- Smith machine upright row

Cables

- Cable incline bench y-raises
- Incline bench front facing front cable raises
- Flat bench cable lateral raises
- Cable crossover lateral raises
- Cable rope incline bench upright row
- Cable incline bench front raises
- Lying cable front raise
- Isolateral cable lateral raises
- Isolateral cable rear delts stretch-biased reverse fly
- V-grip upright row
- Crossover cable high pull
- Cable rope front raises

Machine

- Machine lateral raise
- Machine single arm reverse fly (stretch bias)
- Machine Press

Legs

Machine

- Leg press
- Low foot placement quad biased leg press
- Leg press calf raises
- Hack squat
- Low foot placement quad biased hack squat
- Super squat
- Stretch biased Quad extensions (foam roller added)
- Tempo Quad extension
- Lying hamstring curls
- Stretch biased lying hamstring curls
- Seated hamstring curls
- Stretch biased seated hamstring curls
- Seated calf raise machine
- Standing calf raise machine
- Donkey calf raises

- Hip adduction machine
- Hip abduction machine
- Glute bridge machine
- GHD (glute focused)
- GHD (hamstring focused)
- Back extension
- Deficit Belt squat
- Glute kickback

Smith

- Deficit Bulgarian split squat
- Narrow heel elevated smith machine squat
- Smith machine tempo squat
- Smith machine deficit RDL

Barbell

- Squat
- Deficit RDL
- Walking lunges
- Squat to lunge to squat

DB

- Deficit Bulgarian db split squats
- Goblet squat
- Deficit Sumo squat
- Walking lunges
- RDLs (Bar Supported)

Additional exercises

- Stretch biased machine chest fly
- Cross body machine chest fly
- Upper chest machine chest fly
- Side facing preacher hammer curls
- Side facing preacher supinated curls