

### Various Warmup Exercises

1.) Neck rolls both sides five times 2.) Arm circles 3.) Shoulder rolls 4.) Wrist rotation 5.) Hip circles both sides 6.) Butt kicks 7.) High knees 8.) Leg side swings 9.) Squats 10.) Jog in place 11.) Shadow boxing

### 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).