标准动作3：



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|  | **俯身单臂哑铃划船** | 哑铃耸肩 |
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| 哑铃硬拉 | **直立哑铃交替前平举** | 俯身哑铃侧平举 |
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| **坐姿哑铃推肩** | **直立哑铃侧平举** | **俯立单臂哑铃侧平举** |
|  |  |  |
| **坐姿哑铃交替弯举** | 坐姿哑铃弯举 | **坐姿俯身单臂哑铃弯举** |
|  |  |  |
| 坐姿后仰哑铃弯举 | **直立哑铃单臂颈后臂屈伸** | **坐姿哑铃颈后臂屈伸** |
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| 直立哑铃交替弯举 | 俯撑哑铃单臂臂屈伸 | **仰卧哑铃弯举** |
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| **哑铃负重深蹲** | **哑铃负重箭步蹲** | 平板仰卧哑铃卧推 |
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| 上斜仰卧哑铃卧推 | 下斜哑铃卧推 | 仰卧哑铃提拉 |
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| 平板仰卧哑铃飞鸟 | **上斜仰卧哑铃飞鸟** |  |
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| **俯身单臂哑铃划船** | **坐姿哑铃推肩** | **哑铃负重深蹲** |
|  |  |  |
|  | **直立哑铃交替前平举** |  |
|  |  |  |
| **俯立单臂哑铃侧平举** | **直立哑铃侧平举** | **上斜仰卧哑铃飞鸟** |
|  |  |  |
| **坐姿俯身单臂哑铃弯举** | **坐姿哑铃交替弯举** | **仰卧哑铃弯举** |
|  |  |  |
| **直立哑铃单臂颈后臂屈伸** |  |  |
|  |  |  |
| **坐姿哑铃颈后臂屈伸** |  |  |
|  |  |  |
|  | **哑铃负重箭步蹲** |  |
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