**Exercise Library for the App**

**Gym**

**Glutes**

**A Series:** Compound Glutes focus Exercises

* Romanian deadlift
* Wide stance squat
* Conventional Deadlift
* Hip Thrust
* Machine Glute Bridge
* Sumo deadlift

**B Series:** secondary Glutes focus Exercises

* Leg Press high stance
* Hack Squat High stance
* smith machine reverse lunge
* Good Morning
* single leg leg press high stance
* Bulgarian Split Squat
* Hyperextension
* Reverse Lunge
* Hip Abduction Machine
* Single leg deadlift
* step ups
* kettlebell swings

**C Series** Isolation Glutes focus Exercises

* Glute Bridge
* Machine Glute Bridge
* Hip Abduction Machine
* Single Leg cable kickback

**Quads**

**A Series:** Compound Quad focus Exercises

* Squat
* Hack Squat
* Front Squat
* Conventional Deadlift

**B Series:** secondary Quad focus Exercises

* Leg Press low stance
* smith machine lunge
* Single leg leg press low stance
* Forward Lunge
* Front-Foot Elevated Split Squats
* Leg extension
* step ups quad dominant
* Single Leg extension

**C Series:** Isolation Quad focus Exercises

* Hip Adduction
* Goblet squat
* Sissy squat
* Wall sits

**Hamstrings**

**A Series:** Compound Hamstring Focus Exercises

* Romanian Deadlift
* Smith machine Deadlift
* stiff deadlift
* Conventional Deadlift
* Good Mornings

**B Series:** secondary Hamstring focus Exercises

* Seated leg curl
* Lying Leg curl
* Deficit Romanian Deadlifts
* Weighted Back Extensions

**Calves**

**C Series:** Isolation Calve focus Exercises

* Machine Calve raises
* Dumbbell calve raises
* Leg press machine Calve raises
* seated calf raises

**Back**

**A Series:** Compound Back Focus Exercises

* Barbell Bent Over Rows
* Lat Pull Down Wide Grip
* Lat Pull Down close Grip
* Deadlifts
* Pull Ups

**B Series:** secondary Back focus Exercises

* Chest Supported rows
* seated machine close grip rows
* seated machine wide grip rows
* Single arm dumbbell rows
* Cable single arm high row
* cable single arm seated row

**C Series:** Isolation Back focus Exercises

* Straight arm Lat pushdown
* Face pulls
* reverse fly
* rear delt flys

**Chest**

**A Series:** Compound Chest Focus Exercises

* Barbell Bench press
* machine bench press
* Barbell incline bench press
* machine Chest press
* Dumbbell Press
* incline dumbbell press
* Dips

**B Series:** secondary Chest focus Exercises

* machine Chest press
* Dip Machine chest focus
* Push ups

**C Series:** Isolation Chest focus Exercises

* Cable chest flys
* machine chest flys
* Dumbbell Flys
* Incline Dumbbell Flyes

**Shoulders**

**A Series:** Compound Shoulder Focus Exercises

* Barbell Overhead Press
* Barbell Push Press
* seated dumbbell shoulder press
* Arnold press
* incline Bench press

**B Series:** secondary Shoulder focus Exercises

* Machine Shoulder
* Face pulls
* Lateral Raises

**C Series:** Isolation Shoulder focus Exercises

* Dumbbell Lateral raises
* front raises
* Cable lateral raises
* Rear Delt Flys
* Upright rows
* reverse flys

**Bicep:**

**B Series:** secondary Bicep focus Exercises

* chin ups
* Lat pulldown close grip
* Barbell rows
* seated machine close grip rows

**C series**

* Bicep curl
* dumbbell bicep curl
* Cable bicep curl
* incline Dumbbell Curl
* Hammer curl

**Tricep:**

**B Series:** secondary Tricep focus Exercises

* Dips
* Overhead Barbell Triceps Extension
* Close-Grip Barbell Bench Press

**B Series:** Isolation Tricep focus Exercises

* rope tricep extension
* Cable Z-Bar tricep extension
* Overhead Dumbbell Triceps Extension
* Triceps Pushdowns

**Core:**

**D Series:**

* Dead Bug
* Stability Ball Rollouts
* Hollow Body Hold
* Standing Cable Pullover Hold
* Side plank
* Plank
* Lying crunch machine
* seated crunch machine
* weighted crunch
* Single-Arm Farmers Carry
* Leg raises
* Leg raises on a Dip machine
* V Ups
* flutter kicks
* Bicycle crunch
* weighted pullover plank
* Plank Variations (Standard, Weighted, High, Low, Elevated)
* Hanging Leg Raises
* Hanging Knee Raises
* Russian Twists (Bodyweight, Weighted, Medicine Ball)
* Cable Woodchoppers (Low to High, High to Low)
* Toe Touches (Lying or Hanging)

**Injuries in the knee exercises to avoid**

* Squats
* Leg press lower stance
* reverse lunge
* forward lunge
* split squat
* Hack squat
* front squat

**Lower Back Pain injuries exercises to include**

* sit ups
* russian twists
* back extension
* romanian deadlift
* leg raises
* Deadbug
* Plank Variations
* (core exercises)