

# **Simply Fitness - Full Exercise List**

## **Chest**

- Barbell Bench Press
- Incline Dumbbell Bench Press
- Pec Deck
- Cable Crossover
- Incline Barbell Bench Press
- Dumbbell Bench Press
- Dumbbell Fly
- Incline Dumbbell Fly
- Chest Press Machine
- Barbell Declined Bench Press
- Dumbbell Declined Bench Press
- Push Ups

## **Back**

- Dumbbell Bent-Over Row (Single Arm)
- Wide-Grip Pulldown
- Seated Cable Row
- Close-Grip Pulldown
- Barbell Row
- Behind-Neck Pulldown
- Reverse-Grip Pulldown
- Rope Pulldown
- T-Bar Rows
- Barbell Bent Over Rows Supinated Grip
- Pull Up
- Behind the Neck Pull Up
- Pull Up with a Supinated Grip
- Straight Arm Lat Pulldown
- Dumbbell Bent Over Rows
- Dumbbell Pullover
- Barbell Pullover
- Barbell Deadlift
- Barbell Sumo Deadlift
- Trap Bar Deadlift
- Dumbbell Deadlift
- Barbell Shrug
- Dumbbell Shrugs

## **Shoulders**

- Dumbbell Shoulder Press
- Dumbbell Lateral Raise
- Dumbbell Front Raise
- High Cable Rear Delt Fly
- Smith Machine Shoulder Press
- Barbell Upright Row
- Bent-Over Lateral Raise
- Cable One-Arm Lateral Raise
- Dumbbell Push Press
- Barbell Push Press
- Single-Arm Cable Front Raise
- Barbell Front Raise
- Seated Barbell Shoulder Press
- Seated Behind the Neck Barbell Shoulder Press
- Standing Barbell Shoulder Press
- Standing Behind the Neck Barbell Shoulder Press
- Alternate Dumbbell Front Raise Neutral Grip
- One-Arm Low-Pulley Front Raise Neutral Grip
- Two-Handed Dumbbell Front Raise

## **Biceps**

- Barbell Curl
- Alternating Dumbbell Curl
- Rope Cable Curl
- EZ Barbell Curl
- EZ Barbell Preacher Curl
- Hammer Curl
- Incline Dumbbell Curl
- Dumbbell Concentration Curl
- Single-Arm Low Pulley Cable Curl
- Straight Bar Low Pulley Cable Curl
- Standing High Pulley Cable Curl
- Seated Barbell Wrist Curl
- Seated Barbell Wrist Extension
- Reverse Barbell Curl

## **Triceps**

- Lying Triceps Extension
- Triceps Pressdown
- Cable Rope Pushdown
- Dumbbell Overhead Triceps Extension
- Close Grip Bench Press
- Kickback
- Reverse Grip Cable Triceps Extension with Barbell
- Single-Arm Cable Triceps Extension
- Single-Arm Cable Triceps Extension with Supinated Grip
- Lying Dumbbell Triceps Extension
- Seated Barbell French Press
- Bench Dips
- Parallel Dip Bar

## **Abdominals**

- Crunch
- Oblique Crunch
- Crunch Machine
- Rope Ab Pulldown
- Plank
- Hanging Leg Raise
- Bent Knee Reverse Crunch
- Long Arm Crunch
- Plank Get Ups

## Legs

- Squat
- Leg Press
- Leg Extension
- Lunge
- Lying Leg Curl
- Hack Squat
- Seated Leg Curl
- Single Leg Extension
- Front Squat
- Dumbbell Stiff-Leg Deadlift
- Barbell Stiff-Leg Deadlift
- Dumbbell Goblet Squat
- Knee Tuck Jumps
- Burpees
- Bodyweight Squat
- ~~1.5 Rep Bodyweight Squats~~
- Medicine Ball Squat
- Barbell Bulgarian Split Squat
- Bodyweight Bulgarian Split Squat
- Mini-Band Air Squat
- Jump Squat
- Wall Sit
- Medicine Ball Deadlift
- Single Leg Bodyweight Deadlift
- Kettlebell Sumo Deadlift
- Good Morning
- Bodyweight Glute Bridge
- Single Leg Glute Bridge
- Banded Glute Bridge
- Duck Walk
- Bird Dog
- Groiners
- Fire Hydrants
- Smith Machine Hip Thrust
- Barbell Hip Thrust
- Band Seated Hip Abduction
- Seated Hip Abduction Machine
- Standing Cable Abduction
- Bodyweight Frog Pump
- Smith Machine Frog Pump
- Banded Clams
- Side Lying Leg Raise
- Glute Ham Raise
- Dumbbell Step Up
- Lateral Mini-Band Walk
- Standing Knee Raise
- Kettlebell Swings
- Standing Cable Kickback
- Donkey Kicks
- Side Lying Hip Raise
- Squat Sit to Reach

## **Calves**

- Seated Calf Raise
- Standing Calf Raise