**Legs Hamstrings:**

R.D.L

Hamstring curl

Leg press (high)

Glute Bridge

Bench Hip Thrust

Swiss ball Hamstring curl

Cable pull through

Cable ham curls

Kettlebell Deadlifts

**Legs Quads:**

Leg press (low narrow)

Squats

Leg extension

Hack Squat

Lunges

Bulgarian split squat

Sissy squats

Cable Extensions

Front Squats

**Back:**

**Shoulders:**

**Arms Biceps:**

**Arms Triceps:**

**Chest:**