

Muscle Groups

Legs	Glutes
Arms	Chest
Core (Abdominal muscles)	Shoulders
Back	Thighs

Machines

Adjustments	Cardiovascular Machines (Treadmill, stationary bike, rowing machine...)
Cable machines	Balanced weight for user
Plate-loaded Machines	Bench (press & free weight, incline..)
Assisted Dip Machine	Squat Machine

Freeweights

Form	Band Exercises
Time over Tension	Calisthenics
Range of Motion	

Reps/Sets

Bulking vs Cutting	Build muscle vs lose weight
Powerlifting vs Bodybuilding	Intensity training (HIIT vs strength)
Bodybuilding (10-12 reps)	Crossfit (Low weights, high reps)
Powerlifting (4 to 8 reps)	Straight Sets (Workout all groups with rest in between)

Experience

Free weight Equipment

Beginner

Advanced

**Balance
board**

Dumbbell

**Nooby
Gains**

Intermediate

**Weighted
plates**

**Medicine
Ball**

Step

Barbell

**Giant
Tire**