

# Comprehensive Exercises Guide

Generated: 2025-08-10 07:06:02 UTC

# Introduction

This guide explains exercise selection, programming basics, and a catalog of high-value movements for general fitness. Key training principles include progressive overload (gradually increasing stress over time), specificity (train for your goals), and recovery (sleep, nutrition, deloads).

## Exercise Categories

Exercises fall into categories: compound (multi-joint) lifts, isolation (single-joint) movements, bodyweight, mobility, and conditioning. Compound lifts like squats and deadlifts produce the largest systemic adaptations and are the foundation for strength and hypertrophy programs.

## Bodyweight Exercises - Push-Up

**Push-Up:** Targets chest, anterior shoulders, and triceps. Benefits: accessible, scalable, and builds pressing endurance. Common mistakes: sagging hips, flared elbows, shallow range of motion. Variations: incline push-up, knee push-up, decline push-up, weighted push-up. Programming: 3–4 sets of 6–20 reps depending on strength/endurance goals.

## Bodyweight Exercises - Pull-Up

**Pull-Up / Chin-Up:** Targets latissimus dorsi, biceps, and scapular stabilizers. Benefits: excellent for upper-body pulling strength and posture. Progressions: Australian row -> Assisted pull-up -> Band-assisted -> Full pull-up. Programming: 3–5 sets of 3–12 reps.

## Squat (Back/Front)

**Squat:** Primary lower-body compound. Muscles: quads, glutes, hamstrings, core. Benefits: strength, functional carryover to daily tasks. Common issues: knee cave, forward torso collapse. Progressions/Regressions: goblet squat, box squat, pause squat. Programming: 3–6 sets of 3–8 (strength) or 8–15 (hypertrophy).

## Deadlift (Conventional / Sumo)

**Deadlift:** Posterior chain dominant: hamstrings, glutes, spinal erectors, and grip. Benefits: overall strength, posterior chain development. Variations: Romanian, trap bar, sumo. Technique cues: neutral spine, hinge at hips, bar close to legs. Programming: 2–6 sets of 1–6 (strength) or 6–10 (hypertrophy variants).

## Accessory Movements

Examples include biceps curls, triceps extensions, calf raises, lateral raises. Use these to address weak links, build muscle symmetry, and improve aesthetics. Keep volume moderate and prioritize big compound lifts first.

## Conditioning & Cardio Options

Conditioning includes running, cycling, rowing, and interval training. Benefits: cardiovascular health, metabolic flexibility, and work capacity. Mix steady-state and high-intensity methods per goal.

## **Mobility & Flexibility**

Mobility work (dynamic) should precede training and static stretching is best post-workout or during recovery sessions. Include controlled articular rotations and movement-specific drills to maintain joint range-of-motion.

## **Sample Beginner Full-Body Program (3x/week)**

A simple template: A) Squat variation 3x8, B) Push (push-up/bench) 3x8, C) Pull (row/pull-up) 3x6-8, D) Hinge (deadlift/romanian) 2x6-8, E) Core (plank) 3x30–60s. Progression: add 1–2 reps per session or increase load when you can complete the top of the rep range for all sets.

## **Programming Fundamentals**

Sets, reps, and intensity depend on goals: strength (1–6 reps), hypertrophy (6–15 reps), endurance (15+ reps). Rest intervals: strength 2–5 min, hypertrophy 60–90s, endurance 30–60s. Plan recovery weeks every 4–8 weeks depending on training age.

## **Safety & Warm-Up**

Warm-up: 5–10 minutes of light cardio, joint mobility, and movement-specific sets with light loads. Key safety tips: prioritize form over heavy loads, learn lifts from qualified coaches, and address persistent pain with a medical professional.