

Chest

1. Push-ups: Bodyweight, targets chest muscles (pectoralis major), shoulders, and triceps. 2. Flat Chest Press: Barbell or dumbbells, targets chest muscles (pectoralis major). 3. Incline Chest Press: Barbell or dumbbells, targets upper chest muscles (pectoralis major). 4. Pec Fly or Dumbbell Fly: Dumbbells or cable machine, targets chest muscles (pectoralis major). 5. Decline Cable Cross: Cable machine, targets lower chest muscles (pectoralis major).

Back

1. Pull-ups: Pull-up bar, targets back muscles (latissimus dorsi, trapezius, and rhomboids). 2. Lat Pulldown: Lat pulldown machine, targets back muscles (latissimus dorsi). 3. Front Seated Row: Seated row machine, targets back muscles (trapezius and rhomboids). 4. Barbell Row or T-Bar Row: Barbell or T-bar, targets back muscles (latissimus dorsi, trapezius, and rhomboids). 5. Deadlift: Barbell, targets back muscles (latissimus dorsi, trapezius, and rhomboids), legs, and core.

Shoulder

1. Dumbbell Press: Dumbbells, targets shoulder muscles (deltoids). 2. Front Raises: Dumbbells or cable machine, targets shoulder muscles (anterior deltoids). 3. Side Raises: Dumbbells or cable machine, targets shoulder muscles (medial deltoids). 4. Rear Delt Fly or Cable Facepulls: Cable machine, targets shoulder muscles (rear deltoids). 5. Shrugs or Upright Row: Barbell or dumbbells, targets shoulder muscles (trapezius). 6. Cable Back Wrist Curl (Forearms): Cable machine, targets forearm muscles.

Biceps

1. Alternative Dumbbell Curl: Dumbbells, targets bicep muscles. 2. Barbell Curl: Barbell, targets bicep muscles. 3. Preacher Curl or Concentration Curl: Dumbbells or preacher curl machine, targets bicep muscles (lower biceps). 4. Hammer Curl: Dumbbells, targets bicep muscles (outer biceps).

Triceps

1. Cable Push Down: Cable machine, targets tricep muscles. 2. Overhead Dumbbell Extension: Dumbbells, targets tricep muscles. 3. Skull Crusher: Barbell or dumbbells, targets tricep muscles. 4. Kickback or Bench Dips: Dumbbells or bench, targets tricep muscles.

Legs

1. Machine Squat: Leg press machine, targets leg muscles (quadriceps, hamstrings, and glutes). 2. Leg Extension: Leg extension machine, targets leg muscles (quadriceps). 3. Leg Curl: Leg curl machine, targets leg muscles (hamstrings). 4. Leg Press: Leg press machine, targets leg muscles (quadriceps, hamstrings, and glutes). 5. Calves Raises: Calf raise machine, targets calf muscles.

Abs

1. Plank Bench: Targets core muscles (abdominals and obliques).
2. Russian Twist Machine: Targets core muscles (obliques).
3. Leg Raise Machine: Targets core muscles (lower abs).
4. Bicycle Crunches Machine: Targets core muscles (abdominals and obliques).
5. Woodchoppers Machine: Targets core muscles (obliques).