**Shoulders & Traps:**

Seated Barbell Military Press:

Set barbell on forward rack slightly below shoulder height so bar may be more easily unracked and racked. Position seat so bar does not hit uprights but close enough to easily mount and rack. Range of motion will be compromised if grip is too wide. Grip is slightly narrower than shoulder press. Torso is postured more upright than traditional Military Press.

Seated Dumbbell Press:

Position dumbbells to each side of shoulders with elbows below wrists. Press dumbbells upward until arms are extended overhead. Lower to sides of shoulders and repeat.

Front Dumbbell Raise:

While standing, hold a dumbbell in each hand in front of thighs. Contract your abdominals. While keeping your arms straight, raise your left arm in front of you until it reaches shoulder height. Hold for one second and lower back to starting position. Repeat with right arm.

Side Lateral Raise:

While standing, hold a dumbbell in each hand with palms facing towards you. Contract your abdominals. While keeping your arms straight, raise the dumbbells to your side until they reach shoulder level. Hold for one second and lower back to starting position.

Barbell Front Raise

Arnold Dumbbell Raise

Bent Over Dumbbell Rear Delt Raise

Upright Barbell Row

Standing Low – Pulley Deltoid Raise

Dumbbell Shrug

**Chest:**

Barbell Incline Bench Press:

Lie back on an incline bench with a dumbbell in each hand atop your thighs. The palms of your hands will be facing each other. Then, using your thighs to help push the dumbbells up, lift the dumbbells one at a time so that you can hold them at shoulder width. Once you have the dumbbells raised to shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. This will be your starting position. Be sure to keep full control of the dumbbells at all times. Then breathe out and push the dumbbells up with your chest. Lock your arms at the top, hold for a second, and then start slowly lowering the weight. Tip ideally; lowering the weights should take about twice as long as raising them.

Incline Dumbbell Bench Press:

Lie back on an incline bench with a dumbbell in each hand atop your thighs. The palms of your hands will be facing each other. Then, using your thighs to help push the dumbbells up, lift the dumbbells one at a time so that you can hold them at shoulder width. Once you have the dumbbells raised to shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. This will be your starting position. Be sure to keep full control of the dumbbells at all times. Then breathe out and push the dumbbells up with your chest.Lock your arms at the top, hold for a second, and then start slowly lowering the weight. Tip Ideally, lowering the weights should take about twice as long as raising them.

Decline Dumbbell Bench Press:

Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width. Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90-degree angle. Be sure to maintain full control of the dumbbells at all times. This will be your starting position. Then, as you breathe out, use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly.

Cable Crossover:

To get yourself into the starting position, place the pulleys on a high position (above your head), select the resistance to be used and hold the pulleys in each hand. Step forward in front of an imaginary straight line between both pulleys while pulling your arms together in front of you. Your torso should have a small forward bend from the waist. This will be your starting position. With a slight bend on your elbows in order to prevent stress at the biceps tendon, extend your arms to the side (straight out at both sides) in a wide arc until you feel a stretch on your chest. Breathe in as you perform this portion of the movement. Tip: Keep in mind that throughout the movement, the arms and torso should remain stationary; the movement should only occur at the shoulder joint. Return your arms back to the starting position as you breathe out. Make sure to use the same arc of motion used to lower the weights.

Dips

Barbell Bench Press

Dumbbell Bench Press

Decline Barbell Bench Press

Dumbbell Flyes

Dumbbell Pullover

**Back:**

Wide-Grip Pull-Up:

Step up and grasp bar with overhand wide grip. Pull body up until chin is above bar. Lower body until arms and shoulders are fully extended. Repeat. For more effective pull ups add weight on dip belt or dumbbell between ankle.

Single Arm Row:

Stand to the left of a bench holding a dumbbell in your left hand with your palm facing in. Place your right hand and right lower leg on the bench. Lean forward at the hips and place right hand on the bench while keeping your abs tight and your back straight. Pull the dumbbell straight up bending your elbow until the dumbbell reaches your chest. Keep your elbow pulled into your side. Hold for one second and lower arm to return to start position. Complete all reps on left side before completing on the right.

Lat Pulldown:

Sit on the seat of a cable station with your feet planted on the floor. Hold the bar with an overhand grip and your hands about shoulder-width apart. Keep your back straight and your torso stable by pulling your abdominals in. Using the muscles of your upper back and keeping your shoulders away from your ears, pull the bar down until it reaches just above your chest and your elbows are at your sides. Hold for one second and return to start position with controlled movement.

Bent Over Barbell Row:

This exercise can be done with a barbell or dumbbells. To start, stand straight up holding a barbell in front of your thighs with a shoulder-width grip and palms facing in. Bend forward at your waist keeping your back straight and abdominals contracted. The barbell should be close to your level of your knees. This is start position. Without moving your torso, pull the barbell up towards you (at the level of your navel), drawing your elbows directly back and keeping them close to your body. Hold for one second and lower the barbell back to start position.

Machine Assisted Pull-Up

Grionda Sternum Chins

Wide-Grip Pulldown Behind The Neck

Underhand Cable Pulldowns

V-Bar Pulldown

Elevated Cable Rows

T-Bar Row

Bent Over Two-Dumbbell Row Images

Deficit Deadlift

Hyperextensions

**Biceps & Forearms:**

Bicep Curl:

While standing, hold a dumbbell in each hand with your arms hanging at your sides and palms facing in towards your body. Keeping your elbows close to your body, rotate your wrist to face outward and bend your elbows to bring the dumbbells up to your shoulders. Hold for one second and slowly lower your arms to return to starting position

Hammer Curl:

Stand up with your torso upright and a dumbbell on each hand being held at arm’s length. The elbows should be close to the torso. The palms of the hands should be facing your torso. This will be your starting position. Now, while holding your upper arm stationary, exhale and curl the weight forward while contracting the biceps. Continue to raise the weight until the biceps are fully contracted and the dumbbell is at shoulder level. Hold the contracted position for a brief moment as you squeeze the biceps. Tip: Focus on keeping the elbow stationary and only moving your forearm. After the brief pause, inhale and slowly begin the lower the dumbbells back down to the starting position.

Incline Dumbbell Curl:

Sit back on an incline bench with a dumbbell in each hand held at arm’s length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position. While holding the upper arm stationary, curl the weights forward while contracting the biceps as you breathe out. Only the forearms should move. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a second. Slowly begin to bring the dumbbells back to starting position as your breathe in.

Alternating Bicep Curl:

While standing, hold a dumbbell in each hand with your arms hanging at your sides and palms facing in towards your body. Keeping your elbows close to your body, rotate your right wrist to face outward and bend your elbow to bring the dumbbell up to your shoulders. Hold for one second and slowly lower your right arm to return to starting position. Repeat with left arm.

Concentration Curls

Barbell Curl

Preacher Curl

Barbell Curls Lying Incline

One Arm Dumbbell Preacher Curl

Barbell Hammer Curl

Palms-Up Barbell Wrist Curl Over A Bench

Palms –Down Barbell Wrist Curl Over A Bench

**Triceps:**

Triceps Push-Up:

Get in a full plank position placing hands directly next to your chest. Keep your neck in a neutral position and contract your abdominals and glutes to keep your body in a straight line. Lower your chest to the floor keeping your elbows close to your body. Once your elbows reach 90 degrees, push your hands into the floor to straighten your arms and raise your body to starting position.

Bench Dips:

Sit on the edge of a stable bench, chair, or step. Place your hands next to your hips with your fingers facing forward and your elbows bent. Lift up on your hands and bring your hips off the bench. Slowly bend your elbows while lowering your hips and keeping your body close to the bench. Push back up until your elbows are straight but not locked.

Seated Dumbbell Triceps Extension:

This can be done seated or standing. Hold a dumbbell behind your head with your elbows bent

Keeping your elbows close to your ears, straighten your arms until they are fully extended overhead but not locked. Hold for one second and lower your arms to return to start position while keeping your elbows directly next to your ears.

Tricep Kickback:

Stand to the right of a bench holding a dumbbell in your right hand and your palm facing in. Place your left hand and left lower leg on the bench. Lean forward at the hips and place left hand on the bench while keeping your abs tight and your back straight. Bend your right elbow so it forms a 90-degree angle and your upper arm is parallel with the floor. Keeping your elbow close to your body, straighten your right arm until your elbow is fully extended. Hold for one second and bend arm at the elbow to return it to 90 degrees. Complete a full set on the right arm before completing the exercise on the left.

Standing Bent-Over One-Arm Dumbbell Triceps Extension

Lying Dumbbell Tricep Extension

EZ-Bar Skullcrusher

Standing One-Arm Dumbbell Triceps Extension

Cable One Arm Tricep Extension

Dip Machine

**Abdominals:**

Crunches:

Lie on your back with feet flat on the floor, knees bent and hands placed lightly behind your ears. Contract your abdominals by pulling your belly button into your spine and eliminating any space between your lower back and the floor. With your chin lifted (as if you have a ball between your chin and your neck), raise your shoulders off the floor while keeping your abdominals contracted. Hold for one second and lower back to start position.

Russian Twist:

Lie on the floor with your knees bent at 90 degrees and your feet on the floor. Sit halfway up and extend your arms out in front of you. \*For an added challenge, lift your legs off the floor and balance on your sit bones while keeping your back straight. You can also hold a dumbbell or light weight to make the exercise more difficult. While exhaling, rotate your torso to the right as far as you can while maintaining the angle of your torso to the floor. Inhale, return back to center, and repeat on left side. Continue alternating sides until exercise is completed.

Butterfly Crunches:

Lie on your back with your knees open and the soles of your feet together (in a butterfly position). Lengthen your arms overhead so they are resting on the floor. Exhale and bring your hands and knees toward each other, performing a full-body crunch. Your shoulder blades should be off the mat as you perform a small reverse crunch, lifting your pelvis a bit off the mat. Hold this position for a moment, and really feel your abs squeezing. Slowly lower your arms and feet back to starting position to complete one rep.

Lying leg and hip raise:

Lie supine (on your back) on a bench with your legs straight. Grasp the sides of the bench by your head for stability. Press your lower back against the bench so that it is supported. Exhale as you slowly flex your knees and hips and bring your knees toward your chest. Once your hips are fully flexed, curl your hips up off the bench by flexing your abdomen. Try to hold the contracted position for a second. Inhale as you slowly reverse the motions and return your legs to the starting position. Repeat.

Decline Oblique Crunch

Hanging Pike

Decline Reverse Crunch

Ab Crunch Machine

Seated Leg Tucks

Oblique Raises on Parallel Bars

Ab Roller

Dumbbell Side Bend

Alternate Heel Touchers

Decline Crunches

**Legs:**

Barbell Squat:

Begin with the barbell supported on top of the traps. The chest should be up and the head facing forward. Adopt a hip-width stance with the feet turned out as needed. Descend by flexing the knees, refraining from moving the hips back as much as possible. This requires that the knees travel forward. Ensure that they stay align with the feet. The goal is to keep the torso as upright as possible. Continue all the way down, keeping the weight on the front of the heel. At the moment, the upper legs contact the lower legs reverse the motion, driving the weight upward.

Dumbbell Rear Lunge:

Stand with your torso upright holding two dumbbells in your hands by your sides. This will be your starting position. Step forward with your right leg around 2 feet or so from the foot being left stationary behind and lower your upper body down, while keeping the torso upright and maintaining balance. Inhale as you go down. As in the other exercises, do not allow your knee to go forward beyond your toes as you come down, as this will put undue stress on the knee joint. Make sure that you keep your front shin perpendicular to the ground. Using mainly the heel of your foot, push up and go back to the starting position as you exhale. Repeat the movement for the recommended amount of repetitions and then perform with the left leg.

Leg Extensions:

For this exercise, you will need to use a leg extension machine. First, choose your weight and sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the sidebars. This will be your starting position. Tip: You will need to adjust the pad so that it falls on top of your lower leg (just above your feet). Also, make sure that your legs form a 90-degree angle between the lower and upper leg. If the angle is less than 90-degrees then that means the knee is over the toes, which in turn creates undue stress at the knee joint. If the machine is designed that way, either look for another machine or just make sure that when you start executing the exercise you stop going down once you hit the 90-degree angle. Using your quadriceps, extend your legs to the maximum as you exhale. Ensure that the rest of the body remains stationary on the seat. Pause a second on the contracted position. Slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit.

Standing Calf Raise:

Adjust the padded lever of the calf raise machine to fit your height. Place your shoulders under the pads provided and position your toes facing forward (or using any of the two other positions described at the beginning of the chapter). The balls of your feet should be secured on top of the calf block with the heels extending off it. Push the lever up by extending your hips and knees until your torso is standing erect. The knees should be kept with a slight bend; never locked. Toes should be facing forward, outwards or inwards as described at the beginning of the chapter. This will be your starting position. Raise your heels as you breathe out by extending your ankles as high as possible and flexing your calf. Ensure that the knee is kept stationary at all times. There should be no bending at any time. Hold the contracted position by a second before you start to go back down. Go back slowly to the starting position as you breathe in by lowering your heels as you bend the ankles until calves are stretched.

Calf Press On The Leg Press Machine

Barbell Seated Calf Raise

Standing Dumbbell Calf Raise

Leg Press

Hack Squats

Dumbbell Step Ups

Lying Leg Curls

Stiff-Legged Barbell Deadlift

Natural Glute Ham Raise

Glute Ham Raise

**Cardio:**

Burpee:

Stand upright with arms to sides. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, buck hips ups slightly by extending knees and hips, then immediately kick legs back. Land on forefeet with body in straight, plank position. Keeping upper body in place buck hip up and rapidly pull legs forward under body returning feet in original position. Rise up to original standing posture.

Jogging Treadmill:

Step onto deck of treadmill and grasp rails. Straddle belt by standing on sides of treadmill. Attach safety tether. Select "quick start" or enter program. Run, keeping pace with treadmill.

Elliptical Trainer:

Step on pedal platforms and grasp handle rails. Select "quick start" or enter program. Pedal forward by placing weight on one foot, allowing the other foot to move forward. Alternate with opposite side until momentum allows continued forward rotation.

Running

Bicycling