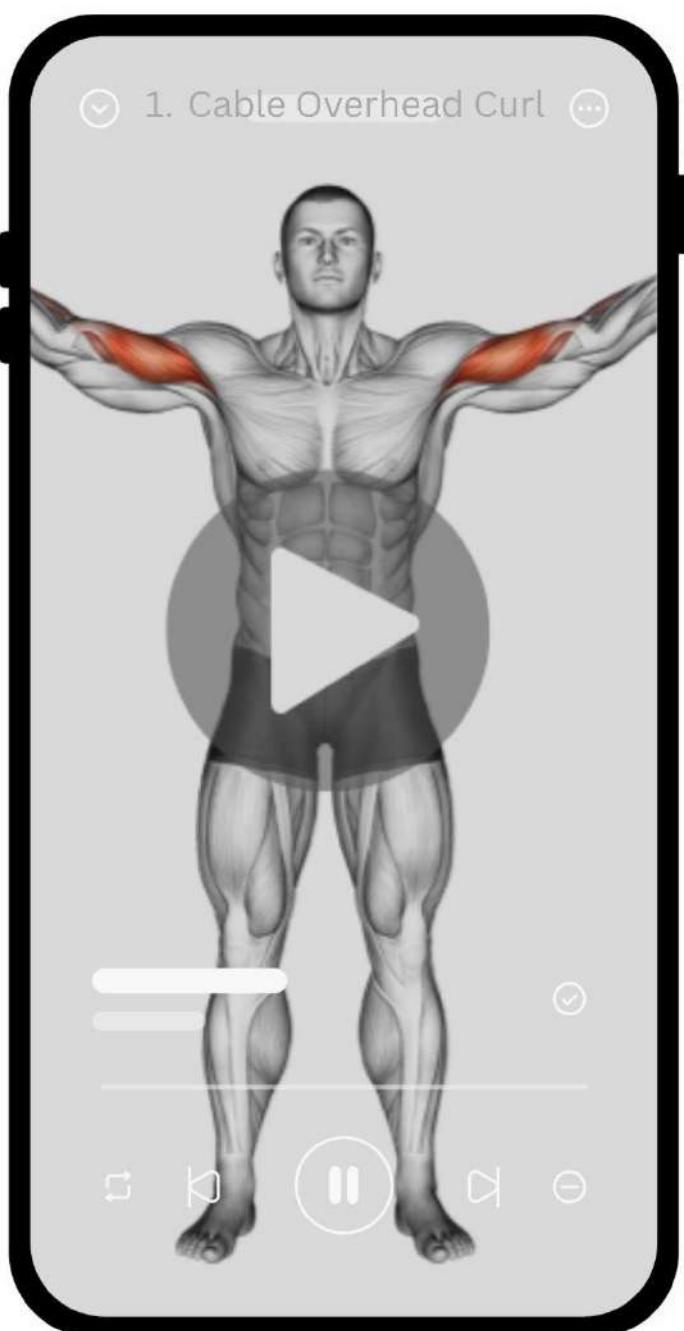


BUILD WITH

LIVE

250+
Bodybuilding
Videos in this
book



Designed By Javi Isurumal

Introduction

Welcome to **BUILD WITH LIVE**, the world's first and only live video book dedicated to bodybuilding enthusiasts! This revolutionary guide is not just another book—it's an immersive experience designed to transform the way you understand and practice bodybuilding.

What Makes **BUILD WITH LIVE** Unique?

- **Live Video Experience:** This book includes **250 exclusive videos** that bring exercises to life, making it easier to see, learn, and perfect every movement in real time.
- **Full-Body Anatomy Exploration:** Understand every muscle, from head to toe, as you learn the science behind each movement.
- **HOW TO DO & TIPS:** Each exercise is accompanied by step-by-step instructions and expert tips, ensuring you execute every move with precision.
- **Breathing Techniques:** Master the art of breathing to enhance performance and endurance during workouts.

Why This Book?

Bodybuilding is not just about lifting weights—it is about understanding your body, optimizing your movements, and achieving results safely and effectively. With **BUILD WITH LIVE**, you are not only gaining knowledge but also witnessing the impact of each exercise on your muscles, live and in motion.

Full Body Anatomy

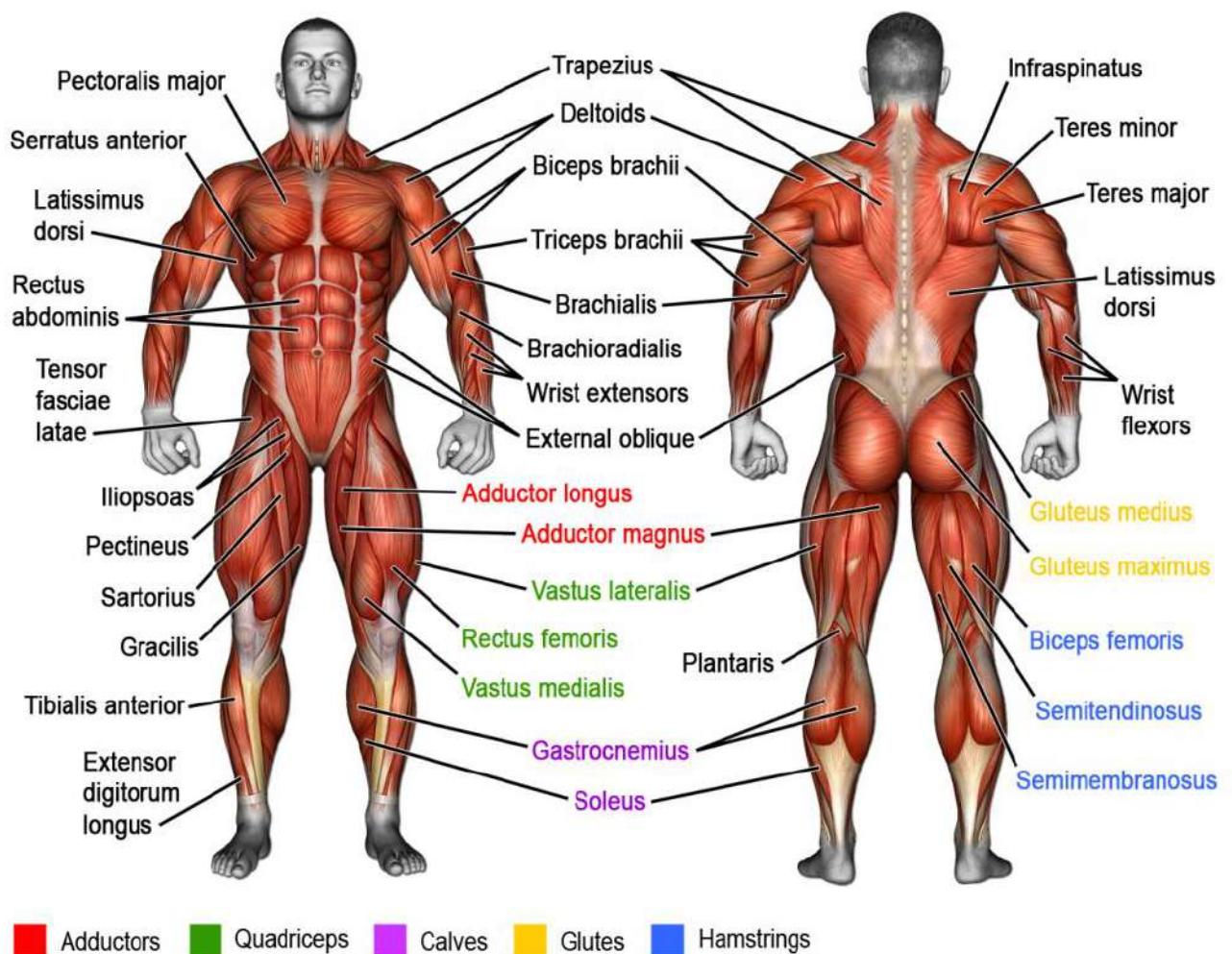
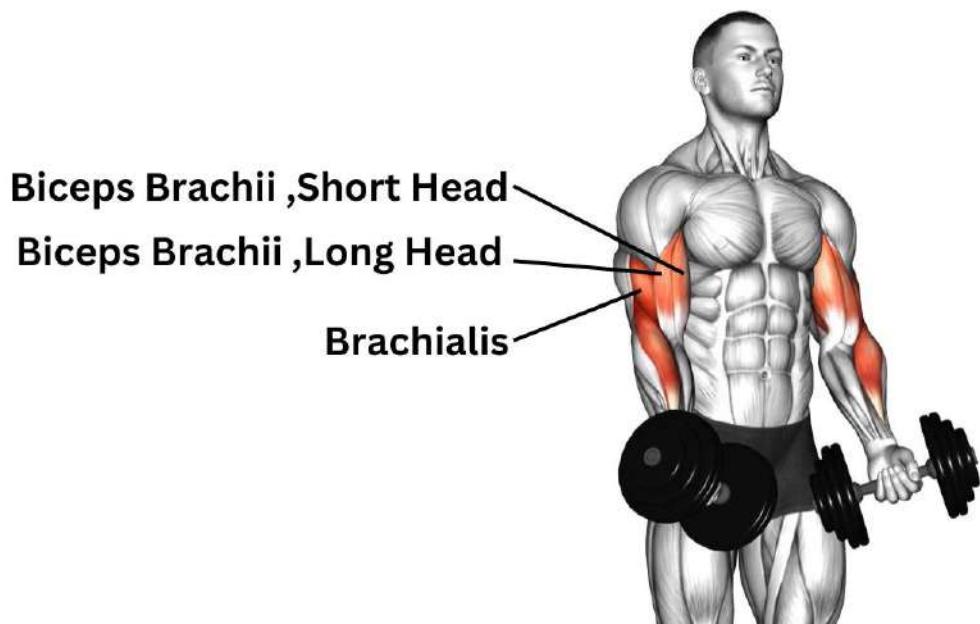


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1. BICEPS



Anatomy of the Biceps

The Biceps Brachii are a large muscle group of the upper arm, located between your shoulders and forearms. They consist of two heads — the biceps short and long heads.

The bicep heads function to perform elbow flexion and shoulder stabilization during movement. They are essential in upper body strength and functional activities involving lifting, carrying, and pulling. Research shows the biceps brachii can reach maximum voluntary contraction of approximately 20% during elbow flexion. This depicts how hard the muscle is working and increases when resistance is applied during these exercises.

1. Biceps Long Head

Most outside part of your bicep. The front of your upper arm.



2. Biceps Short Head

Most inside portion of the biceps. Located at the front of your upper arm closest to your chest.



3. Brachialis

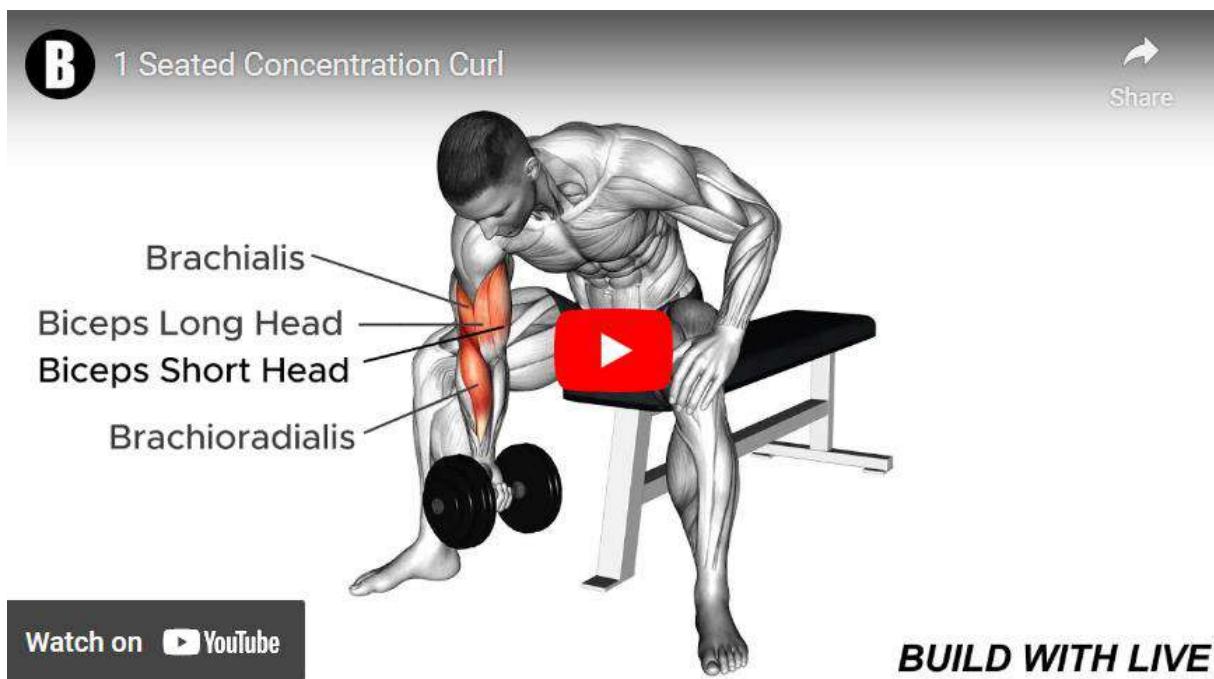
Muscles which starts at the middle of your upper arm and connects just below the elbow.



Exercises list of Biceps

- 1. Seated Concentration curl**
- 2. Dumbbell Biceps Curl**
- 3. Dumbbell Alternating Biceps Curl**
- 4. Cable Biceps Curl**
- 5. Spider Curl**
- 6. Incline Dumbbell Curl**
- 7. Dumbbell preacher Curl**
- 8. Cable Preacher Curl**
- 9. E-Z bar preacher curl**
- 10. Dumbbell Zottman curl**
- 11. Dumbbell one Arm Zottman Preacher Curl**
- 12. Dumbbell Zottman Preacher Curl**
- 13. Barbell Close-Grip biceps Curl**
- 14. Drag Curl**
- 15. Wide-Grip Barbell Curl**
- 16. Dumbbell Lunge with Biceps Curl**
- 17. Bayesian curl**
- 18. Close Grip Cable Curl**
- 19. Single arm Cable curl**
- 20. Chin-Up**
- 21. Pull-Ups**
- 22. Close Grip Chin Ups**

1. Seated Concentration Curl



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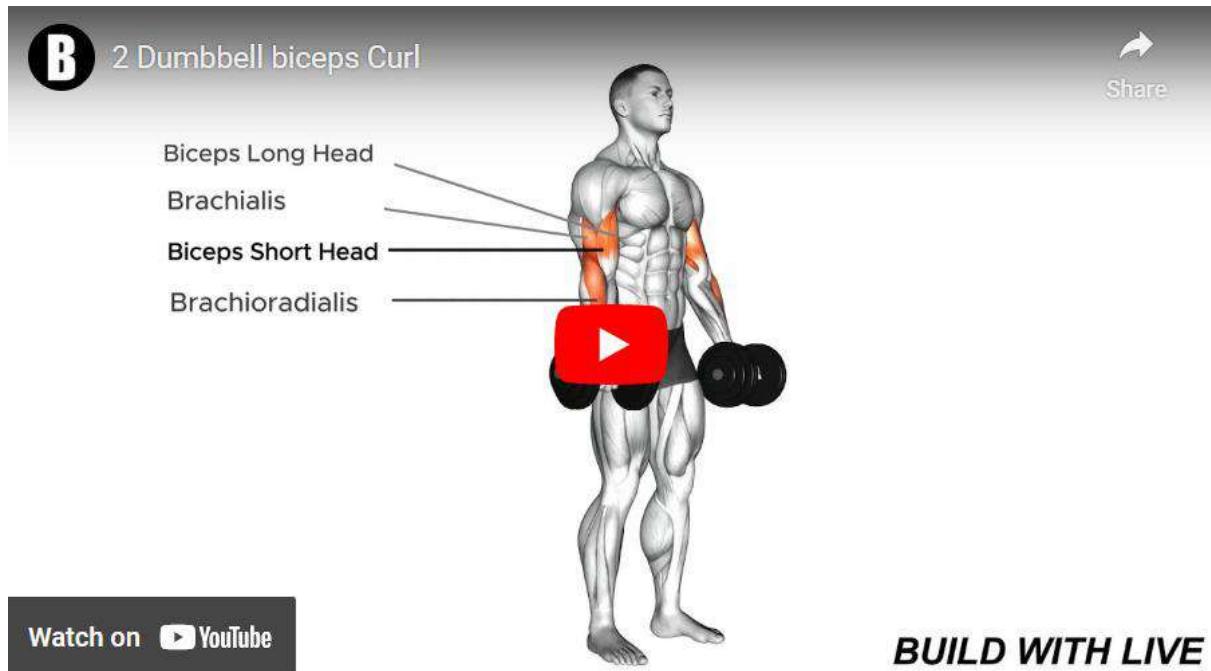
How to Do

1. Grab a dumbbell and sit on the end of a flat bench.
2. Sitting upright, position your feet shoulder-width apart.
3. Lean forward and position the dumbbell arm between your legs.
4. Place the triceps of your dumbbell arm firmly against the inner side of the same thigh.
5. Your elbow should be just below the thigh, with your elbow extended (straight).
6. Place your free arm on the other knee for support.
7. Inhale and engage your core. Exhale, flex the elbow and curl the dumbbell up toward your shoulder.
8. Once the elbow is flexed at shoulder height, pause briefly at the top position. Inhale and gradually lower it back down until the elbow is extended.

Tips

- Place your free hand on the opposite knee. This will form a solid base, improving your lifting capacity.
- Focus on tensing the biceps, and controlling the contracting through the entire movement. This will improve mind-muscle connection, enhancing results.

2. Dumbbell Bicep Curl



Watch on YouTube

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<https://youtu.be/yYpq4gjUT7c>

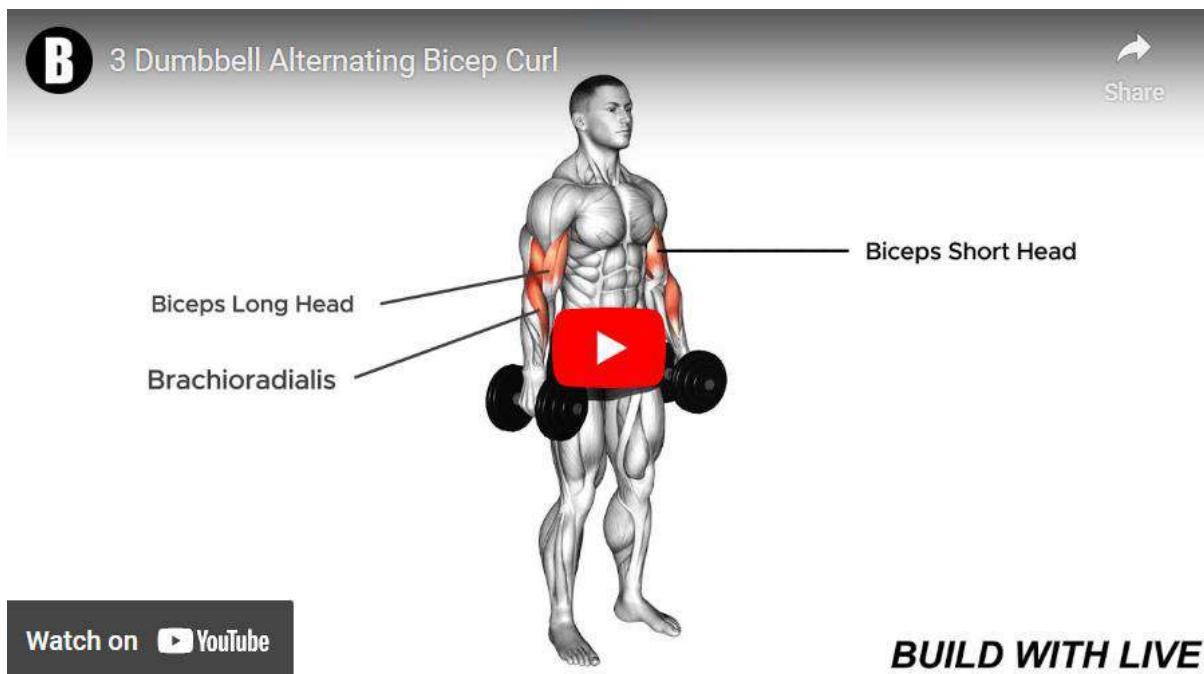
How to Do

1. Grab a pair of dumbbells. Stand upright, and position your feet shoulder-width apart.
2. Rotate the dumbbell so that your palms are facing away from the body.
3. Inhale and engage your core muscles.
4. Exhale and curl the dumbbells up toward your shoulders with your elbows tucked to your sides.
5. Curl until the dumbbells reach shoulder height. Pause briefly at the top position.
6. Inhale and gradually lower the dumbbells down until they reach the thighs.

Tips

- Inhale and tense your core before each repetition. This will keep your torso rigid and improve your lifting capacity.
- Tense your biceps as you curl the dumbbell. This will improve muscle contraction.

3. Dumbbell Alternating Bicep Curl



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<https://youtu.be/wEW8rT8NhRo>

How to Do

1. Stand with feet shoulder-width apart, holding a dumbbell in each hand.
2. Keep your arms at your sides, palms facing forward.
3. Curl one dumbbell upward, squeezing your bicep at the top of the movement.
4. Lower the dumbbell back to the starting position while curling the other dumbbell.
5. Alternate between arms for the desired number of repetitions.
6. Finish.

Tips

- Keep your elbows close to your torso to avoid swinging.
- Focus on a controlled motion to maximize bicep engagement.
- Avoid twisting your torso; keep your core engaged for stability.
- Squeeze your biceps at the top of each rep for better muscle activation.
- Start with lighter weights to maintain proper form before progressing to heavier loads.

4. Cable Bicep Curl



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<https://youtu.be/tvAQy55r56w>

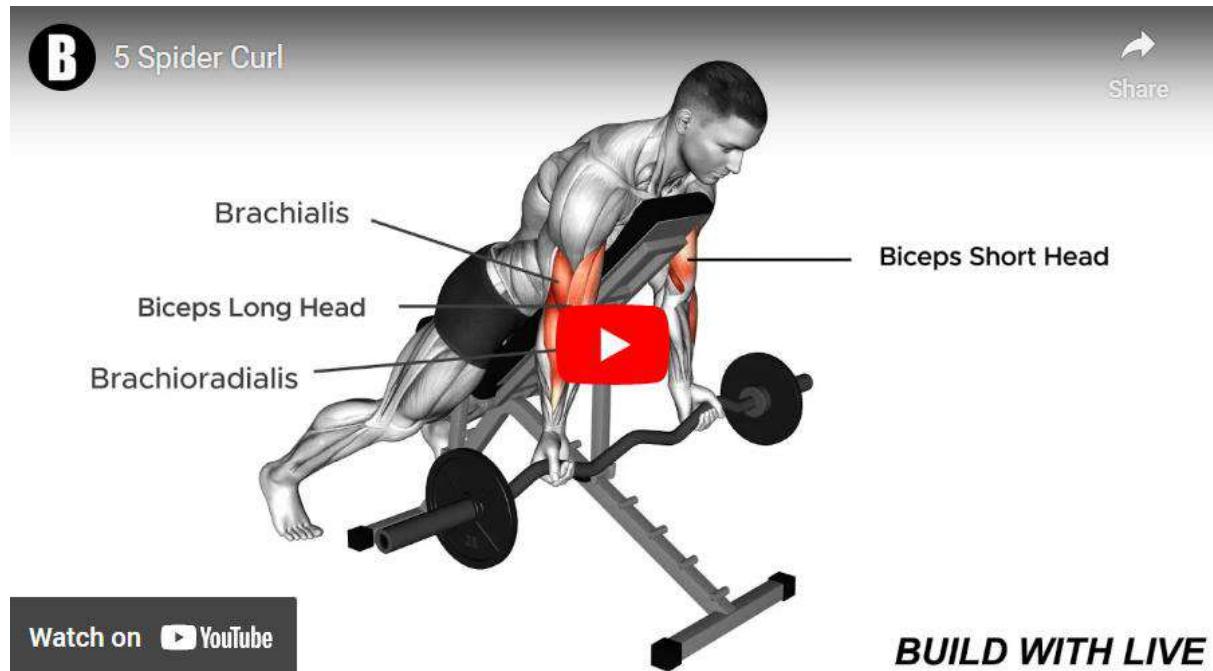
How to Do

1. Begin by attaching a bar to a low pulley on a cable machine.
2. Select the appropriate weight for your goals and fitness level.
3. Place your feet shoulder-width apart and hips forward.
4. Grip both ends of the bar using an underhand grip.
5. Inhale and engage your core.
6. Exhale as you curl the bar up, keeping a straight back and using control.
7. Keep your elbows in and concentrate on squeezing your biceps throughout the movement.
8. Hold at the top for a count to maximally activate the biceps.
9. Inhale as you slowly lower the bar down until your arms are fully extended.
10. Repeat for the appropriate sets and reps

Tips

- Keep your elbows in by your sides to ensure your shoulders are properly engaged.
- Do not raise the bar above shoulder height as this may cause pain or injury.
- If you experience shoulder pain or discomfort, stop performing the exercise until after consulting with a fitness professional.

5. Spider Curl



<https://youtu.be/W-QcBwfp0gs>

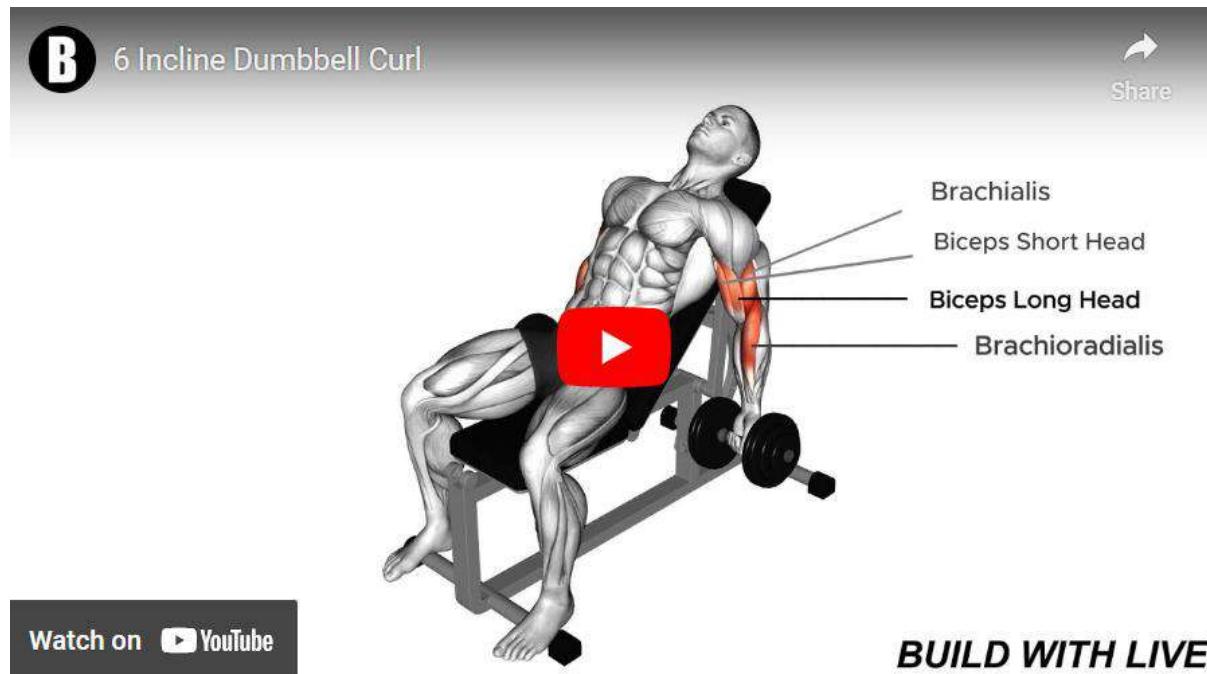
How to Do

1. Begin by setting up an incline bench at around a 45-degree angle and place a barbell in front of the bench.
2. Lie face down on the incline bench with your chest and upper body against the pad, ensuring your shoulders are at the top of the bench and your feet are on the floor.
3. Reach forward and grasp the barbell or an EZ bar with an underhand grip (palms facing up), hands shoulder-width apart.
4. Allow the barbell to hang at arm's length in front of the bench, with your arms fully extended.
5. Slowly curl the barbell upwards by flexing your elbows, exhaling as you lift the bar towards your forehead or the top of your forehead.
6. Squeeze your biceps at the top of the movement and hold for a brief pause.
7. Lower the barbell back down to the starting position in a controlled manner, inhaling as you extend your arms.
8. Repeat the curl for the desired number of repetitions while maintaining proper form and control.
9. Engage your core and keep your chest against the bench for stability throughout the exercise.

Tips

- Use an incline bench set at a 45-degree angle, allowing your arms to hang freely. Keep your chest against the bench for stability and to isolate the short head of your biceps.
- Focus on controlled and deliberate curls, ensuring a full range of motion. Squeeze your biceps at the top of each rep to maximize muscle engagement.
- Keep your elbows in front of your body throughout the exercise to emphasize the short head of the biceps. Avoid swinging or using momentum to lift the weight, maintaining strict form for optimal results.

6. Dumbbell Incline Bicep Curl



<https://youtu.be/NLLSHK9vWQE>

How to Do

1. Set an incline bench to a 45-degree angle and sit down with a dumbbell in each hand.
2. Let your arms hang straight down, palms facing forward, keeping your back pressed against the bench.
3. Curl the dumbbells upward, squeezing your biceps at the top of the movement.
4. Lower the dumbbells slowly until your arms are fully extended.
5. Repeat for the desired number of repetitions.

Tips

- Keep your back flat against the bench to avoid using momentum.
- Focus on a slow, controlled movement for maximum bicep isolation.
- Avoid swinging your arms; keep them steady throughout the curl.
- Fully extend your arms at the bottom for a full stretch and better activation.
- Squeeze your biceps at the top of each rep to enhance muscle contraction.

7. Dumbbell Preacher Curl



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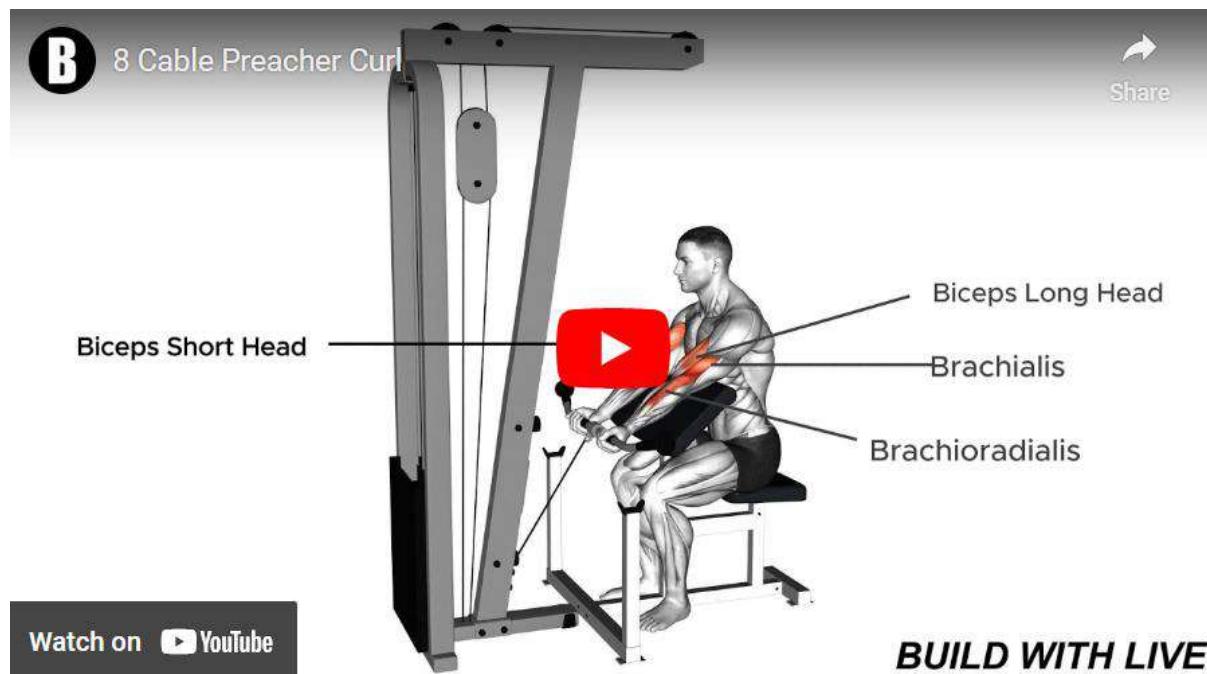
How to Do

1. Pick up a pair of dumbbells and sit down on the preacher bench seat.
2. Lean forward, lift your arms, and position the back of your arms (triceps) against the padding.
3. Your chest should be in line with the preacher pad. Make sure your feet are flat on the floor.
4. Lower the dumbbells into the starting position by extending the elbows.
5. Inhale and engage your core. Exhale and curl the dumbbells towards shoulder height.
6. Pause briefly at the top position. Inhale and lower the dumbbells back to the starting position under control.

Tips

- Avoid fully extending the elbows. Straightening the arm under load in this position can result in bicep tears.
- Place the back of your arms firmly against the padding, and tense your core muscles for the duration of the set. This will create a stable base, improving your lifting capacity.

8. Cable Preacher Curl



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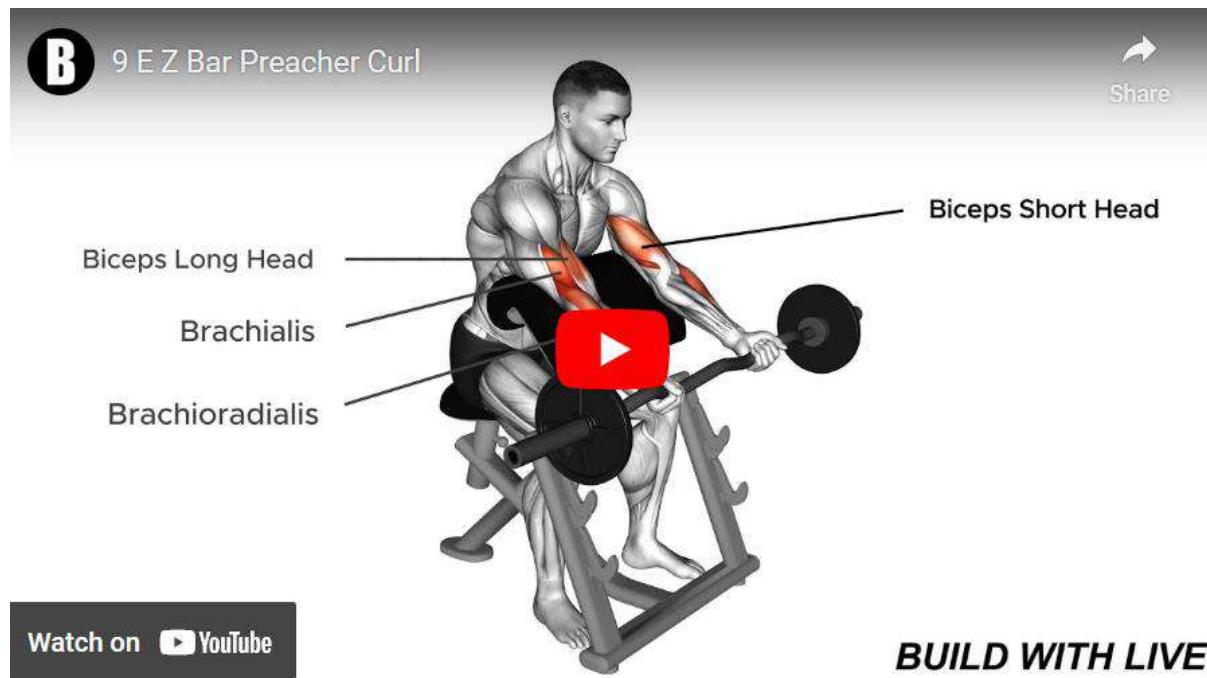
How to Do

1. Place the preacher bench close to the cable machine so you can reach the handle while seated.
2. Adjust the seat height so your arms rest comfortably on the bench pad.
3. Set the pulley height to the lowest possible setting so the angle is low enough to target the biceps effectively.
4. Securely attach a straight bar to the pulley
5. Grip the bar with an underhand grip (palms facing upward).
6. Inhale and engage your core.
7. Exhale and contract your biceps to gently curl the weight while keeping your body and upper arms stable. Your elbows should stay in the same position.
8. When the biceps are fully contracted, hold the position and concentrate on squeezing them for maximum engagement.
9. Inhale and slowly lower the weight until the arms are fully extended. Be careful not to fully drop the weight to maintain constant tension.
10. Repeat for the desired number of reps and sets.

Tips

- Position the preacher bench so you can comfortably keep your upper arms flat on the pad curling only the forearms.
- Use a moderate weight to retain proper lifting form throughout the reps.
- Practice controlled breathing by inhaling when lowering and exhaling when curling up.

9. EZ Bar Preacher Curl



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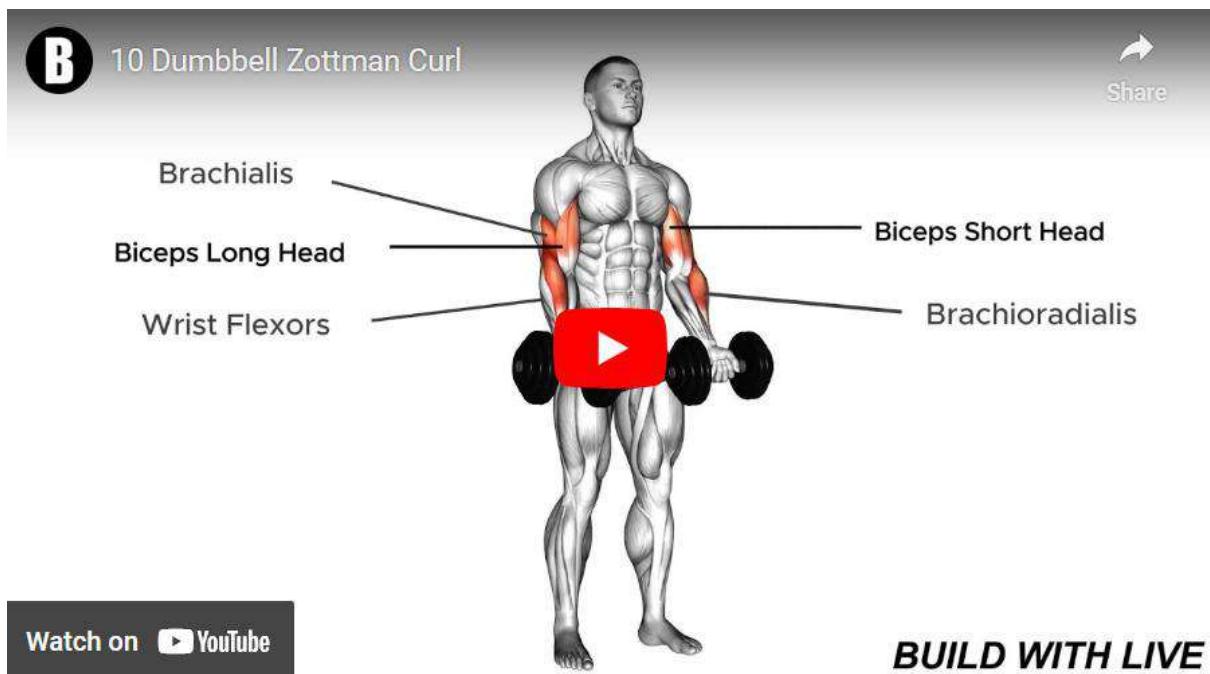
How to Do

1. Begin by setting up an EZ bar on a preacher bench, making sure the bar is loaded with the desired weight.
2. Sit on the preacher bench with your chest against the pad and your feet flat on the floor.
3. Grasp the EZ bar with an underhand grip (palms facing up), ensuring your hands are shoulder-width apart.
4. Rest your upper arms on the angled pad of the preacher bench, with your elbows fully extended and your armpits against the top of the pad.
5. Slowly curl the bar upwards by flexing your elbows, exhaling as you lift the bar toward your shoulders.
6. Squeeze your biceps at the top of the movement and hold for a brief pause.
7. Lower the EZ bar back down to the starting position in a controlled manner, inhaling as you extend your arms.
8. Repeat the curl for the desired number of repetitions, maintaining proper form and control.
9. Engage your core and keep your back against the bench for stability throughout the exercise.

Tips

- Ensure your elbows are firmly positioned on the preacher bench pad throughout the exercise. This stabilizes your upper arms, isolates the short head of the biceps, and minimizes cheating.
- Maintain a slow and controlled lifting and lowering motion. Avoid swinging or using momentum to lift the bar, as this ensures maximum muscle engagement and minimizes the risk of injury.
- Lower the barbell fully to stretch the biceps, and then curl it upward until your forearms touch your biceps. This complete range of motion optimizes muscle activation and helps achieve the best results in your short head bicep workout.

10. Dumbbell Zottman Curl



Watch on YouTube

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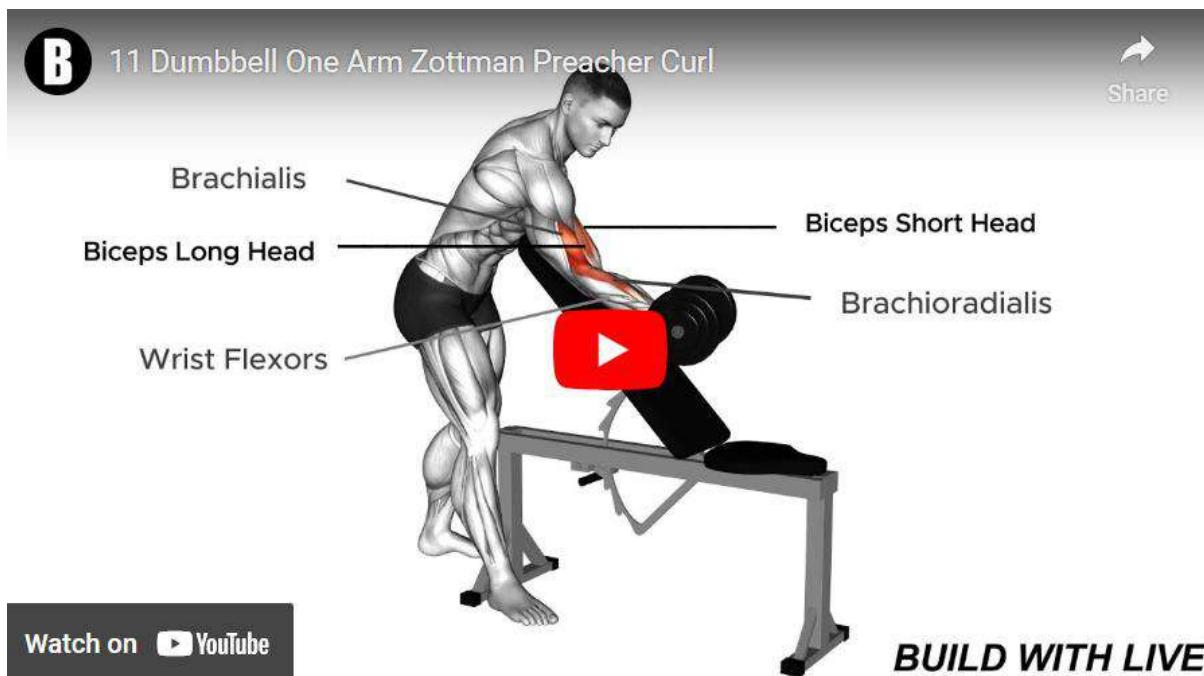
How to Do

1. Grab a pair of dumbbells and position your feet shoulder-width apart. Keep your chest up with your head facing forward.
2. Rotate the dumbbells so that the palms are facing away from the body.
3. Inhale and engage your core muscles.
4. Exhale and curl the dumbbells to your shoulders.
5. Once they reach the top, briefly pause. Rotate the dumbbells so your palms are facing the floor.
6. Inhale and gradually lower the dumbbells until they reach your thighs.
7. Once they reach this position, rotate the dumbbells so your palms are facing forward.

Tips

- Ensure your feet are shoulder-width apart and your core is braced. This will help you form a solid base, allowing for greater bicep isolation.
- Beginners should perform their initial set with a lighter weight and focus on technique. Once you are comfortable, gradually increase the resistance.

11. Dumbbell One-Arm Zottman Preacher Curl



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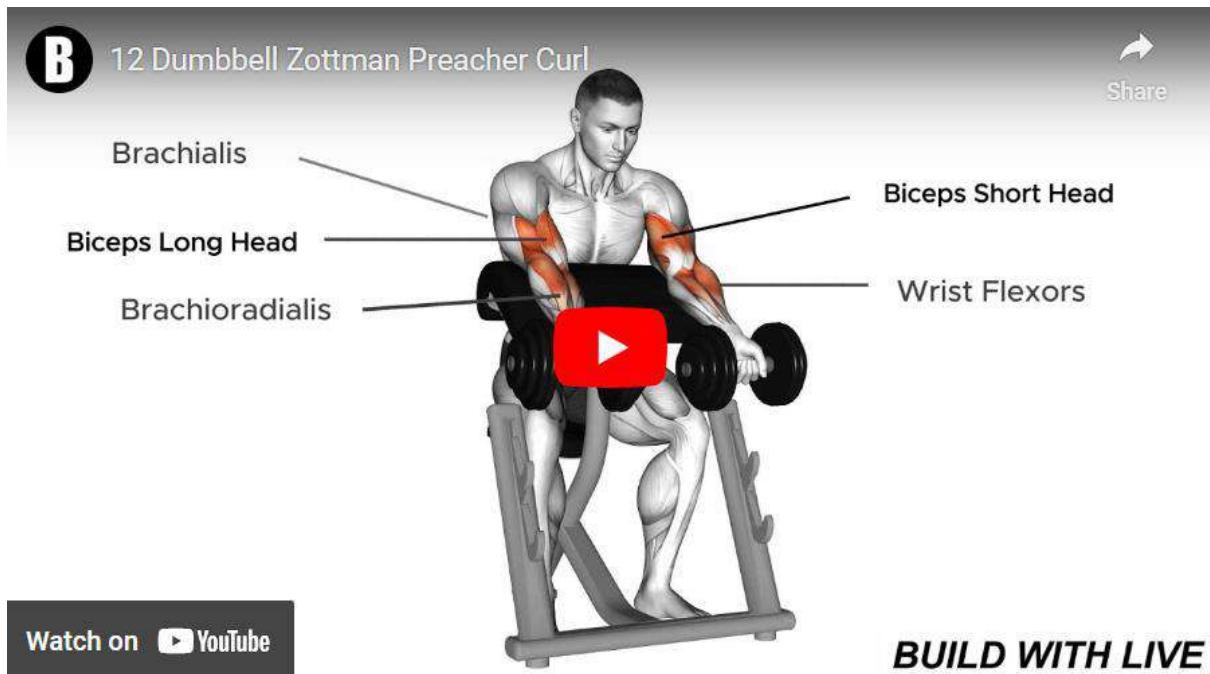
How to Do

1. Adjust the incline bench to a 45-degree angle.
2. Pick up a dumbbell, and stand at the back of the bench, directly behind the back pad.
3. Set your feet up in a split stance. The leg of the working arm should be inside the bench leg rests. Position your working arm on the bench.
4. Inhale and engage your core. With your palm facing upward, straighten your elbow, while keeping your upper arm firmly placed on the bench.
5. Exhale and curl the dumbbell toward the shoulder. Once the elbow is bent at approximately 90 degrees, pause.
6. Rotate the dumbbell so that your palm faces the floor.
7. Inhale and gradually lower the dumbbell until your arm is straight.
8. Pause, and then rotate the forearm so your palm faces upward again.

Tips

- Do not fully straighten the arm. This can strain the biceps and elbows, which can lead to injury.
- Keep your triceps firmly pressed against the bench. This will create a stable base and improve your capacity to isolate the biceps and forearms.

12. Dumbbell Zottman Preacher Curl



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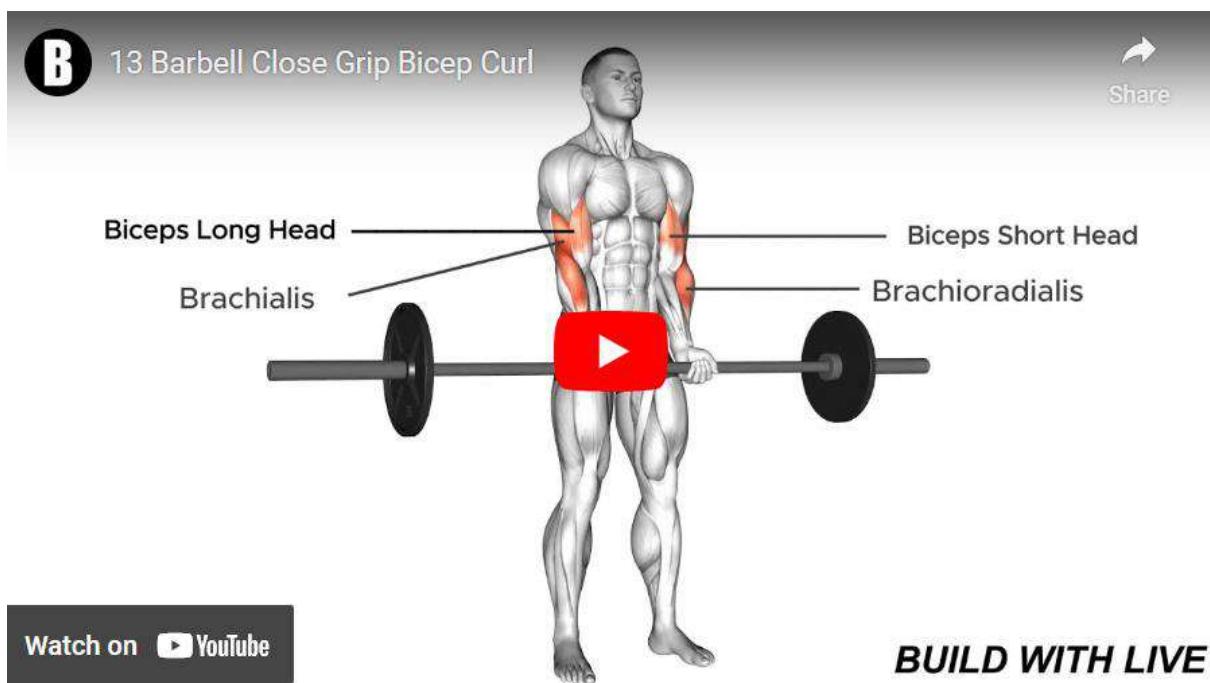
How to Do

1. Pick up your dumbbells and sit down on the preacher curl seat. Adjust the seat so the preacher bench is at chest height.
2. Reach forward and position the back of your arms against the padding.
3. Place your feet flat on the floor. Keep your chest up with your head facing forward.
4. Straighten your arms and gradually lower the dumbbells to the starting position. You should be using an underhand (palms facing up) grip.
5. Inhale and engage your core. Exhale and curl the dumbbells toward shoulder height.
6. Pause at the top. Rotate your wrists so your palms are now facing towards the floor.
7. Inhale as you gradually lower the dumbbells back down to the starting position.
8. Rotate your wrists so your palms are facing up again.

Tips

- Ensure your core is tensed and your feet are firmly placed on the ground. This will create a stable base and improve your lifting capacity.
- Concentrate on tensing your biceps, and controlling the movement through the lifting and lower phases.

13. Barbell Close Grip Biceps Curl



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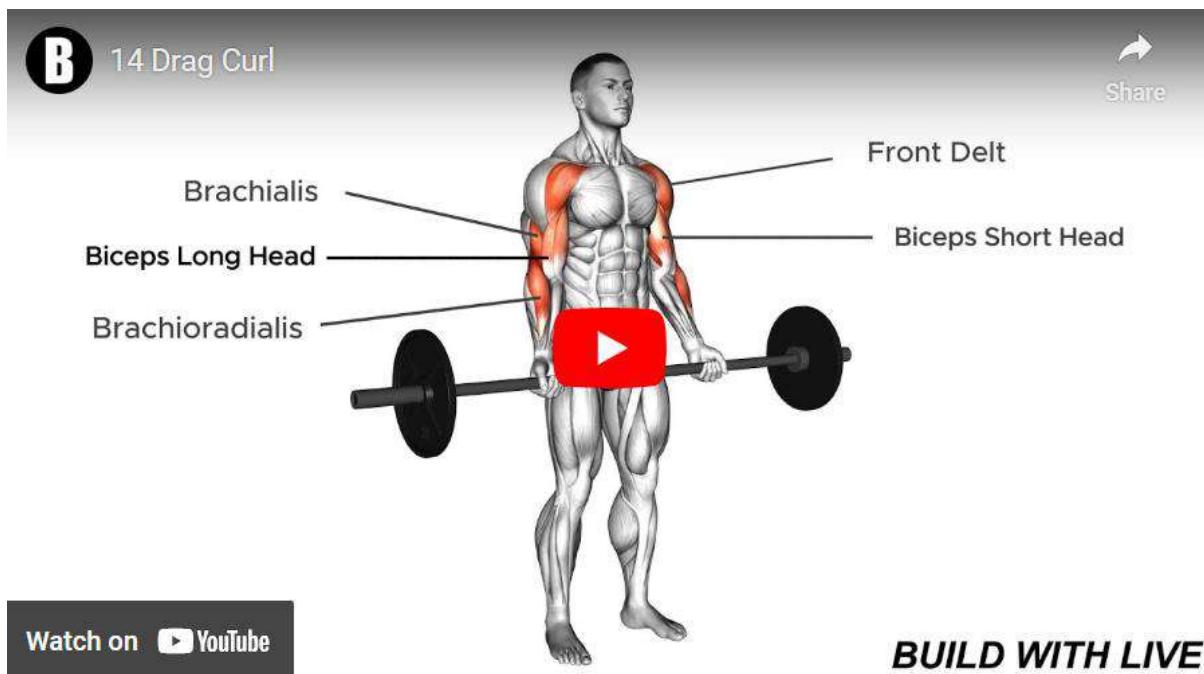
How to Do

1. Load up a barbell and stand in the center close to the knurling of the bar.
2. Grasp the barbell with an underhand grip closer than hip-width apart.
3. Stand upright with feet hip/shoulder width apart.
4. Keep the upper arm and shoulder joint stable, breathe in, and begin to curl the barbell up.
5. Breathe out and lower the barbell.
6. Repeat the movement for the intended rep range.

Tips

- Maintain a grip slightly narrower than shoulder-width apart to target the inner portion of the biceps effectively.
- Keep your elbows close to your sides throughout the movement to maximize biceps activation and minimize swinging.
- Control the movement, focusing on a slow and deliberate tempo, to ensure proper muscle engagement and prevent momentum from taking over

14. Drag Curl



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<https://youtu.be/pA28mYHyuFA>

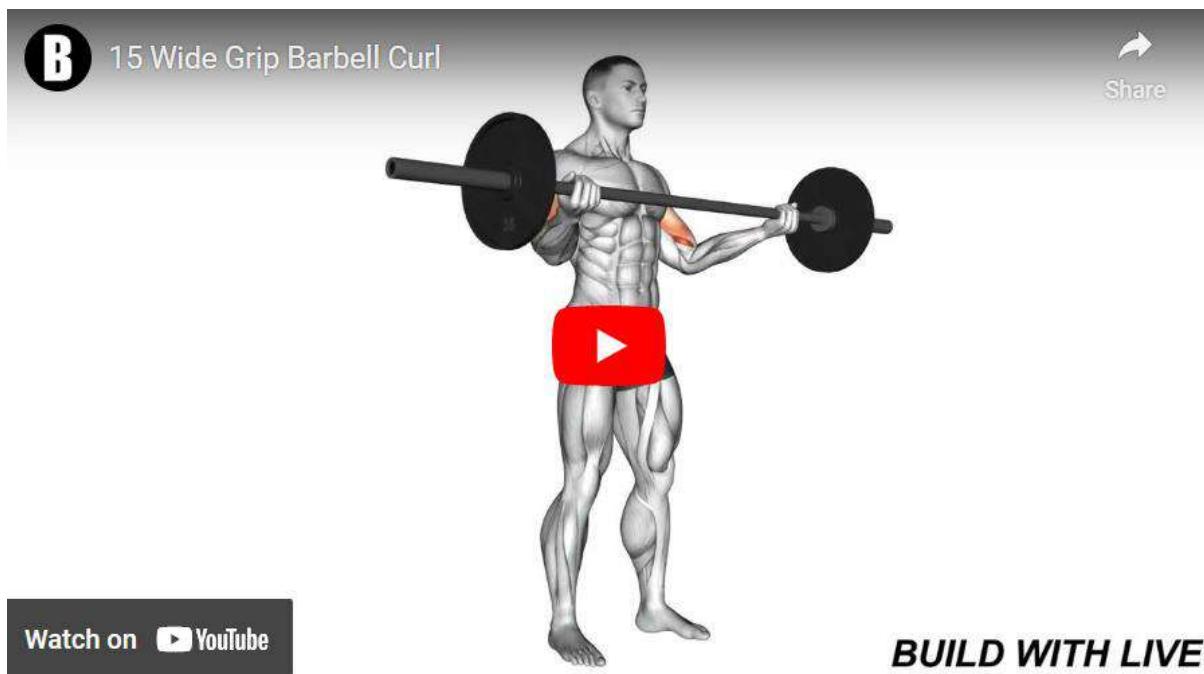
How to Do

1. Load up a barbell and stand in the center close to the knurling.
2. Grasp the barbell with an underhand grip around hip-width apart.
3. Stand up and upright with the feet hip/shoulder width apart.
4. Keep the upper arm and shoulder joint stable pull behind the trunk of the body, breathe in, and begin to drag the barbell up the hips and body.
5. Breathe out and lower the barbell.
6. Repeat the movement for the intended rep range.

Tips

- Keep your elbows behind your torso throughout the movement to emphasize biceps activation and reduce shoulder involvement.
- Focus on pulling the barbell up towards your upper chest while keeping it in contact with your body to maximize the contraction in your biceps.
- Control the eccentric (lowering) phase of the movement, ensuring a slow and controlled descent to fully engage the biceps muscles.

15. Wide-Grip Barbell Curl



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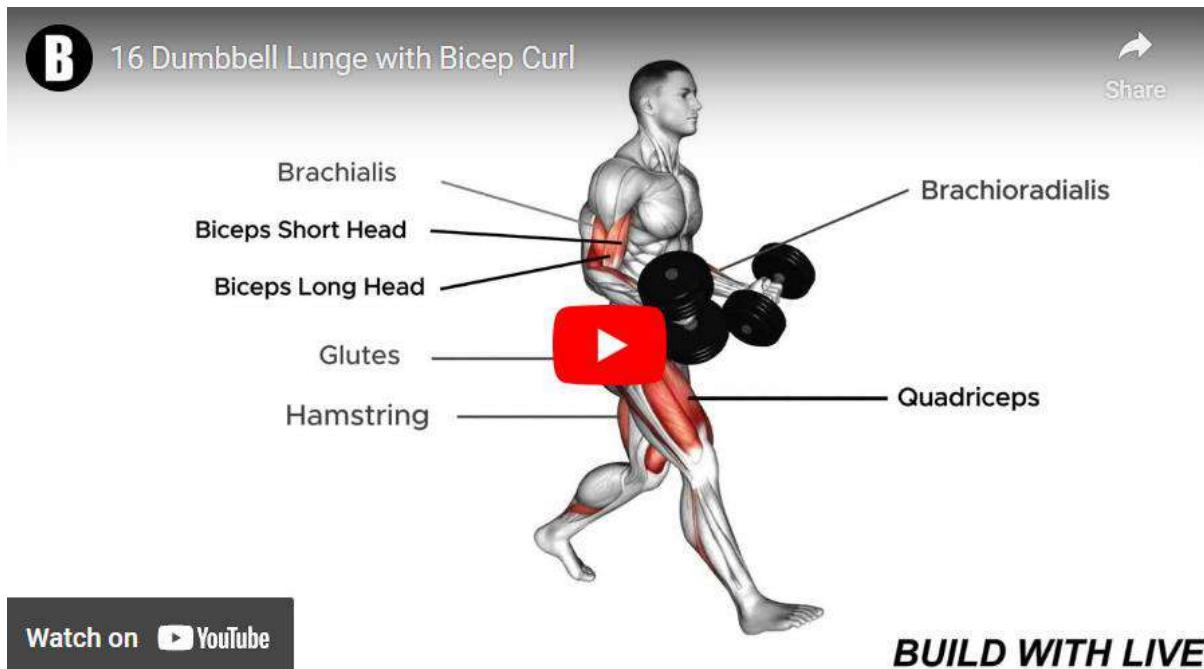
How to Do

1. Begin by standing with your feet shoulder-width apart and holding a barbell with a wide overhand grip, palms facing forward.
2. Keep your back straight, chest up, and shoulders relaxed for proper posture.
3. Allow the barbell to hang at arm's length in front of your thighs, with your hands wider than shoulder-width apart.
4. Slowly curl the barbell upwards by flexing your elbows, exhaling as you lift the bar towards your shoulders.
5. Squeeze your biceps at the top of the movement and hold for a brief pause.
6. Lower the barbell back down to the starting position in a controlled manner, inhaling as you extend your arms.
7. Repeat the curl for the desired number of repetitions while maintaining proper form and control.
8. Engage your core throughout the exercise to provide stability and prevent swaying or arching of the back.

Tips

- Widen your grip on the barbell to target the short head of the biceps effectively. Keep your hands slightly wider than shoulder-width apart to maximize the engagement.
- Stand tall with your chest up, shoulders back, and elbows close to your sides. This not only targets the short-head biceps but also prevents cheating through body momentum.
- Lift the barbell with a slow and controlled motion, emphasizing the squeeze at the top to fully engage the short-head bicep. Lower the weight under control to maximize the exercise's benefits

16. Dumbbell Lunge with Bicep Curl



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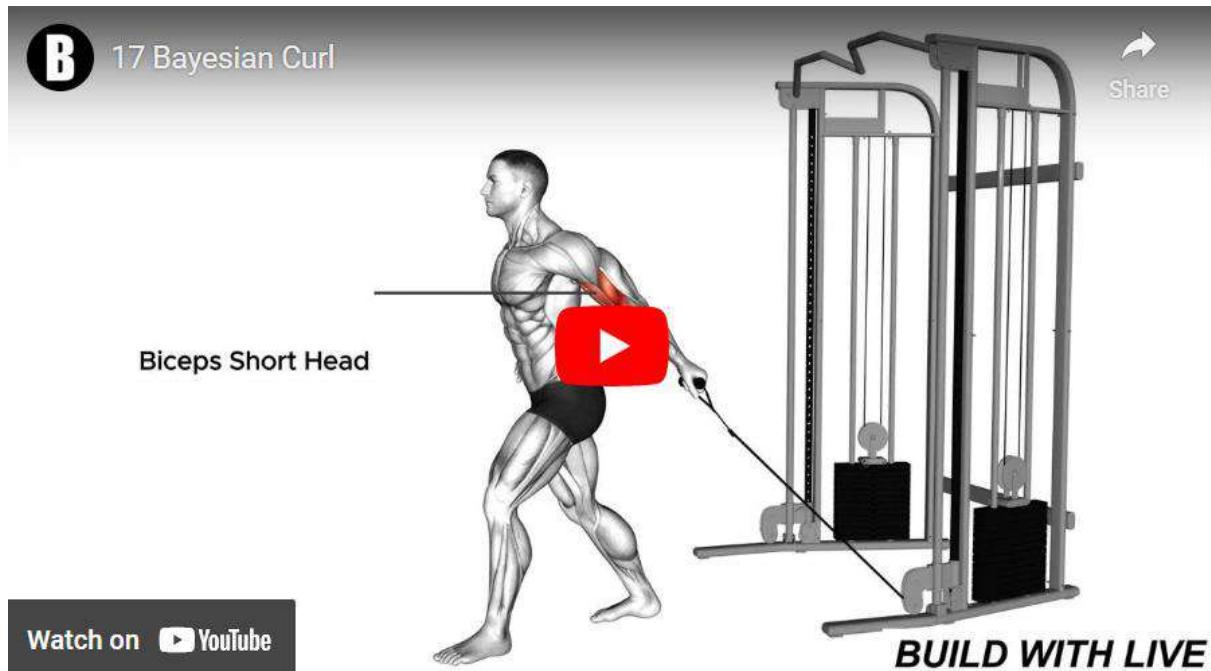
How to Do

17. Stand with your feet hip-width apart, holding a dumbbell in each hand.
18. Step forward into a lunge, lowering your back knee toward the ground while keeping your front knee over your ankle.
19. As you lower into the lunge, curl the dumbbells toward your shoulders, squeezing your biceps.
20. Push back to the starting position while lowering the dumbbells.
21. Repeat on the opposite leg for the desired number of repetitions.

Tips

- Keep your back straight and engage your core during the lunge for better balance.
- Avoid letting your front knee go past your toes during the lunge.
- Use a controlled motion to prevent swinging the dumbbells.
- Focus on squeezing your biceps at the top of the curl for better activation.
- Start with lighter weights to master the movement before increasing intensity

17. Bayesian Curl



<https://youtu.be/WcypecAVrzw>

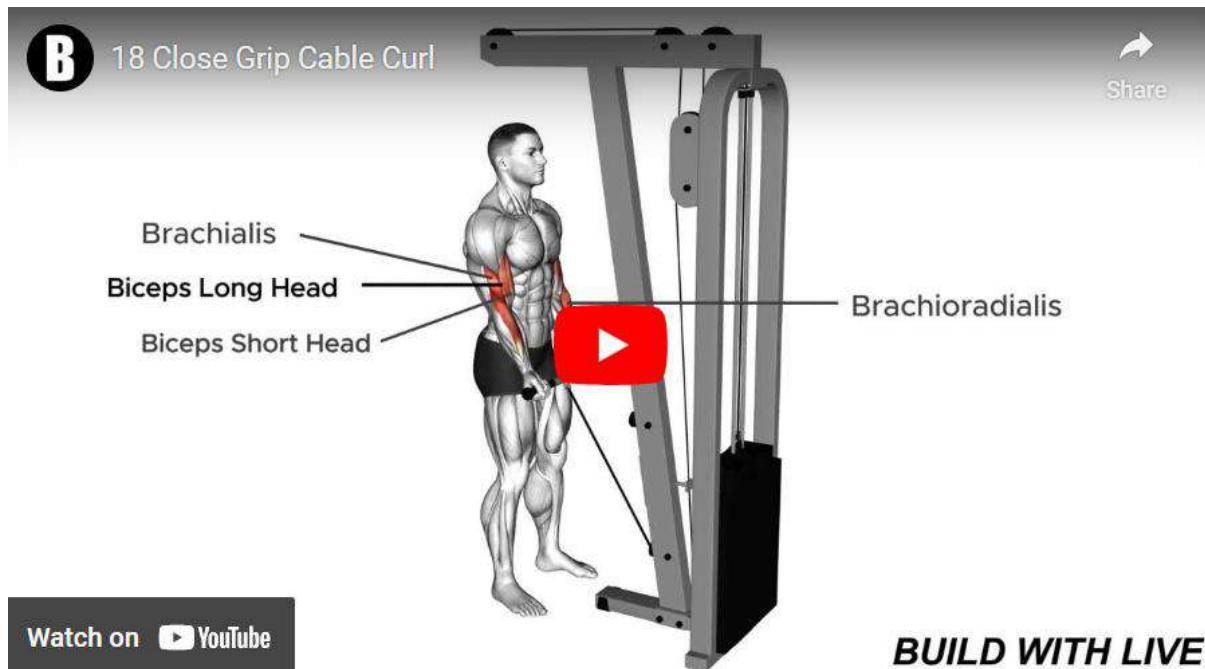
How to Do

1. Begin by attaching a weighted handle to a low pulley on a cable machine.
2. Face away from the machine and take the handle in one hand using an underhand grip. The palms will be facing forwards.
3. Stand with a staggered stance (one foot slightly in front of the other) and lean forward at the hips.
4. Inhale and engage your core.
5. Exhale as you curl the handle upward toward your shoulder.
6. Focus on squeezing your biceps throughout the movement for maximum activation.
7. Hold at the top for one count, and then slowly lower the handle while maintaining control.
8. Repeat for the appropriate sets and reps.

Tips

- Choose an appropriate weight that allows you to maintain proper control and technique while still providing a challenging stimulus.
- Maintain an underhand grip as you curl the handle upward with palms facing forward.
- Keep your upper arm stable throughout the movement, as only the forearm should move.

18.Close-Grip Cable Curl



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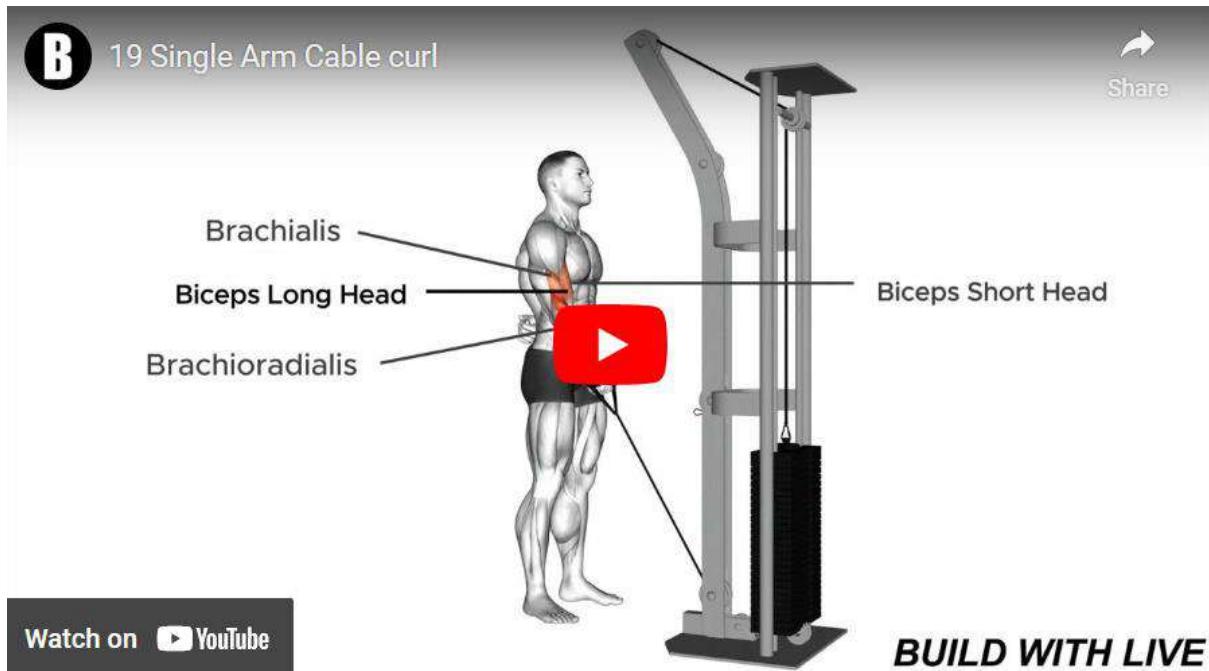
How to Do

1. Put a bar attachment onto the cable machine and bring it to the lowest setting.
2. Grasp the bar attachment with an underhand grip, which is closer than hip-width apart, and then stand up.
3. Stand up with the feet hip-shoulder width apart.
4. Keep the upper arm and shoulder joint stable, breathe in, and begin to curl the bar attachment up.
5. Breathe out and lower the bar attachment.
6. Repeat the movement for the intended rep range.

Tips

- Use a close grip attachment on the cable machine and maintain a stable stance with feet shoulder-width apart to ensure proper balance and stability.
- Keep your elbows close to your sides throughout the movement, focusing on isolating the biceps and minimizing momentum.
- Contract your biceps fully at the top of the movement and control the weight as you lower it back to the starting position for optimal muscle engagement.

19. Single-Arm Cable Curl



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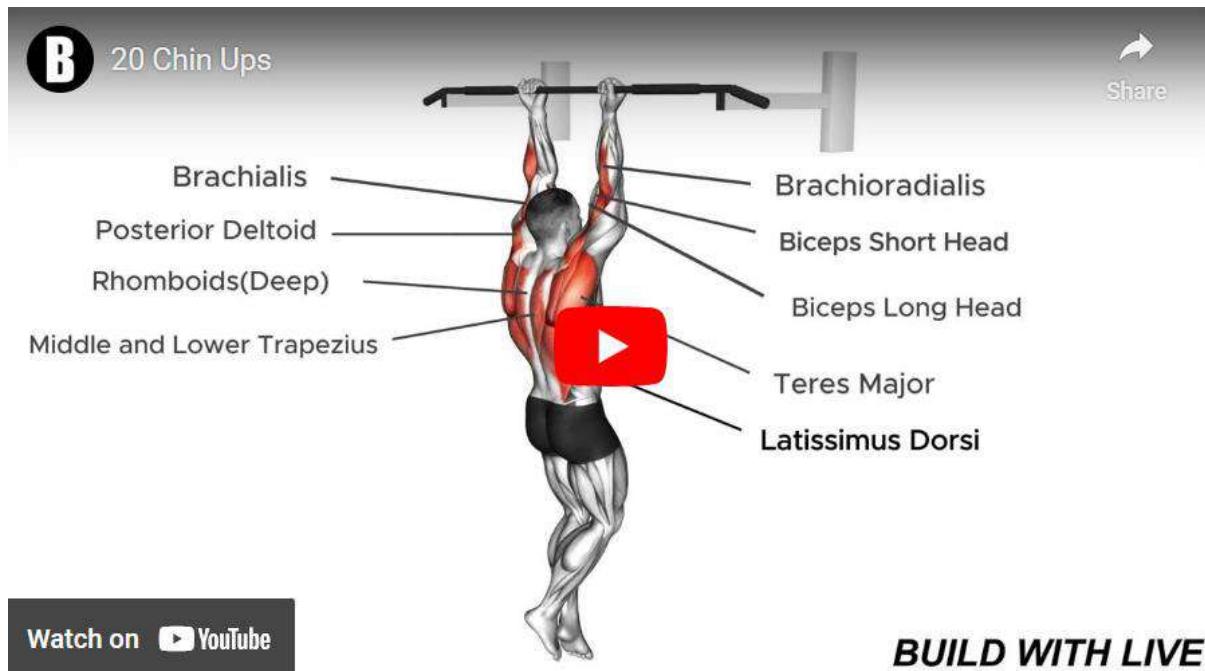
How to Do

1. Put a single handle attachment onto the cable machine and bring it to the lowest setting.
2. Grasp the single-handle attachment with an underhand grip.
3. Stand up with the feet hip/shoulder width apart.
4. Keep the upper arm and shoulder joint stable and pull behind the trunk of the body.
5. Breathe in and begin to curl the single-arm attachment up to the shoulder position.
6. At the top of the movement squeeze the biceps for more bicep activation.
7. Breathe out and lower the single-hand attachment.
8. Repeat the movement for the intended rep range.

Tips

- Maintain a stable stance with feet shoulder-width apart and engage your core to prevent excessive twisting or swaying during the movement.
- Keep your elbow close to your side and your upper arm stationary, focusing on isolating the biceps and avoiding momentum.
- Contract your biceps fully at the top of the movement, squeezing for a brief pause before lowering the weight back down in a controlled manner

20.Chin-Up



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<https://youtu.be/xuEwWIFB1mQ>

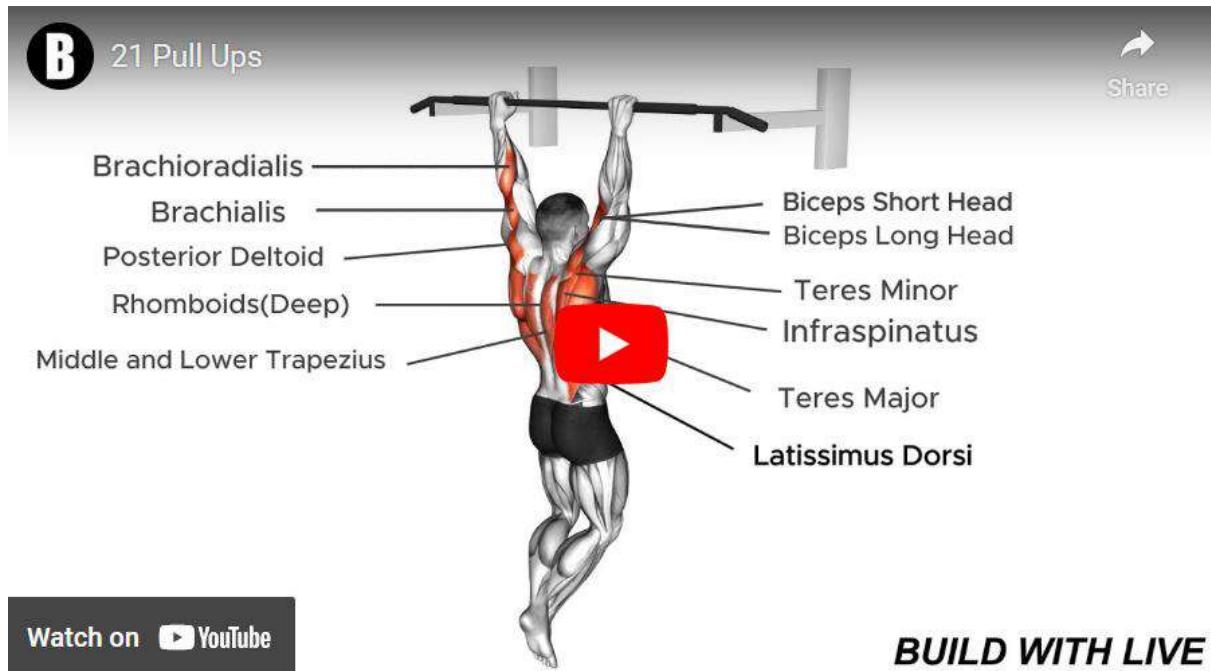
How to Do

1. Locate a pull-up bar for the exercise.
2. Use the provided steps, a bench, or a box to firmly grasp the bar in a supinated grip.
3. Lower your body down so that both arms are straight.
4. Inhale and engage the core.
5. Exhale and drive your elbows down to pull your body to the bar.
6. Maintain a neutral spine, bracing your glutes and abdominals.
7. Stop when your chin reaches bar height.
8. Slowly return to the starting position.
9. Repeat for desired reps and sets.

Tips

- Do not forget to brace your glutes and abdominals. These muscles are crucial for maintaining a neutral spine and stabilizing the body to avoid swinging or swaying.
- Incorporate the thumbs in your grip to encourage bicep involvement.
- As you perform the chin-up, use the visual cue of driving the elbows down as you pull. This helps activate the muscles to help draw the body up the bar.

21.Pull-Up



Watch on YouTube

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<https://youtu.be/pn5lyKsvS-I>

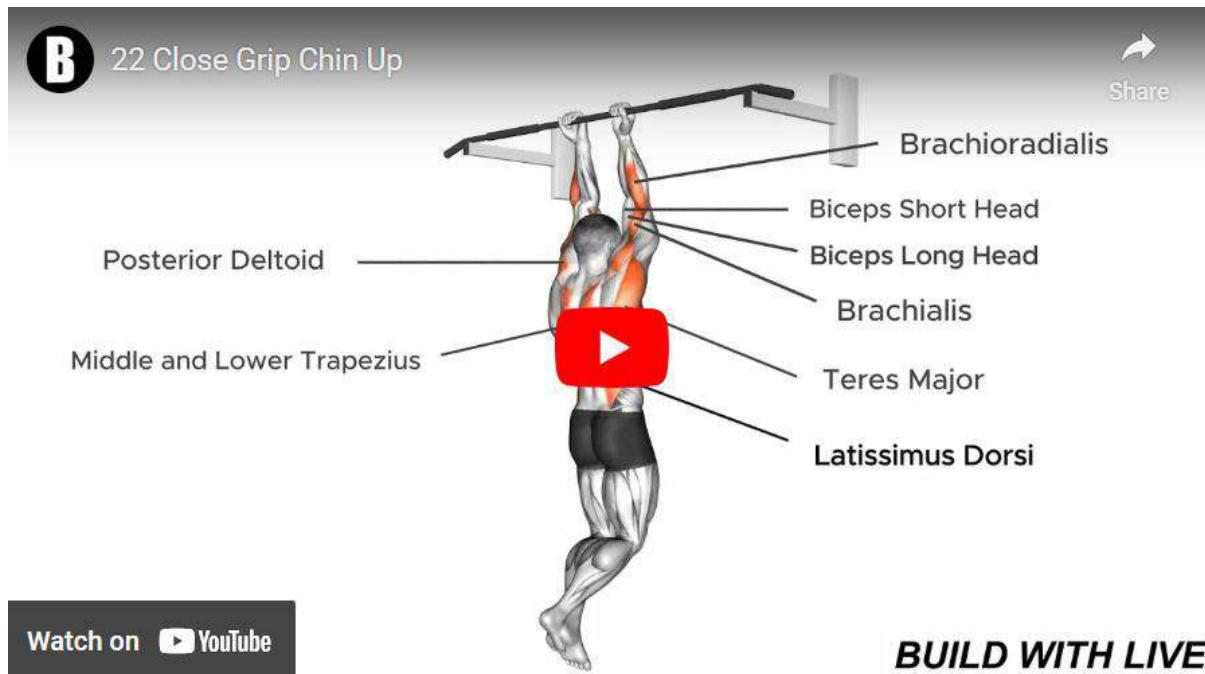
How to Do

1. Put a single handle attachment onto the cable machine and bring it to the lowest setting.
2. Grasp the single-handle attachment with an underhand grip.
3. Stand up with the feet hip/shoulder width apart.
4. Keep the upper arm and shoulder joint stable and pull behind the trunk of the body.
5. Breathe in and begin to curl the single-arm attachment up to the shoulder position.
6. At the top of the movement squeeze the biceps for more bicep activation.
7. Breathe out and lower the single-hand attachment.
8. Repeat the movement for the intended rep range.

Tips

- Maintain a stable stance with feet shoulder-width apart and engage your core to prevent excessive twisting or swaying during the movement.
- Keep your elbow close to your side and your upper arm stationary, focusing on isolating the biceps and avoiding momentum.
- Contract your biceps fully at the top of the movement, squeezing for a brief pause before lowering the weight back down in a controlled manner.

22.Close Grip Chin-Up



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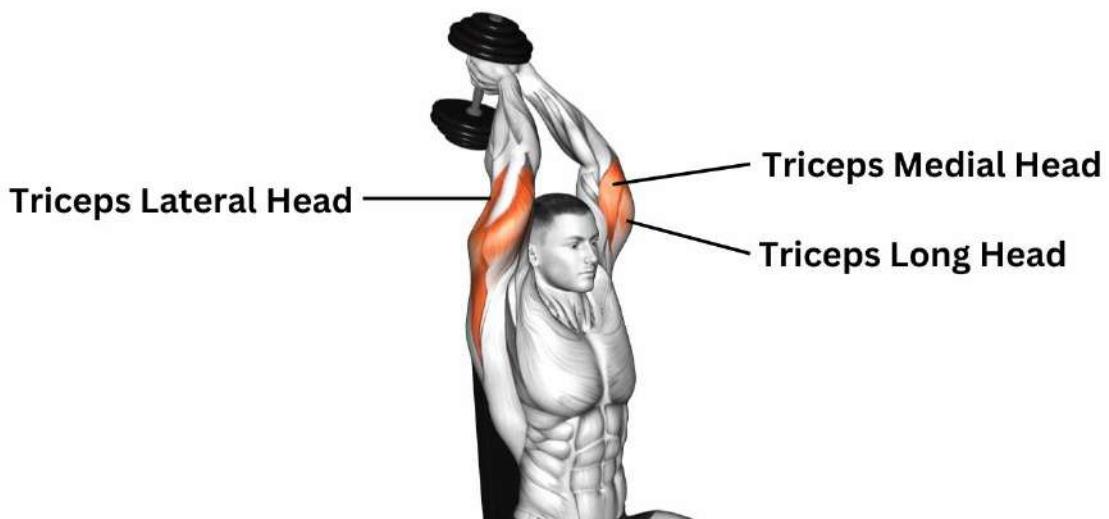
How to Do

1. Grasp a pull-up bar with an underhand grip, hands positioned closer together than shoulder-width apart.
2. Hang from the bar with your arms fully extended and your body straight.
3. Pull yourself up by bending your elbows, bringing your chest towards the bar while keeping your elbows close to your sides.
4. Lower yourself back down to the starting position with control, fully extending your arms.
5. Repeat for the desired number of repetitions, focusing on engaging your back and arm muscles throughout the movement.

Tips

- Maintain a tight grip on the bar with your palms facing towards you, hands positioned slightly closer than shoulder-width apart.
- Keep your elbows close to your sides throughout the movement to emphasize bicep and back engagement.
- Focus on pulling your chest towards the bar, squeezing your shoulder blades together at the top of the movement.

2. Triceps



Anatomy of the Triceps

The Triceps brachii are located at the back of the upper arm, making up two-thirds of the overall mass. Because of this, they are an important muscle group for upper-arm training.

The triceps are made up of three triceps heads. These are the triceps lateral heads, triceps medial heads, and the triceps long heads. Each of these has different locations on the upper arm with slightly different functions.

1. Triceps Lateral Heads

Muscles located on the back of your arm between your shoulder and elbow.



2. Triceps Medial Heads

Small muscles located at the back of your arms. Deep to the triceps long heads between the shoulder and elbow.



3. Triceps Long Heads

Large muscles located at the back of your arms between your shoulder and elbow. Most outside portion of the triceps.



Exercises list of Triceps

- 1. Cable Triceps Pushdown**
- 2. Cable Triceps Overhead Extension**
- 3. Dumbbell Seated Triceps Extension**
- 4. Seated Overhead Barbell Extension**
- 5. EZ Bar Lying Triceps Extension**
- 6. Cross-Body Triceps Extension**
- 7. Barbell Lying Triceps Extension**
- 8. Single Arm Overhead Triceps Extension**
- 9. Rope Triceps Extension**
- 10. Cable Lying Triceps Extension**
- 11. Kneeling Overhead Triceps Extension**
- 12. Dumbbell Single Arm Triceps extension**
- 13. Dumbbell Overhead Triceps Extension**
- 14. Dumbbell Triceps Kickback**
- 15. Cable Triceps Kickback**
- 16. Band Triceps Kickback**
- 17. Cable Reverse-Grip Bench Press**
- 18. Cable Single Arm Triceps Push Down**
- 19. Dumbbell Skull Crusher**
- 20. Barbell Close Grip Bench Press**
- 21. Dumbbell Tate Press**
- 22. Triceps Dip on Bench**
- 23. Triceps Dip**
- 24. Triceps Pushdown Machine**
- 25. Diamond Push Up**
- 26. Push Up**

1. Cable Triceps Pushdown



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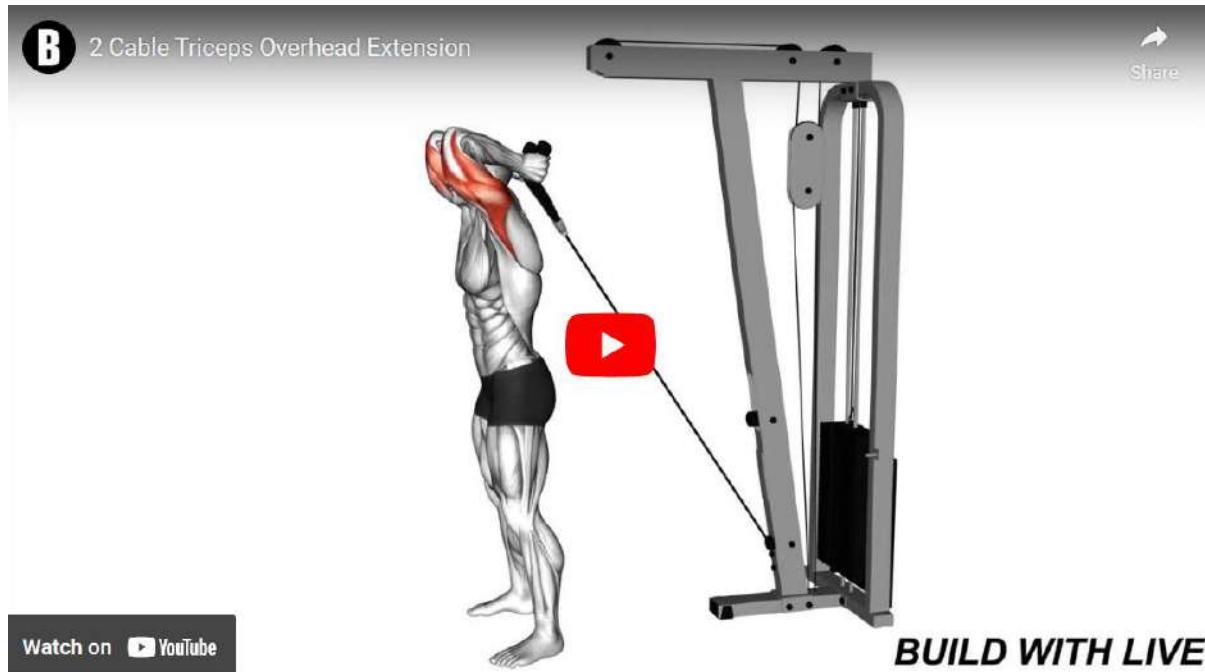
How to Do

1. Secure a handle attachment to the high pulley of a cable machine. Select a weight that aligns with your goals and fitness level.
2. Stand with feet shoulder-width apart and grab the handle with both hands using an overhand grip (palm facing down).
3. Keep a slight bend in your knees and lean forward a bit, keeping a straight back.
4. Keep your elbows close to your body, maintaining control.
5. Exhale and slowly press the handle downward by extending your elbows.
6. Perform the movement in a controlled manner until your arms are extended and your triceps are contracted.
7. Hold the position briefly while squeezing your triceps.
8. Inhale and slowly return the handle to the starting position.
9. Repeat for the desired reps and sets.

Tips

- Do not lock your elbows completely at the bottom of the pushdown to avoid joint stress.
- Maintain a slight bend in your knees and engage your core to prevent lower back strain.
- Keep your wrists in a neutral position throughout the motion to avoid wrist injuries.

2. Cable Triceps Overhead Extension



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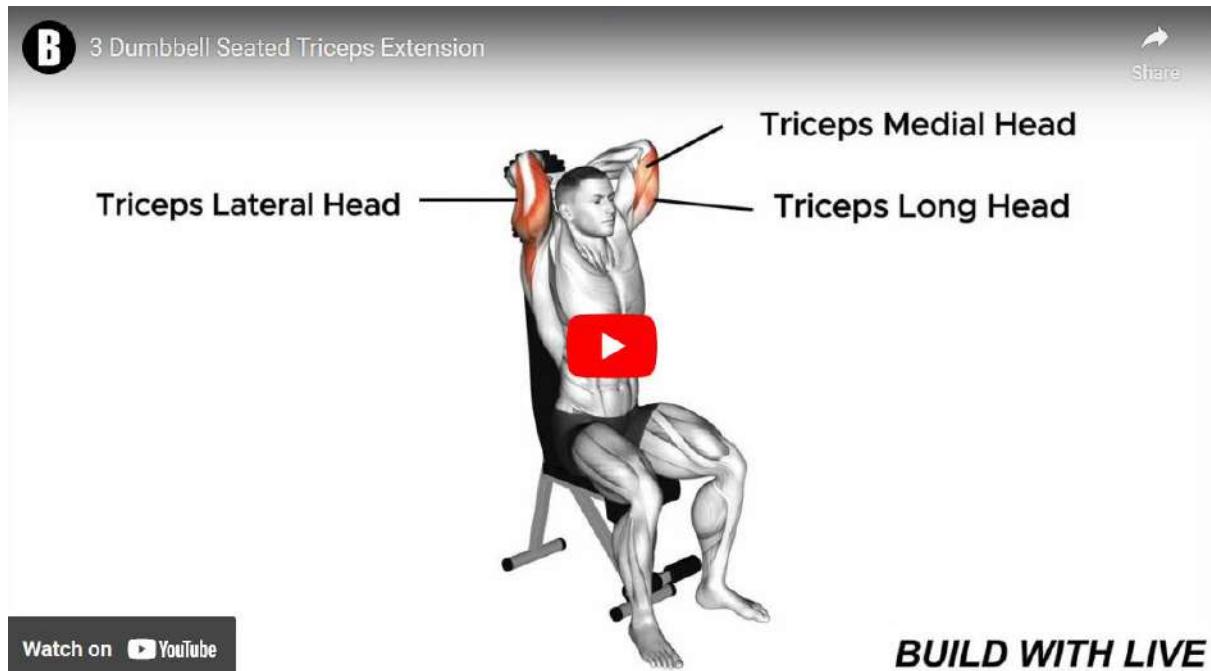
How to Do

1. Using a cable machine, hook a rope attachment to the bottom position of the machine. Select the weight according to your goals and fitness level.
2. Hold both ends of the rope and turn away from the cable machine, bringing the rope behind your back and head. Your arms should be close to your ears, and your elbows bent upward as much as possible.
3. Inhale and engage your core.
4. Exhale and extend your arms straight toward the ceiling.
5. Hold briefly at the top position, focusing on squeezing the triceps.
6. Inhale and bend your elbows, lowering the rope behind your head back to the starting position.

Tips

- Use an appropriate weight that challenges the triceps but still allows for proper form. Start lighter initially until you gain strength and confidence.
- Control the descent of the rope back to the starting position, avoiding swinging or using momentum.
- Do not flare the elbows out to the sides, as this strains the shoulder joints. Keep them close to the side of your face.

3. Dumbbell Seated triceps Extension



<https://youtu.be/4IkQTAzRIZE>

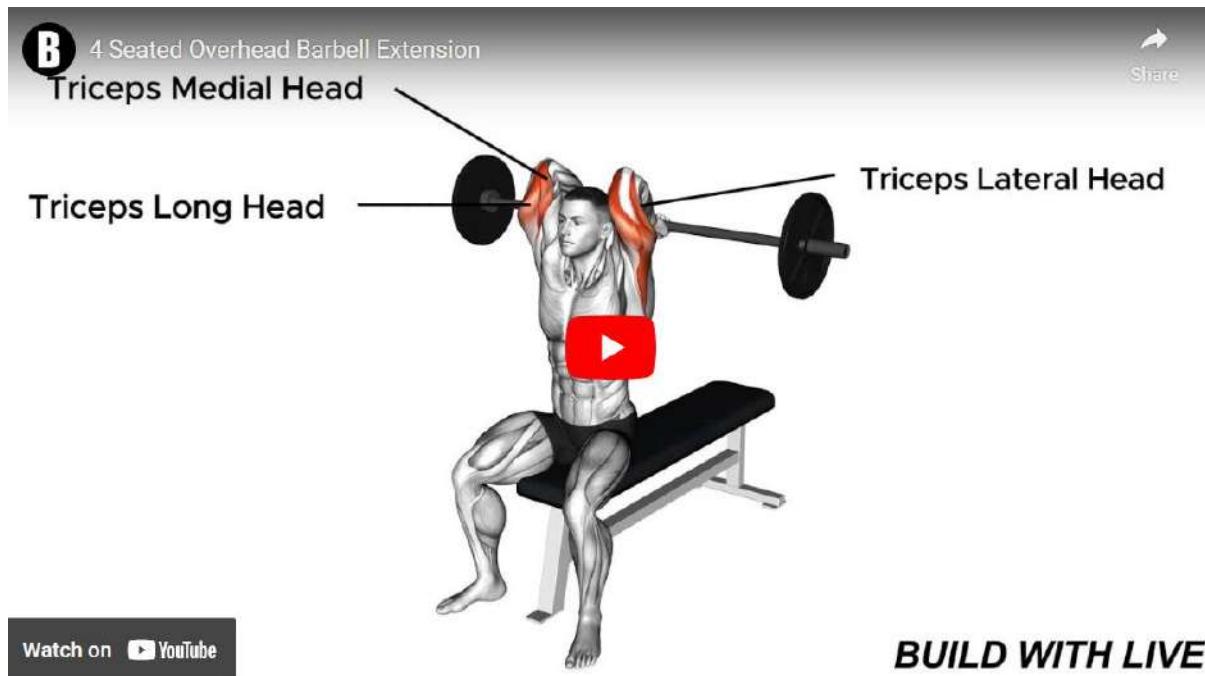
How to Do

1. Select a dumbbell with a weight that aligns with your goals and fitness level. Sit on an upright bench holding the dumbbell with your feet flat on the floor.
2. Lift the dumbbell with both hands so you're holding it behind your upper back and head. Your arms should be close to your ears, and your elbows bent upward as much as possible.
3. Inhale and engage your core.
4. Exhale and extend your arms straight toward the ceiling.
5. Hold briefly at the top position, focusing on squeezing the triceps.
6. Inhale and bend your elbows, lowering the dumbbell behind your head back to the starting position.
7. Repeat for the desired number of reps and sets.

Tips

- Focus on bracing your core for the duration of the movement. If you feel your lower back starting to arch, decrease some of the weight.
- Control the descent of the dumbbell to the starting position, avoiding swinging or using momentum.
- Do not flare the elbows to the sides as these strains the shoulder joints. Keep your elbows tucked into the side of your face.

4. Overhead Barbell Triceps Extension



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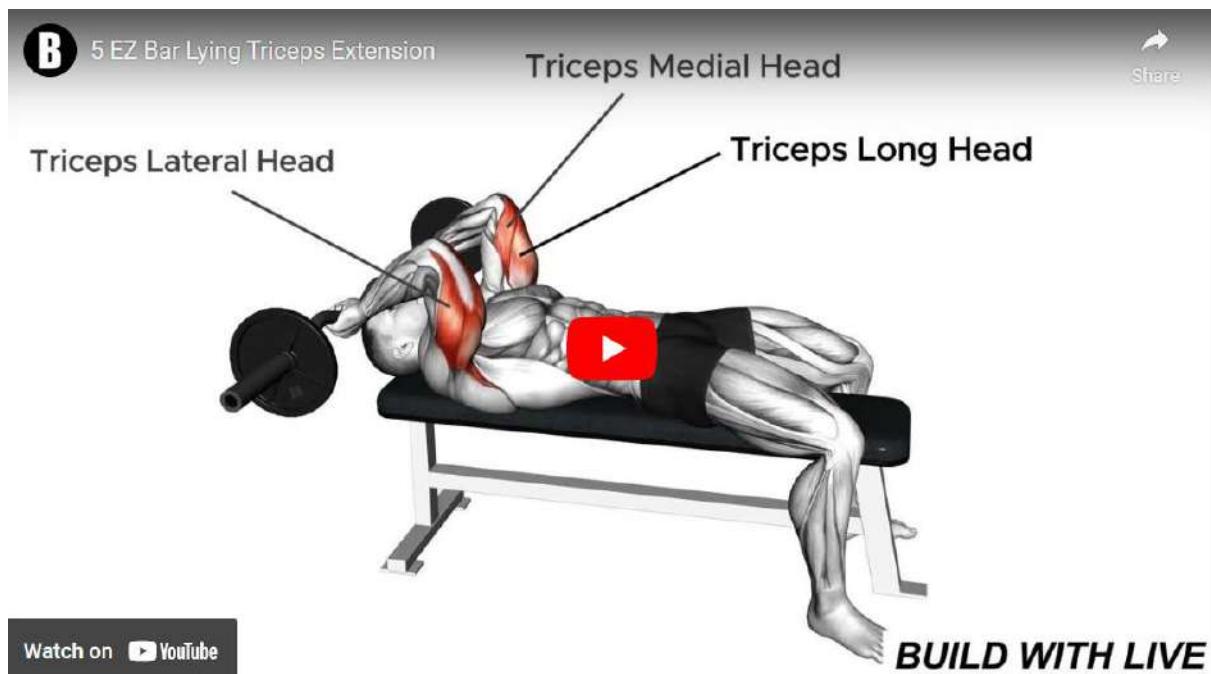
How to Do

1. Sit on a bench and grip a barbell with both hands using an overhand grip, hands placed close together.
2. Hold the barbell above your head with your arms fully extended, keeping your elbows close to your ears.
3. Inhale, engage your core, and slowly lower the barbell behind your head by bending your elbows and keeping your upper arms stationary.
4. Continue lowering the bar until your forearms are parallel to the floor, or you feel a stretch in your triceps.
5. Pause briefly at the bottom of the movement, then exhale and extend your arms to raise the barbell back to the starting position.
6. Fully extend your elbows without locking them at the top.
7. Complete the desired number of reps.
8. Safely rack the barbell when you've finished your set.

Tips

- These can be done sitting or standing, but standing will engage the core more.
- If doing them sitting, do the same movement while sitting on a flat gym bench.
- Make sure to keep the elbows stationary so that the only movement is in extending the arms

5. EZ Bar Lying Triceps Extension



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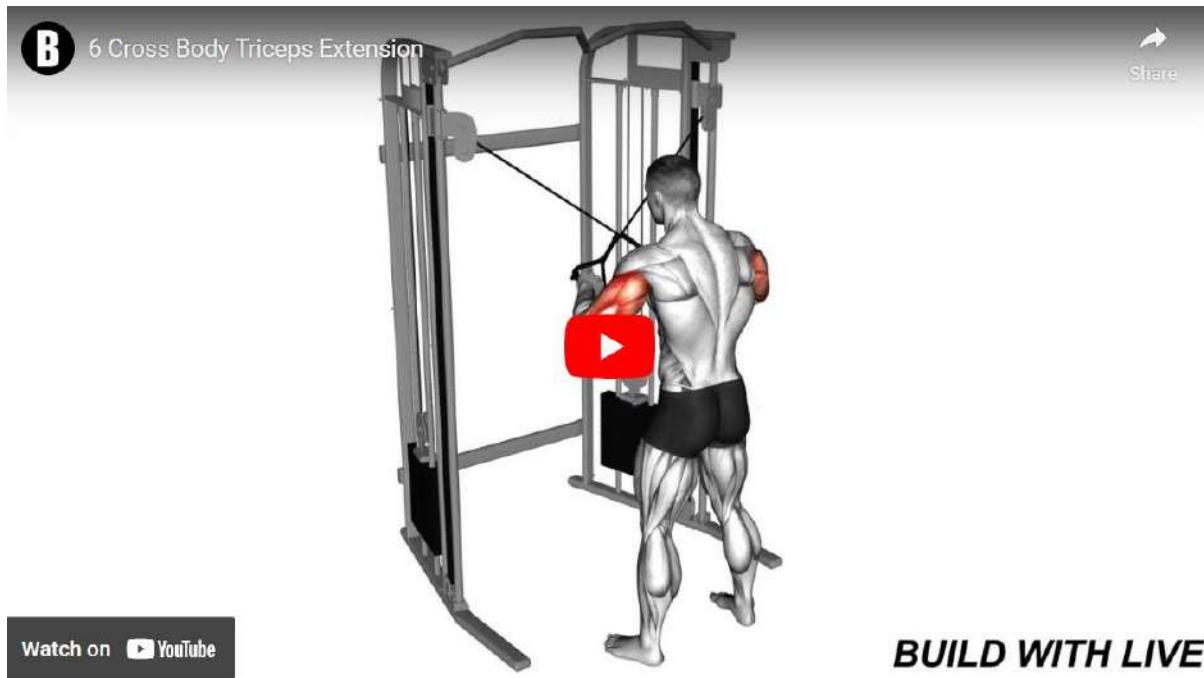
How to Do

1. Lie flat on the bench with your head, back, and feet pressed against the bench and the ground. Use an overhand grip (palms facing upward) to hold the EZ bar.
2. Exhale and raise the bar above your head while maintaining your elbows bent and tucked in. Continue until your arms are fully overhead.
3. Inhale and lower the EZ bar to its starting position, keeping your upper arm still.

Tips

- On each rep, make sure to maintain steady control over the bar's fall.
- Do not move the shoulders or upper arms, only the forearm.
- Pause in the bottom position to extend the triceps.
- Breathe in while lowering the bar; exhale while lifting it.

6. Cross-Body triceps Extension



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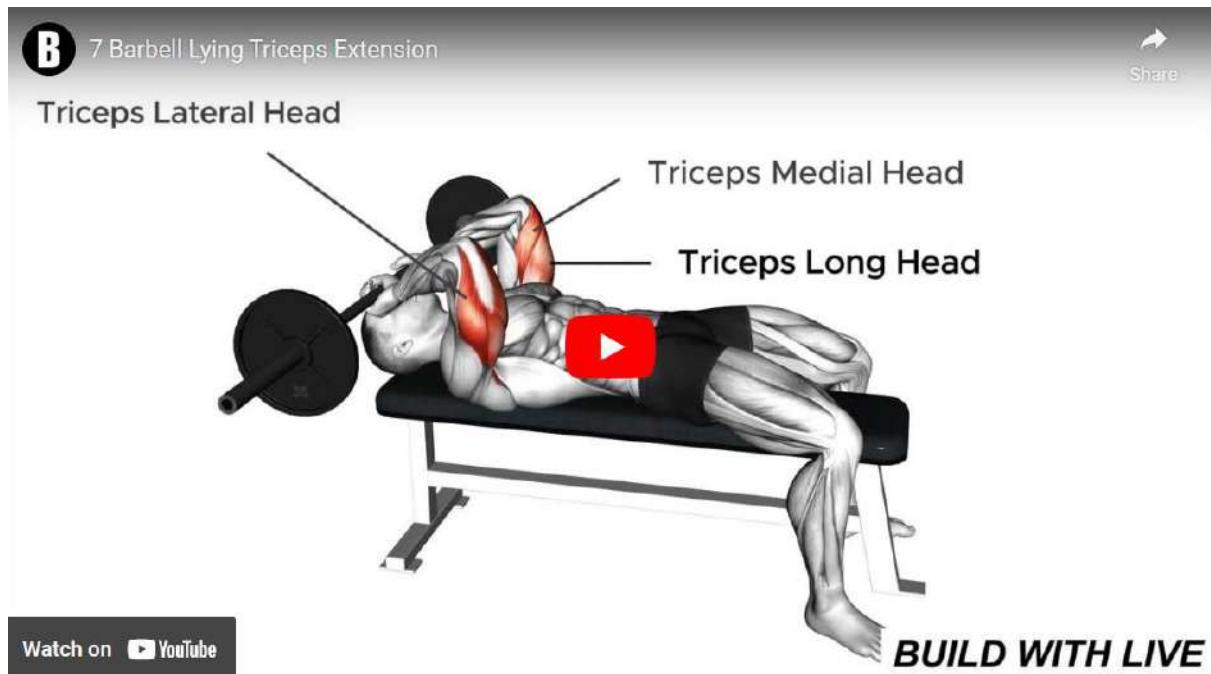
How to Do

1. Stand between two cable machines. Adjust the pulleys to the top position and attach the single-hand grips.
2. Stand with your feet shoulder-width apart, facing the machine. Grab the left cable with your right hand, and the right cable with your left.
3. Move back slightly from the cable machine. Draw the shoulders back and flare the elbows out 15–30 degrees relative to the body.
4. Extend both arms downward to full elbow extension, keeping your shoulders in place. Maintain control over the movement.
5. Slowly raise both handles upward while keeping your shoulders fixed to control the load.

Tips

- Always warm up your triceps and shoulders to avoid injuries.
- Never use momentum; instead, use moderate and controlled extensions.
- To avoid lower back discomfort, maintain a straight back and an engaged core.
- Begin with lesser weights and focus on form, gradually increasing the weight over time.
- Breathe out when extending your arm, and breathe in when returning to the starting position.
- Take a few seconds to completely stretch your triceps for maximum tension.

7. Barbell Lying Triceps Extension



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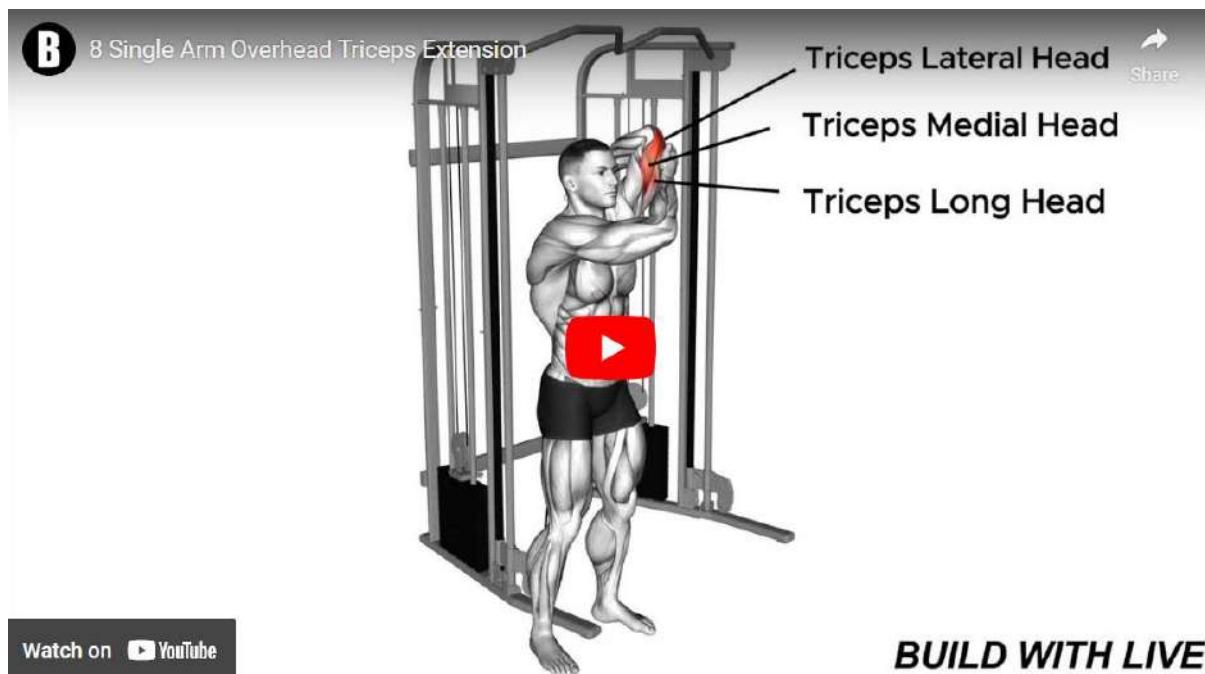
How to Do

1. Start by setting up your barbell with the appropriate weights.
2. Sit on one end of a bench with your legs on either side. Hold the barbell in front of you with an overhand grip (palms facing down).
3. Lie back with your head near the edge of the bench.
4. Inhale and engage your core.
5. Raise the barbell up above your chest.
6. Exhale as you bend your elbows and slowly lower the barbell past the top of your head. Continue until your elbows are at 90 degrees of flexion.
7. Hold for a count and focus on squeezing the triceps for maximum engagement.
8. Extend your arms back up above your chest to the starting position.

Tips

- Make sure you select an appropriate weight so you maintain proper form.
- Keep your core engaged to prevent injury and maintain stability.
- Do not swing your body or use momentum to push the weight down.

8. Single-Arm Overhead triceps Extension



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<https://youtu.be/kgVYMpnit2U>

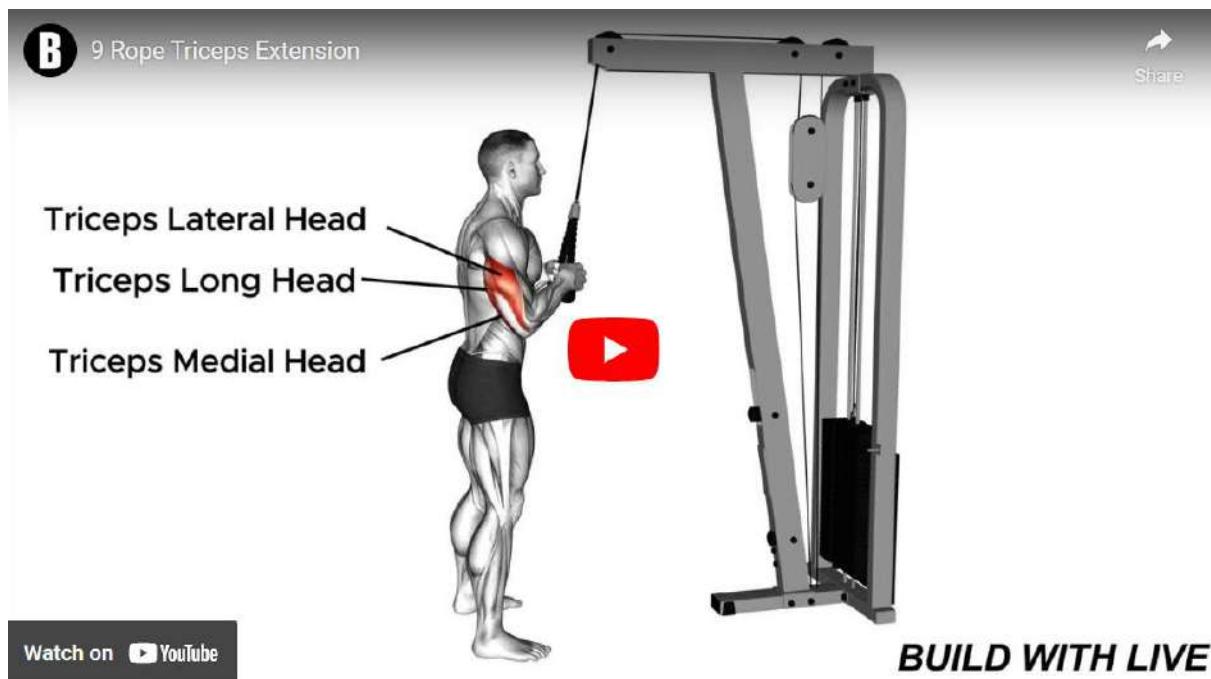
How to Do

1. Secure a handle attachment to the high pulley of a cable machine. Select a weight that aligns with your goals and fitness level.
2. Stand with feet shoulder-width apart.
3. Grab the handle with your right hand and turn around so your back is to the cable machine. Your hand should be at shoulder height with your arm tucked in.
4. Now you should be directly in front of the cable pulley with your back facing it.
5. Keep a slight bend in your knees and lean forward a bit, keeping a straight back.
6. Keep the elbow of your right arm close to your body, maintaining control.
7. Exhale and slowly extend your right elbow upward while holding the handle behind your head.
8. Perform the movement in a controlled manner until your arm is fully extended and your triceps is contracted.
9. Hold the position briefly, focusing on squeezing your triceps.
10. Inhale and slowly lower the handle back to the starting position.

Tips

- Ensure your upper arm remains stationary and your elbow stays close to your side.
- Keep a slight bend in your elbow at the top to avoid hyperextending and straining the joint.
- Maintain a slight bend in your knees and engage your core throughout to prevent lower back injury.

9. Rope triceps Extension



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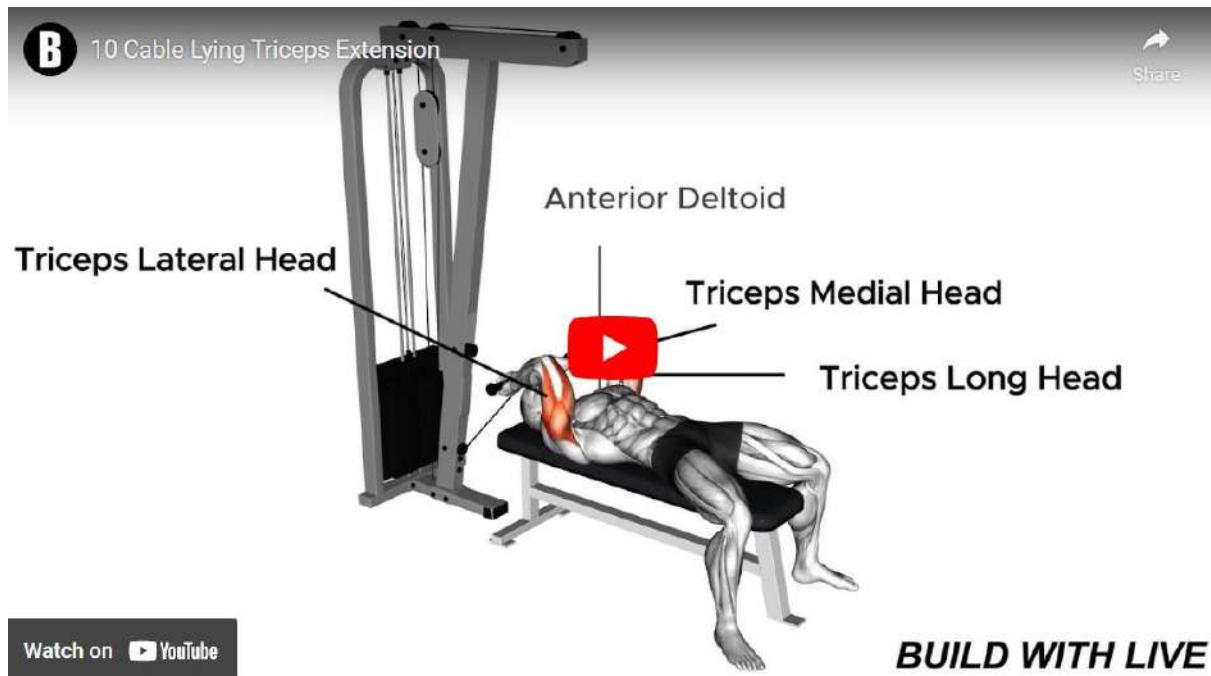
How to Do

1. Attach a rope to a cable machine.
2. Stand slightly away from the cable machine with feet hip-width apart.
3. Keep your knees slightly bent and hinge at your hips, creating a slight forward lean.
4. Grab the rope with both hands, palms towards each other.
5. Inhale and engage your core.
6. Exhale as you pull the rope down keeping a control and steady movement.
7. Hold at the bottom and squeeze your triceps to increase engagement.
8. Inhale as you bring the rope back up, and avoid using momentum

Tips

- Pull the rope slightly apart at the bottom to increase triceps engagement.
- Do not let your shoulders round or flare the elbows out.
- Focus on squeezing your triceps at the bottom of the movement and completing the full range of motion.

10. Cable Lying Triceps Extension



<https://youtu.be/30AoSfRlrel>

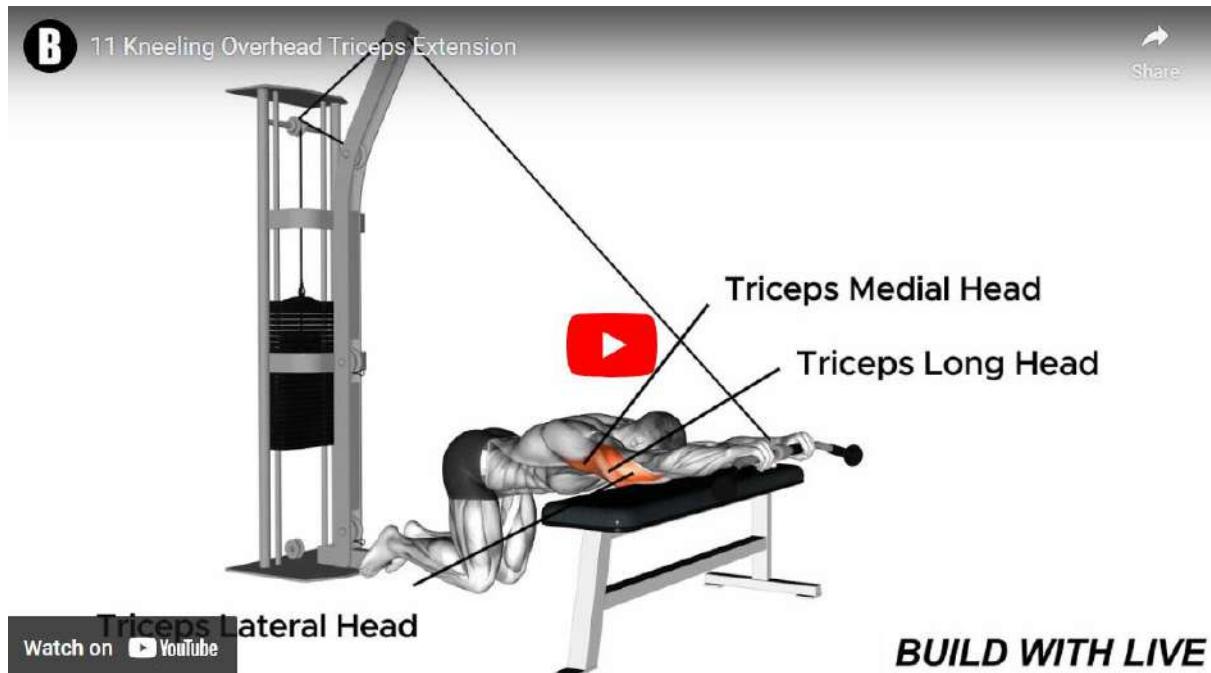
How to Do

1. Attach a straight bar to the pulley of a cable machine.
2. Place a bench a few feet away with enough room to lie down and extend your arms out.
3. Lie on the bench and grab the bar attachment with an overhand grip and hands shoulder-width apart.
4. Inhale and engage your core.
5. Exhale and extend your arms upward, bending only at the elbow. Keep your upper arms steady.
6. Hold at the top for a count, squeezing the triceps.
7. Inhale and slowly return the bar to the starting position, maintaining control throughout.

Tips

- Always warm up your triceps and shoulders to prevent strains.
- Keep your elbows close to your head and your upper arms stationary.
- Begin with lighter weights to perfect your form before increasing the weight.
- Exhale while extending your arms and inhale while returning to the starting position.
- Adjust your grip to your comfort level, using a narrow grip for more challenging triceps engagement.

11. Kneeling Overhead Triceps Extension



<https://youtu.be/wME5npTonUs>

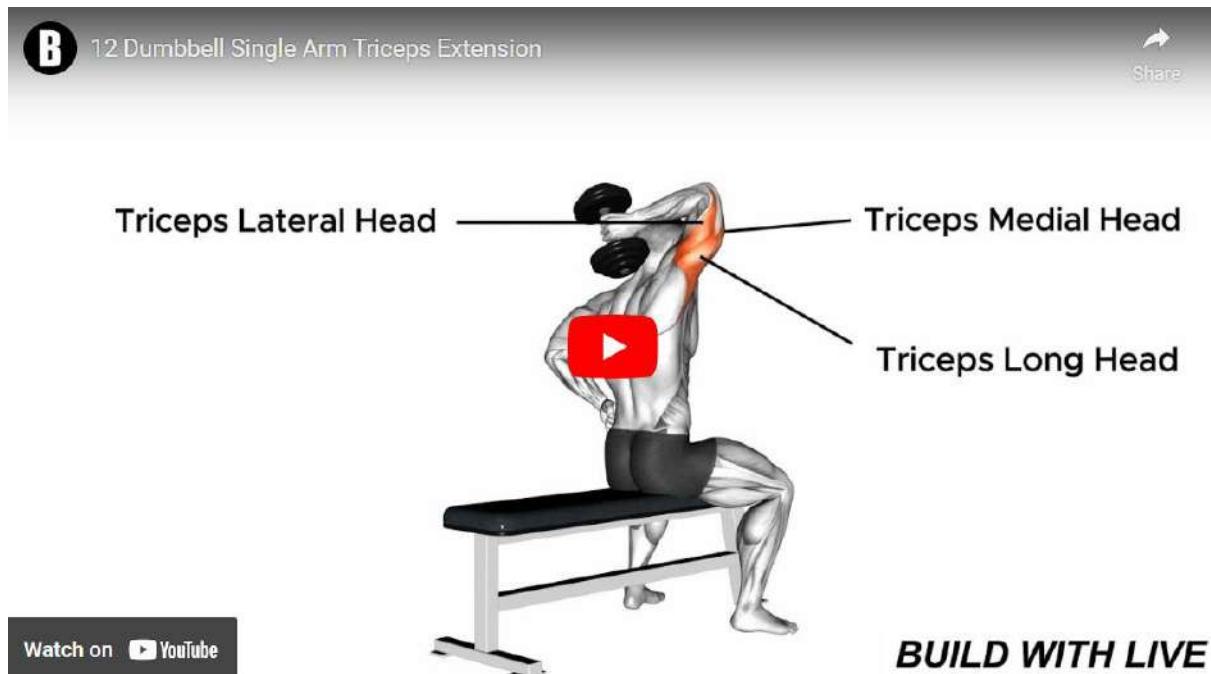
How to Do

1. Start by kneeling on the floor in between a cable machine and a bench. Your knees should be hip-width apart.
2. Select the appropriate weight on the machine and hold the bar with both hands.
3. Bring your elbows to rest on the bench at a 90-degree angle. Place your forehead on the bench for support.
4. Inhale and engage your core.
5. Exhale and extend your arms out in front of you until they are fully extended. Your upper arms should be stationary, and only your forearms should move.
6. Hold at the bottom for a count, concentrating on squeezing the triceps.
7. Inhale to slowly bring your forearms back up to the starting position until your elbows are again at a 90-degree angle.

Tips

- Keep your elbows tucked in and avoid flaring out to increase the triceps engagement.
- Maintain control throughout the movement, and be careful not to swing the bar up or down.
- Keep your core engaged and back flat to reduce straining the lower back.

12. Dumbbell Single-Arm Triceps Extension



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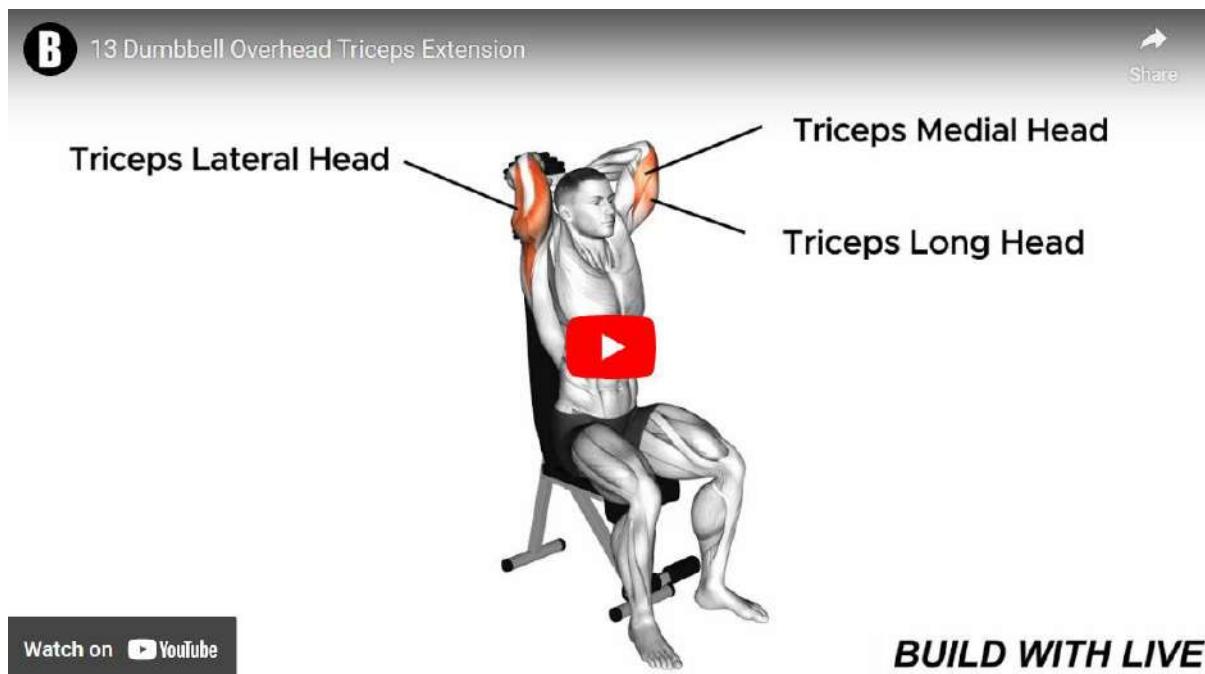
How to Do

1. Set up on the edge of a flat bench with your legs wider than shoulder-width apart.
2. Bring a dumbbell to shoulder height with one arm fully extended overhead. Your other arm should be on your hip.
3. Exhale and engage your core. Using a neutral grip, bring the dumbbell behind your back while keeping the same elbow position.
4. Pause briefly at the bottom position.
5. Inhale while bringing the dumbbell back to the starting position.
6. Switch arms as needed.

Tips

- Keep the non-working arm on your hip. This helps to maintain balance.
- Engage your core throughout to avoid excess lower back stress.
- Avoid rotating your torso as you press the dumbbell overhead.

13. Dumbbell Overhead Triceps Extension



<https://youtu.be/BgQkXIwfz3M>

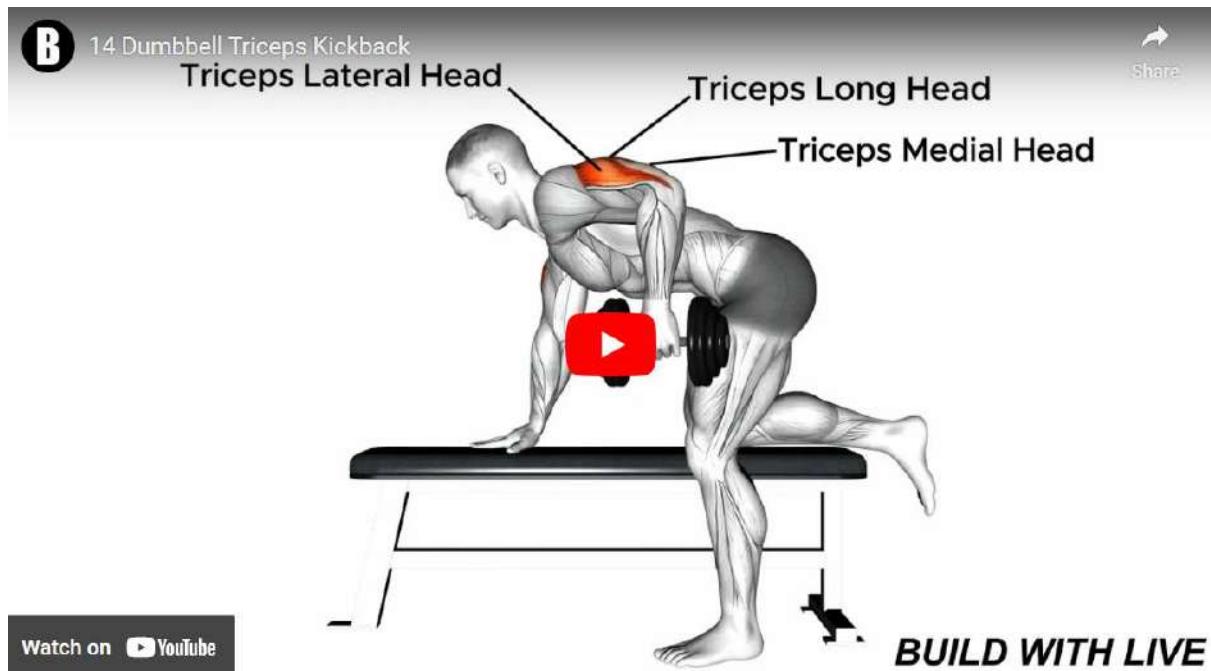
How to Do

1. Start by sitting on a bench with your back straight and your feet flat on the ground.
2. Hold a dumbbell with both hands and raise it above your head, keeping your elbows close to your ears.
3. Lower the dumbbell behind your head by bending your elbows, making sure to keep your upper arms stationary.
4. Pause for a moment, then raise the dumbbell back up to the starting position by straightening your arms.
5. Repeat for the desired number of reps.

Tips

- Engage your core throughout to avoid excess lower back stress.
- Avoid rotating your torso as you press the dumbbell overhead.

14. Dumbbell Triceps Kickback



<https://youtu.be/HnTsxxqnMnl>

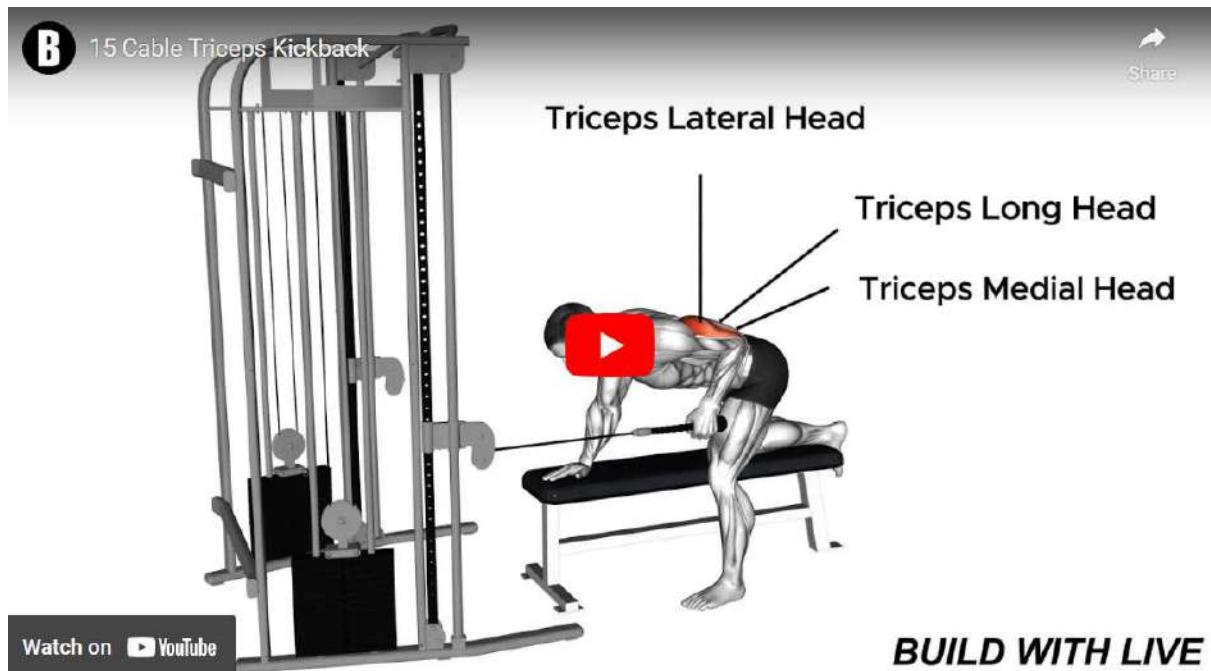
How to Do

1. Select a lighter dumbbell to allow you to focus on technique. You should be able to fully extend your elbow several times in a row.
2. Place one knee and the same side hand on the bench, slightly in front of the shoulder joint.
3. Set your standing leg extended from your hip with your knee slightly bent.
4. Rest your elbow of the active arm against your ribs with your back straight. Hold your elbow up to align with your back.
5. Inhale and engage your core.
6. Exhale as you pull the active arm with the dumbbell back toward your hip. Maintain stability in your back and elbow position throughout the movement.
7. Hold at the end for a count, squeezing your triceps to maximize engagement.
8. Slowly bring the arm back through to the starting position, maintaining control.
9. Repeat for the desired number of reps and sets.

Tips

- Avoid twisting your upper body during the movement. Engage your core and lower back for stability.
- Keep your non-active hand flat on the bench for support throughout the movement.
- Keep the elbow of the working arm close to your side throughout the exercise.

15. Cable Triceps Kickback



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<https://youtu.be/gvUWEg-tpSw>

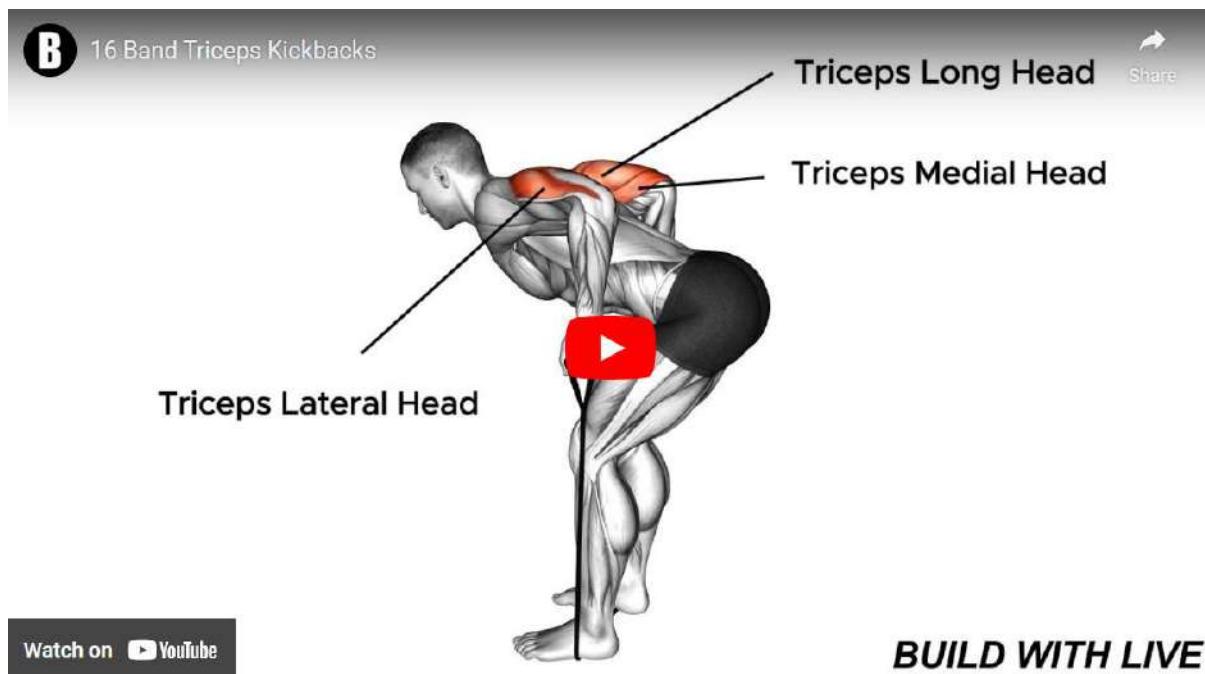
How to Do

1. Adjust the height of a cable pulley machine to around mid-thigh level and attach a single handle to the end.
2. Hold the handle with an overhand (palms facing down) grip with your right hand.
3. Taking a bent-over position, rest your left knee and palm on the bench. Remain standing with your right leg.
4. Keeping your back straight, rest the elbow of your right arm against your torso with your elbow bent.
5. Then, kick back your forearm on a sharp inhale until your arm is straight. Do not move your elbow or upper arm. Only your forearm should move.
6. Release your breath as you flex your elbow to return to your starting position.
7. Repeat as necessary before switching sides.

Tips

- During the exercise, try not to move your trunk at all. The only movement should be bending your elbow, with your elbow remaining in the same place.

16. Band Triceps Kickbacks



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<https://youtu.be/O9-qEl6mluk>

How to Do

1. Place a resistance band under both feet with one end in each hand.
2. Bend your knees slightly and hinge forward at the hips, keeping your back straight.
3. Keeping your upper arms close to your torso, bring around a 90-degree bend to your elbows.
4. Draw your hands backward to straighten your arms until your arm is fully extended.
5. Focus on squeezing the triceps at the top of the movement before slowly returning your hands to their starting position.
6. Repeat as necessary.

Tips

- When learning how to perform this exercise, you may choose to do one hand at a time so you can master your form.
- Do not reposition your elbows during the movement. They should remain fixed with only your hand and forearms moving.

17. Cable Reverse-Grip triceps Pushdown



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<https://youtu.be/hsSs9EtC42Q>

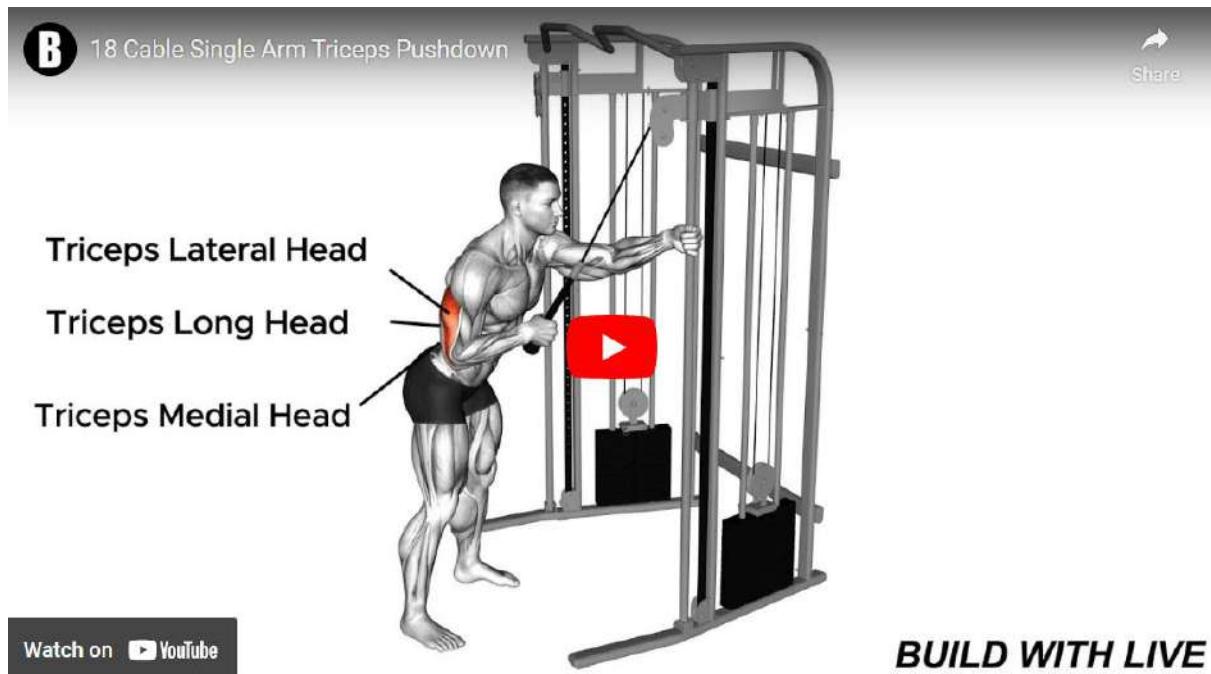
How to Do

1. Set an appropriate weight level that allows you to maintain excellent form throughout the exercise. Connect a straight bar to the end of the high pulley.
2. While facing the machine, make sure your feet are shoulder-width apart. Grab the straight bar palms up, elbows close to the torso.
3. Before you begin pushing down, take a small step back and lean forward from your hips. Keep your back straight and your upper arms in a fixed position.
4. Extend your elbows to push the straight bar down. Fully extend your arms, but don't let the elbow joint lock.
5. To return to the starting position, bend the elbows slowly to maintain controlled movement.

Tips

- When pushing down, ensure that the load is focused on the triceps by squeezing the entire brachii.
- Pause briefly at full extension to allow maximum contraction of the triceps medial heads.
- Return to the starting position without allowing the weights to rest. Stop when the forearms are slightly beyond parallel with the ground to maintain tension.
- Always keep your elbows close to your torso to avoid transferring the workload to other muscles or joints.

18. Cable Single-Arm triceps Pushdown



<https://youtu.be/KSgw20TPRXE>

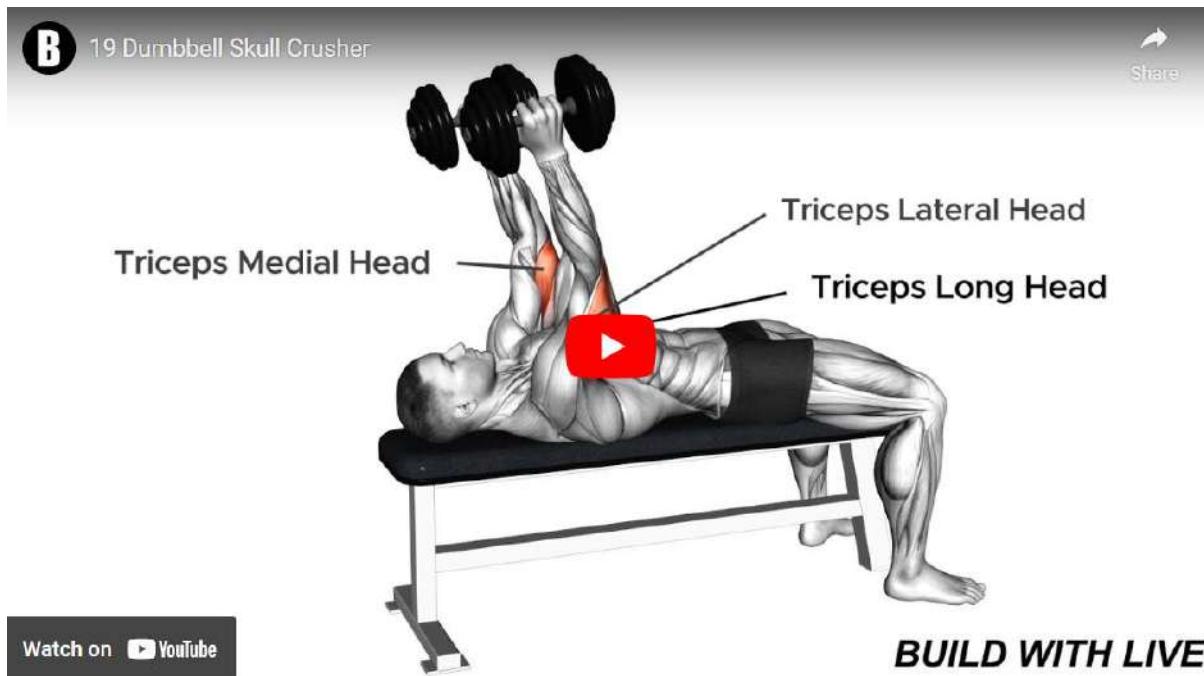
How to Do

1. Attach a single rope to a cable machine set at its highest height.
2. Hold onto the rope with your left hand.
3. Step back to bring tension into the pulley and stand with your feet shoulder-width apart.
4. Lean forward slightly to grab the stack with your right hand for balance.
5. Starting with your left arm bent at 90 degrees, exhale and slowly begin straightening the elbow.
6. Continue until your arm is fully straight. Then, pause at the top and contract the triceps.
7. On the inhale, bend your elbow to return to the starting position.
8. Repeat as necessary before switching arms.

Tips

- Do not move your upper arm or wrist during the lift. Your arm should be completely stationary except for bending the elbow.

19. Dumbbell Skull Crusher



<https://youtu.be/DXEEHzebeSo>

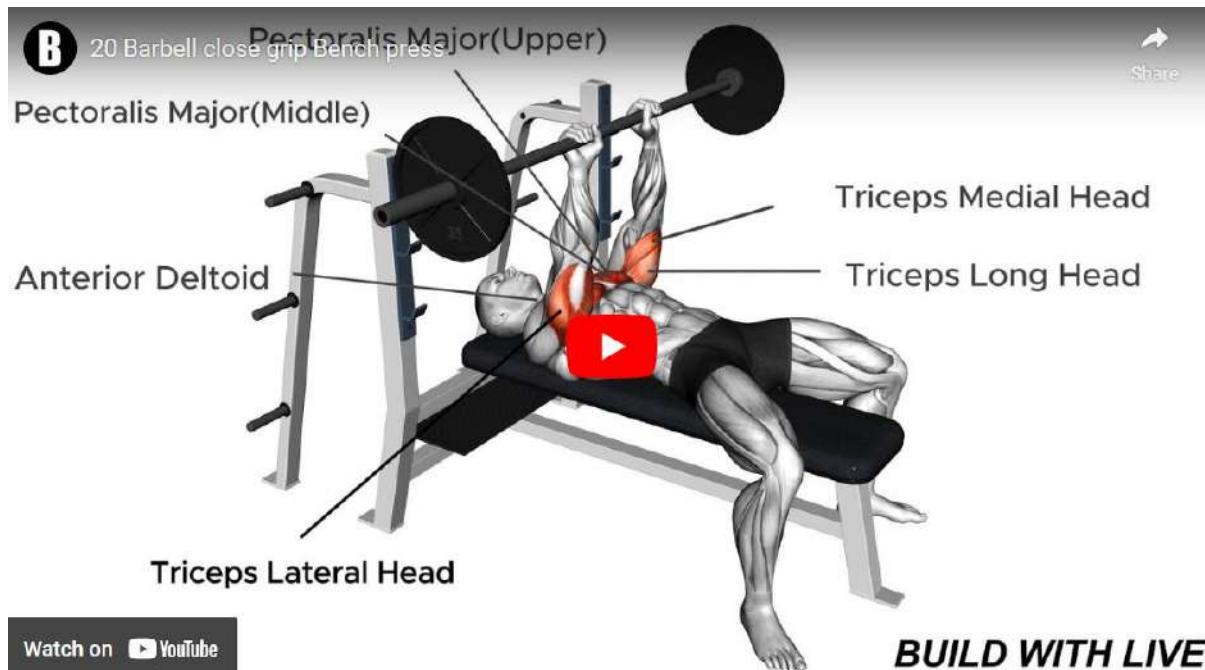
How to Do

1. Start by sitting on one end of a bench with your legs on either side. Hold a pair of dumbbells on either side with a neutral grip (palms facing each other).
2. Lie back with your head near the edge of the bench.
3. Inhale and engage your core.
4. Extend your elbows to press the dumbbells above your chest with your palms facing each other.
5. Exhale as you bend your elbows and slowly lower the dumbbells past the top of your head.
6. Hold for a count and focus on squeezing the triceps for maximum engagement.
7. Extend your arms back up above your chest to the starting position.
8. Repeat for the desired number of reps and sets.

Tips

- Start with lighter weights until you gain strength and perfect your form.
- Try some triceps stretches or arm circles to loosen the muscles before starting the workout.
- If you feel elbow or shoulder pain at any point, stop the exercise and consult with a fitness professional.

20. Barbell Close-Grip Bench Press



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<https://youtu.be/jGc89YVM4Vo>

How to Do

1. Lie flat on a bench with your feet planted firmly on the ground and your back, shoulders, and head in contact with the bench.
2. Grip the barbell with your hands closer together than shoulder-width apart, using a supinated (palms facing up) or neutral grip.
3. Lift the barbell off the rack and hold it above your chest with your arms fully extended.
4. Lower the barbell slowly to your lower chest while inhaling, keeping your elbows close to your body.
5. Pause for a moment when the bar is close to your chest, then push it back up to the starting position while exhaling.
6. Lock your elbows at the top without fully extending them.
7. Complete the desired number of reps.
8. Safely re-rack the barbell when you've finished your set.

Tips

- Keep your elbows in towards your ribcage as much as you can as you lower the bar.
- Practice with an empty bar first to get your grip placement right to effectively target the triceps without placing unnecessary strain on the wrists or shoulders.

21. Dumbbell Tate Press



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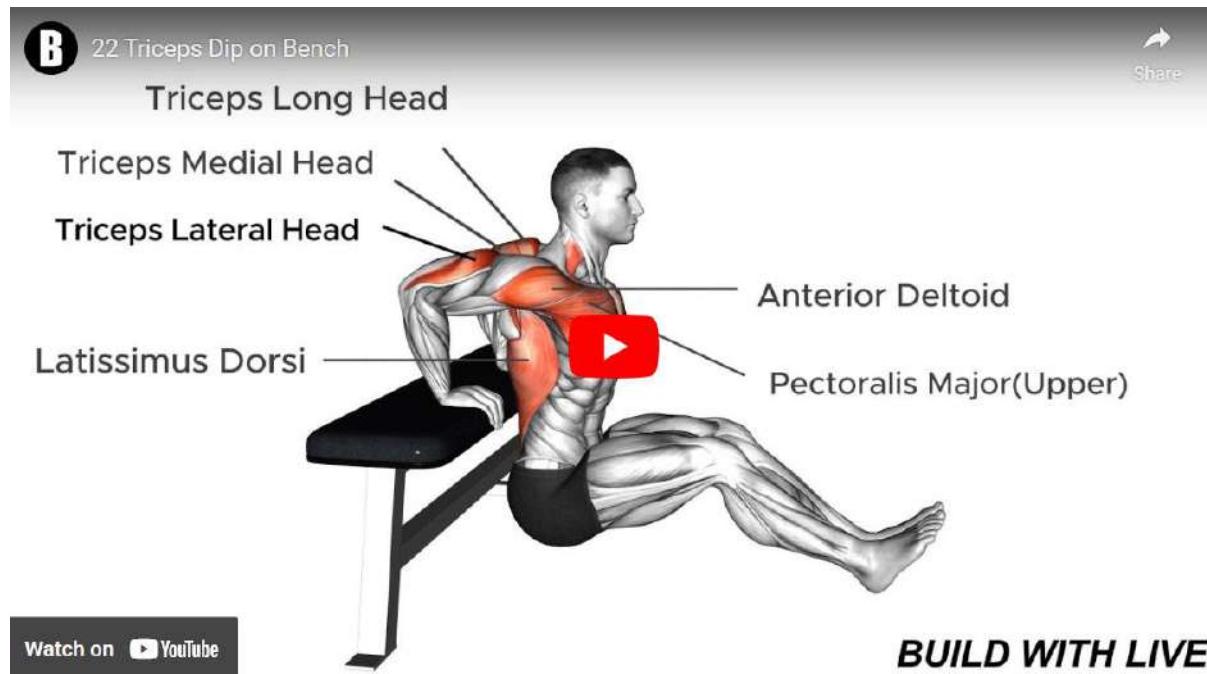
How to Do

1. Select a dumbbell with the appropriate weight in each hand. Sit on a flat bench with your hands resting on your thighs.
2. Lean back to lay on the bench with your back flat and feet on the ground.
3. Lift your arms so you're holding the dumbbells with an overhand grip directly above your chest. Your elbows should be flexed at more than 90 degrees.
4. Engage your core and take a deep breath in.
5. As you exhale, extend your elbows to slowly lift the dumbbells. Focus on squeezing your triceps and chest muscles throughout the movement.
6. Continue until your arms are fully extended so the dumbbells are almost horizontal at the top of the movement. Hold this position for a count.
7. Inhale to bend your elbows and return to the starting position.
8. Repeat for the desired number of reps and sets.

Tips

- Avoid letting the weight rest fully on your chest at the bottom of the movement.
- As you lower the weight, focus on squeezing your triceps when flaring your elbows out to the sides. This maximizes triceps tension to facilitate growth.
- If you struggle with this movement on a flat bench, consider moving to an incline bench. This can make the movement easier if you have limited shoulder mobility.

22. Triceps Dip on Bench



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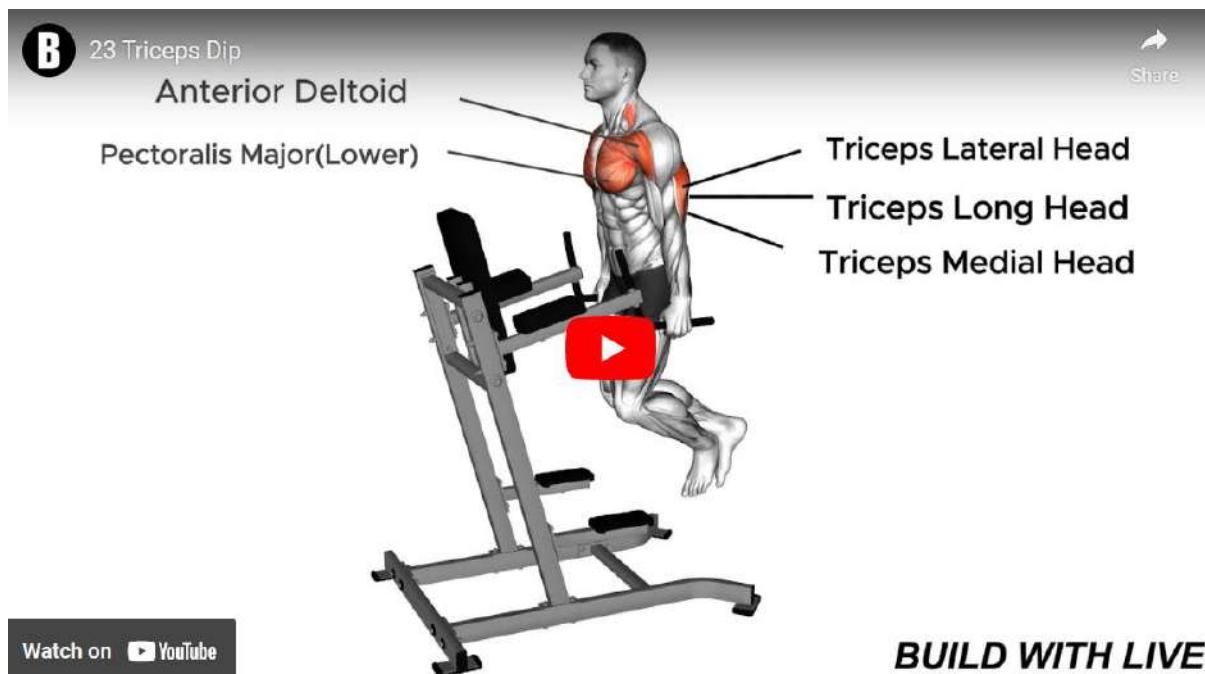
How to Do

1. Hand placement: Place your hands shoulder-width apart on a weight bench or other appropriate elevated surface.
2. Extend your legs in front, palms flat on the bench, knuckles facing forward.
3. Push up to the starting position, then lower your body until your elbows are at a 90-degree angle.
4. Hold for a few seconds at the bottom of the movement, keeping the elbows close to the body and the muscles tight.
5. Press down onto the bench, bringing your elbows back to their starting position.

Tips

- Keep your neck in line with the rest of the spine throughout the whole range of motion. Your shoulders should stay low and away from your ears.
- Maintain a smooth range of motion, with your elbow at 90 degrees and your upper arm parallel to the ground.
- Triceps dips require a lot of shoulder extension (bringing arms back). This exerts a lot of tension on the shoulders. So, if you feel tightness or pain, don't go any lower to limit shoulder injury.
- Keep your elbows close to your body throughout the dip. Flared elbows make the movement riskier by transferring tension from the triceps to the shoulders.
- Keep your body in a straight line. Leaning forward develops your chest muscles, not your triceps.

23. Triceps Dip



https://youtu.be/4PlZivR_NOY

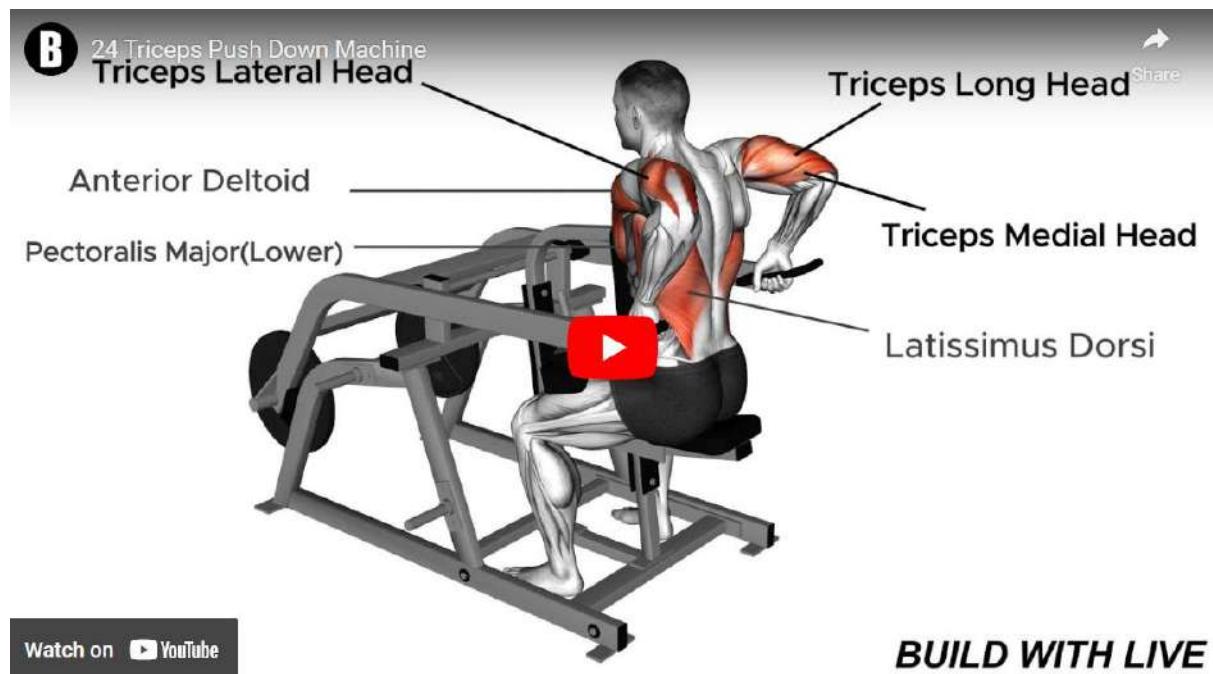
How to Do

1. Set the handles at a comfortable height so you can easily grab on.
2. Stand facing the machine and grab the handles with your palms facing inward and arms fully extended.
3. To improve your balance, lift your feet off the ground with your arms and cross your legs at the ankles.
4. Bend the elbows slowly while keeping your body weight evenly distributed between the arms and shoulders in a neutral position. Lower the body until the elbows form a right angle, or dip even lower if comfortable.
5. Extend the elbow to push the body weight upward. Push up, but keep a slight arm bend at the top to avoid elbow locking.

Tips

- Maintain proper form by avoiding moving elbows sideways or swinging the body during exercise motions. This could cause tension to shift to other parts of the body, potentially resulting in injury.
- For increased stability, practice controlled breathing by breathing in on the way down and out when pushing up.

24. triceps Pushdown Machine



https://youtu.be/uM7gk7_x-fM

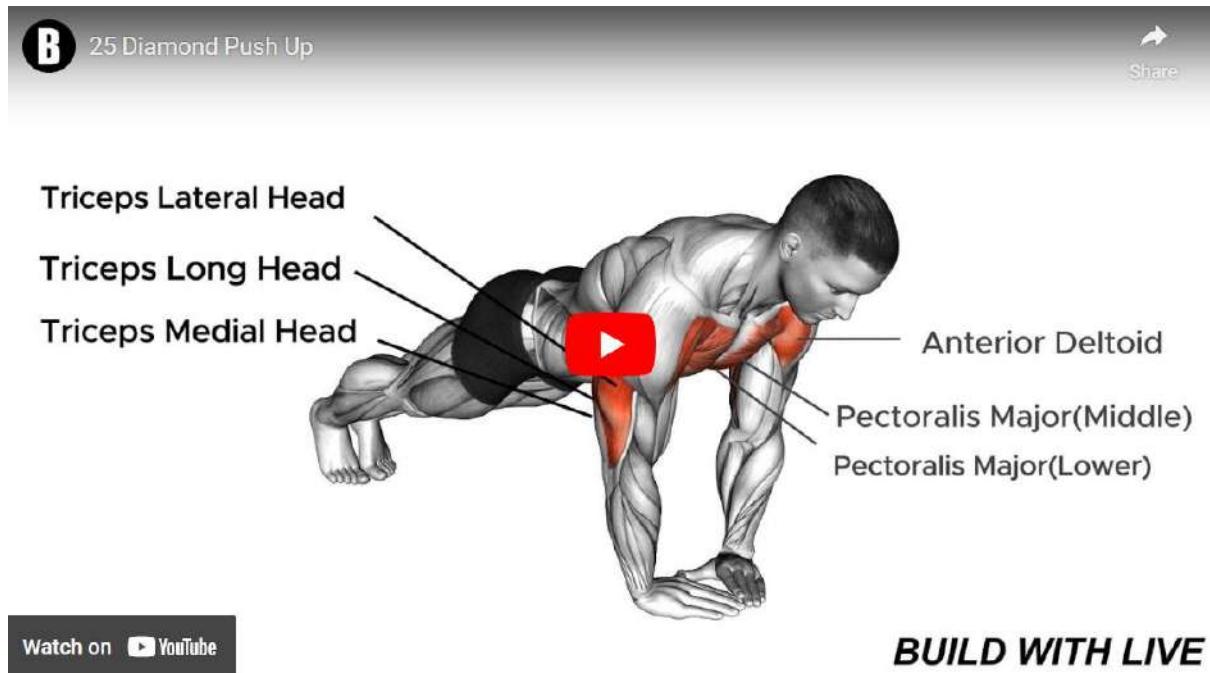
How to Do

1. Located a triceps pushdown machine.
2. Adjust the seat height to accommodate you. The handles should be at chest level when you are seated.
3. Change the load on the machine to a weight that is suitable for you.
4. Sit at the triceps pushdown machine with feet planted on the ground.
5. Grasp the handles in an overhand grip, palms facing toward the ground. Your elbows should be bent. This is your starting position.
6. Inhale, preparing the core.
7. Exhale and push down the handles until your arms are fully extended.
8. Do not lean down or over. Keep the chest up and back straight.
9. Inhale and return to the starting position.
10. Repeat for desired reps and sets.

Tips

- The only movement in this exercise should be in the arms. The torso should remain still with your back straight and the spine neutral with your feet planted on the ground.
- As this is an isolation exercise, lifters should prioritize muscle engagement over heavy lifting. Maintain control and increase muscle engagement by performing at a moderate tempo

25. Diamond Push-Up



Watch on YouTube

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<https://youtu.be/HbSdYvypedQ>

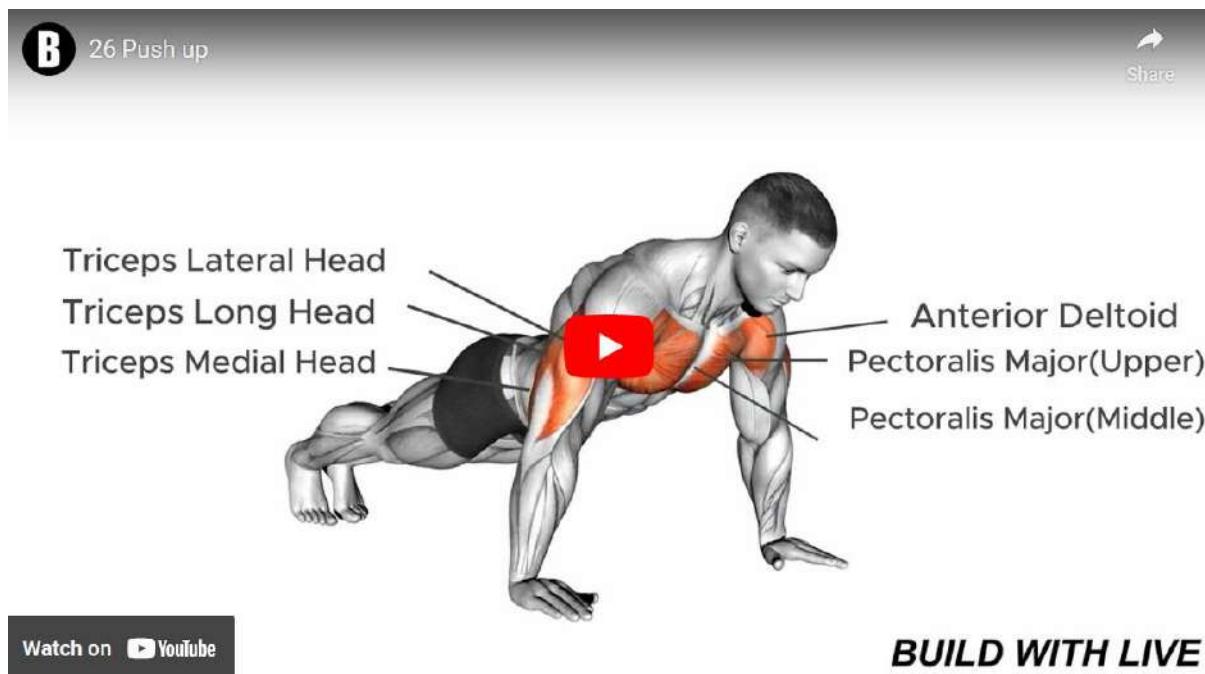
How to Do

1. Set a mat on the floor to provide some cushioning for your hands. It would be painful for your wrists and hands to do it on a hard surface.
2. Get down on all fours, hands together under the chest. To form a diamond, place both hands' index fingers and thumbs so they are touching.
3. Extend your arms to raise the body, creating a straight line from your head to your feet.
4. Lower yourself to the ground and then push up. Maintain a flat back and avoid flaring your elbows out to the sides. Stop right before your chest touches the floor, then push back up to the starting position.

Tips

- Avoid flaring your elbows and keep them close to your torso. When performing diamond pushups, aim to keep your elbows bent at about a 45-degree angle relative to your body. This positioning helps better engage your triceps and maintain proper form.
- An arched back will result in less activation of the core or glutes thus reducing secondary abdominal muscle engagement. You may check your push-up form by looking in the mirror or recording yourself.

26. Push-Up



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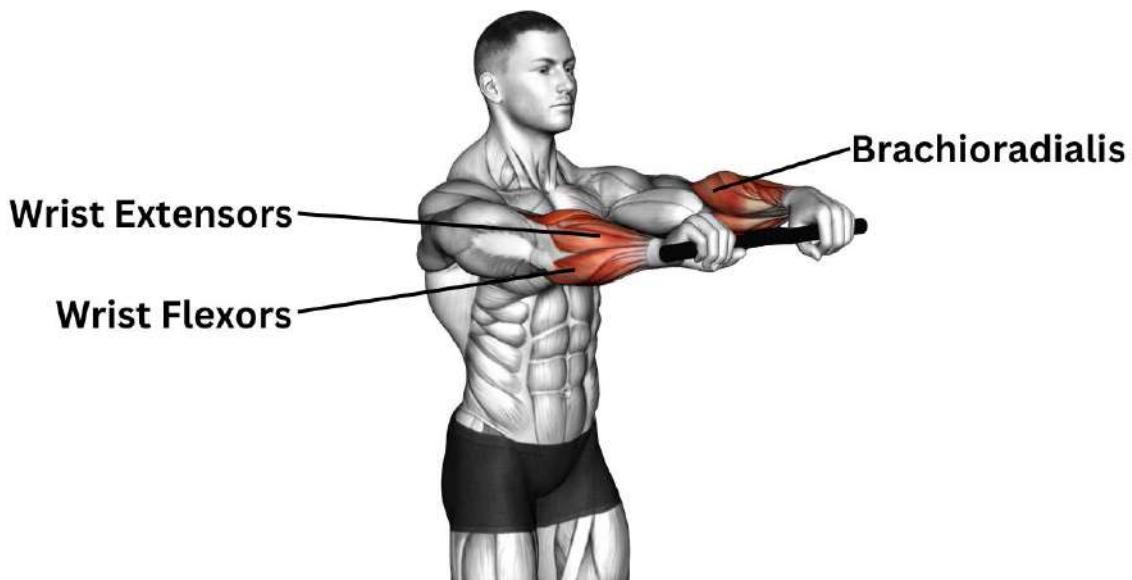
How to Do

1. Begin in a plank position with your arms fully extended. Your hands should be placed under your shoulders.
2. Your legs should be extended behind you, forming a straight line with your body from your head to your feet.
3. Inhale to engage your core.
4. Slowly lower your chest down to the ground, flexing your elbows to 90 degrees.
5. Hold this position for a count, focusing on squeezing your chest, shoulders, and upper arms to maximize engagement.
6. Exhale to push back up to the starting position.
7. Repeat for the desired number of reps and sets.

Tips

- Avoid straining your neck at any point and keep your back flat. This ensures your shoulders and core remain engaged to avoid straining the neck or upper spine.
- Keep your upper arms steady throughout. Only your forearms should move to flex the elbows during the lowering phase.
- Ensure your stance is not too wide creating unnecessary strain on the shoulders and lower back

3. FOREARM



Anatomy of the Forearm

We can split the main forearm muscles into the wrist flexors, wrist extensors, and brachioradialis. Each varies in location and function. Let us look at each of them in more detail.

1. Wrist Flexors

Muscles that span the inside of your lower arm, between your elbow and wrist palm side up.



2. Wrist Extensors

Muscles that make up the back portion of your lower arm, between your elbow and wrist.



3. Brachioradialis

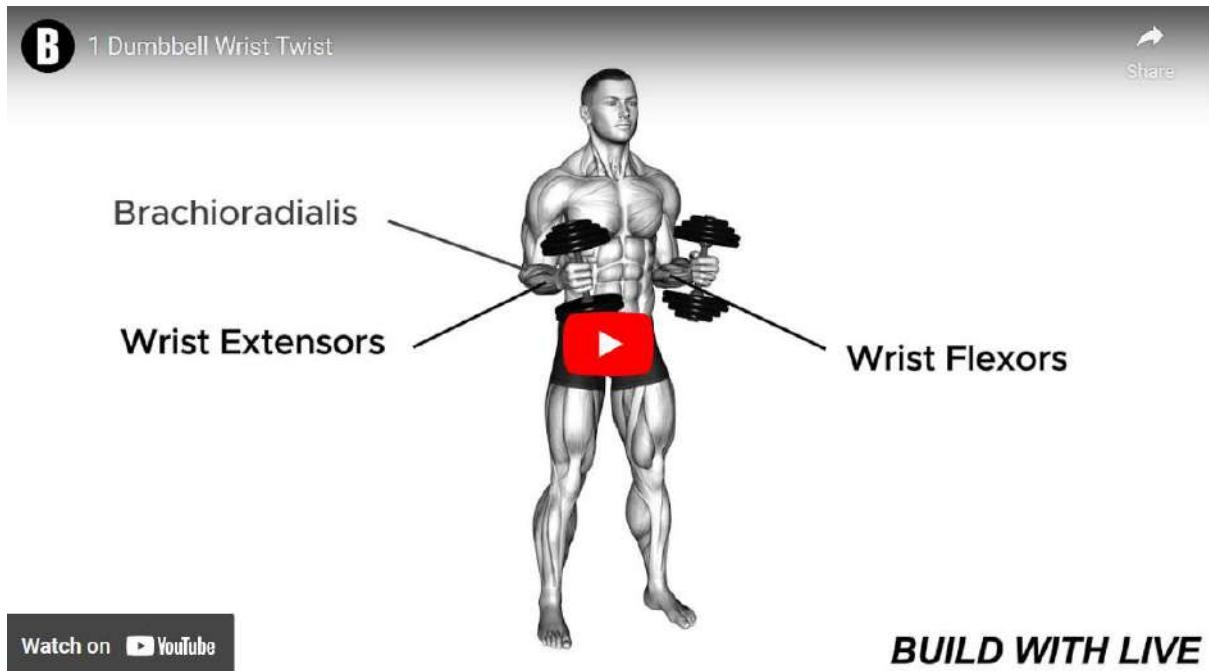
Muscle located between outside portion of your forearm from the elbow to the wrist.



Exercises list of Forearm

- 1. Dumbbell Wrist Twist**
- 2. Dumbbell Hammer Wrist**
- 3. Dumbbell Finger Curl**
- 4. Wrist Roller**
- 5. Dumbbell Back Wrist Curl**
- 6. Dumbbell Zottman Curl**
- 7. Dumbbell Reverse Curl**
- 8. Cable Reverse Curl**
- 9. Dumbbell Cross body Hammer Curl**
- 10. Dumbbell Hammer Curl**
- 11. Cable Hammer Curl**

1. Dumbbell Wrist Twist



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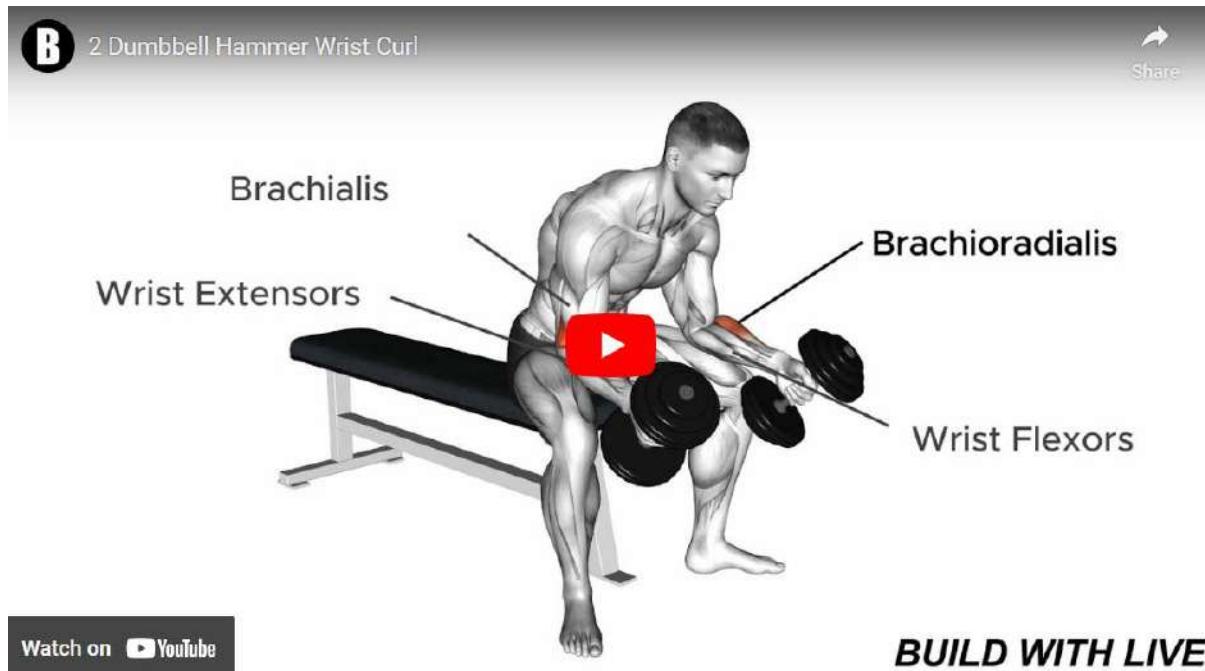
How to Do

1. Grasp a suitable pair of dumbbells from the weight rack and stand with your feet shoulder-width apart.
2. Hold the dumbbells by your sides using a pronated grip (palms facing behind you).
3. Inhale and engage your core. Bring the dumbbells up until your forearms are parallel to the floor (elbows at a 90-degree angle). Keep your elbows tucked in.
4. Exhale and rotate your wrists until your palms face up. Your elbows and forearms should stay in the same positions.
5. Inhale and rotate your wrists back so your palms face down again.

Tips

- Avoid moving your elbows and shoulders. Your wrists and forearms should be the only movers.
- Ensure that your lower arms stay parallel to the floor. If you can't do this, drop the weight.

2. Dumbbell Hammer Wrist Curl



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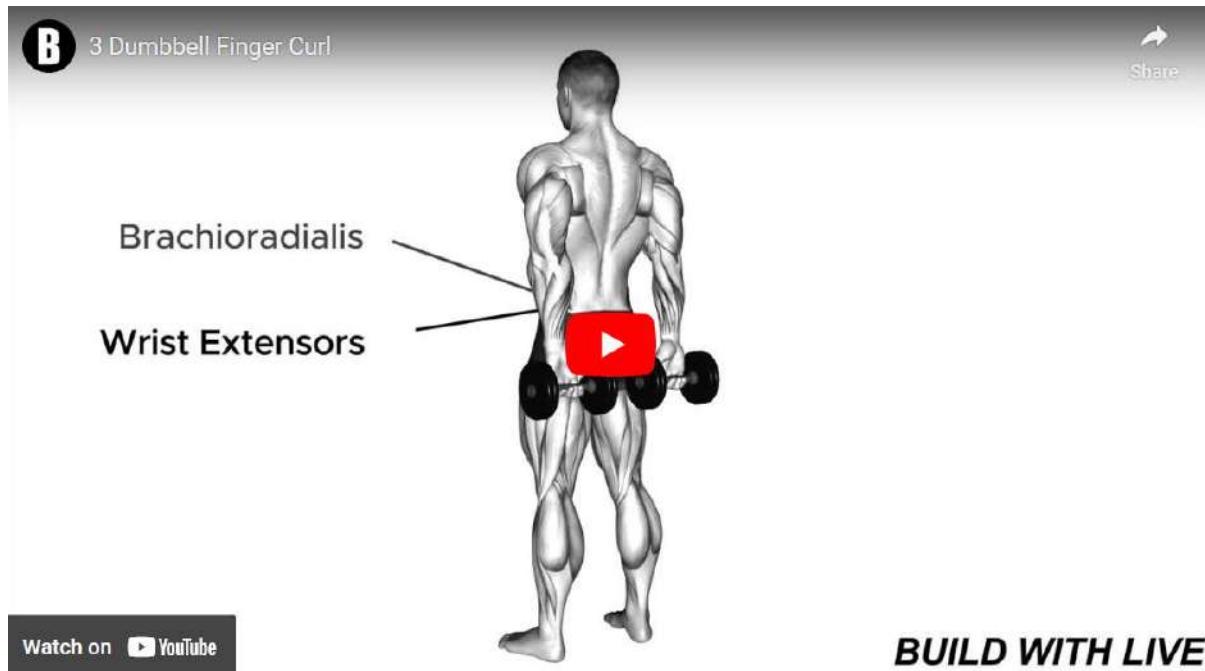
How to Do

1. Grasp a suitable pair of dumbbells from the weight rack. Sit on the end of the bench with your feet flat on the ground. Your feet should be shoulder-width apart with your upper legs parallel to the floor.
2. Bring your torso forward and rest your elbows on your thighs. Your forearms should be parallel to the ground while holding the dumbbells with a neutral grip (palms facing in).
3. Your head should be in a neutral position looking at the floor in front of you. Keep a neutral back with your chest up.
4. Inhale and engage your core. Exhale and lift the dumbbells using your wrists. Your forearms should stay in the same position.
5. Pause briefly as you come to the top range of motion.
6. Inhale and bring the dumbbells down under control.

Tips

- Keep your elbows resting on your upper legs during each repetition. This helps to maintain target muscle focus.
- You can use any raised surface as long as it's at a suitable height. Your legs should be at 90-degree angles.

3. Dumbbell Finger Curl



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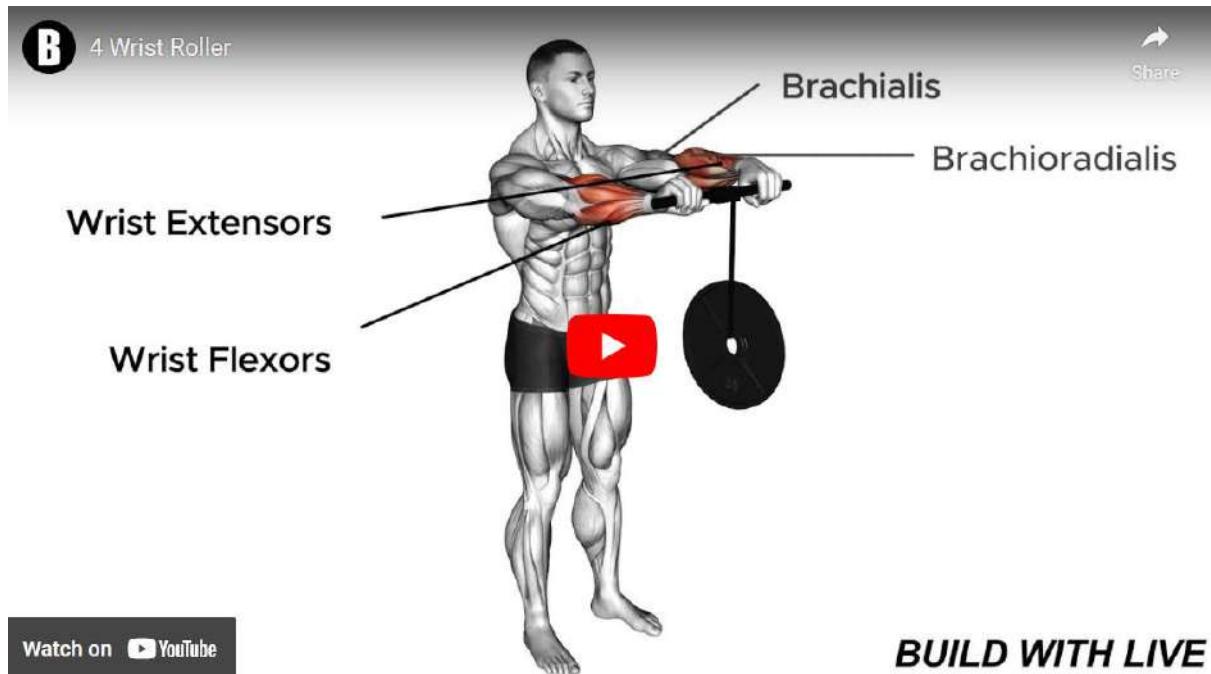
How to Do

1. Stand with your feet shoulder-width apart. Hold a dumbbell in each hand with your palms facing behind you.
2. Bring your arms behind you so that the dumbbells come behind your back. Roll the dumbbells down to your fingers. This is the correct starting position.
3. Bring the dumbbells up by curling your fingers towards your palms. Ensure a slow, controlled movement.
4. Keep your shoulder blades back with a neutral back position.
5. Pause briefly at the top position. Slowly bring the dumbbells back to the starting position by extending your fingers. Keep a tight grip throughout.

Tips

- Keep the dumbbells on your fingers for targeted activation.
- Your arms should be nearly behind your back throughout the movement.

4. Wrist Roller



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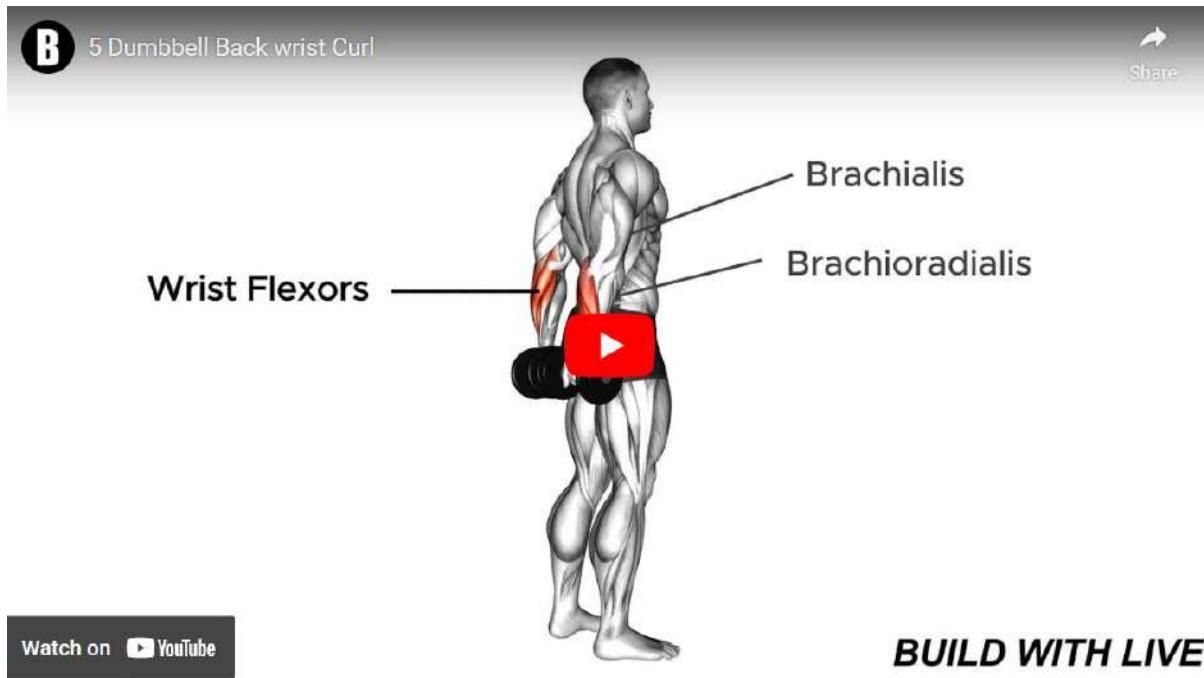
How to Do

1. Stand with your arms by your sides. Your hips should be facing forward with your feet hip-width apart.
2. Grasp the wrist roller handle and extend your arms in front of you. The rope and weight should be hanging towards the ground.
3. Move each wrist alternatively so the rope starts to wrap around the handle. One hand should loosen while the other tightens the grip. This simultaneous flexion and extension should allow the weight to come to the height of your arms.
4. Pause briefly at the top position. Bring the weight back to the starting position by performing the opposite motions.

Tips

- Ensure you keep your arms straight in front of you. If you can't do this, lower the weight.
- Each wrist movement should be controlled using the same tempo.
- Maintain a controlled breathing pattern throughout the movement.

5. Dumbbell Back Wrist Curl



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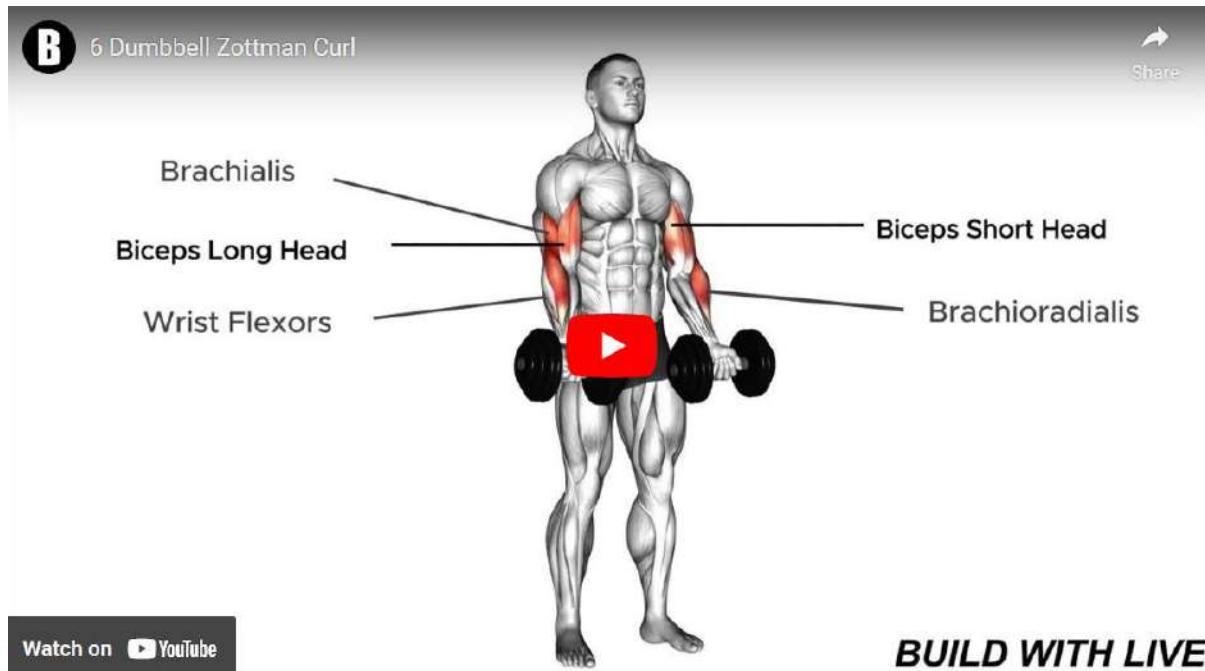
How to Do

1. Grasp a suitable pair of dumbbells from the weight rack. Stand with your feet shoulder-width apart with your arms by your sides.
2. Bring your arms behind your body while keeping your elbows straight. The dumbbells should be resting behind your glutes with your palms facing behind you.
3. Inhale and engage your core. Exhale and flex your wrists to bring the dumbbells up.
4. Pause briefly at the top position.
5. Inhale and bring the dumbbells back down under control.

Tips

- Keep your head up and your chest facing forward throughout. This prevents potential neck strain.
- Allow your hands to rest against your glutes before you curl the dumbbells behind. This provides added wrist support.

6. Dumbbell Zottman Curl



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<https://youtu.be/oKrsyThdjMY>

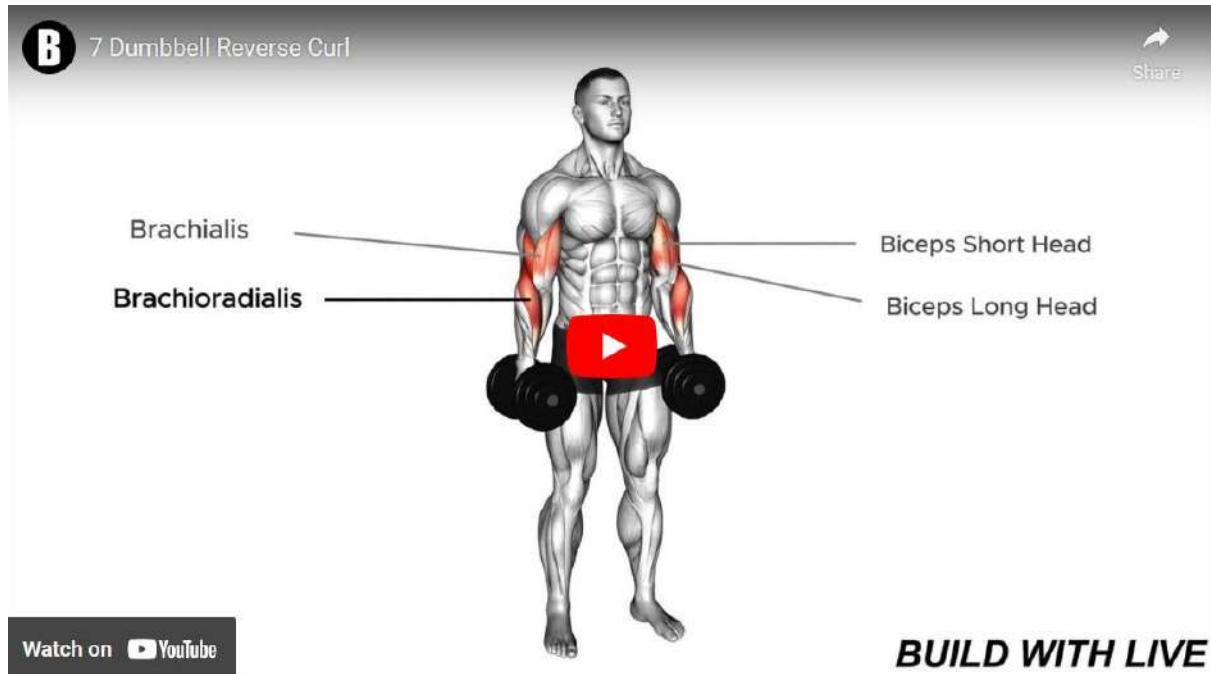
How to Do

1. Grab a pair of dumbbells and position your feet shoulder-width apart. Keep your chest up with your head facing forward.
2. Rotate the dumbbells so that the palms are facing away from the body.
3. Inhale and engage your core muscles.
4. Exhale and curl the dumbbells to your shoulders.
5. Once they reach the top, briefly pause. Rotate the dumbbells so your palms are facing the floor.
6. Inhale and gradually lower the dumbbells until they reach your thighs.
7. Once they reach this position, rotate the dumbbells so your palms are facing forward.

Tips

- Ensure your feet are shoulder-width apart and your core is braced. This will help you form a solid base, allowing for greater bicep isolation.
- Beginners should perform their initial set with a lighter weight and focus on technique. Once you are comfortable, gradually increase the resistance.

7. Dumbbell Reverse Curl



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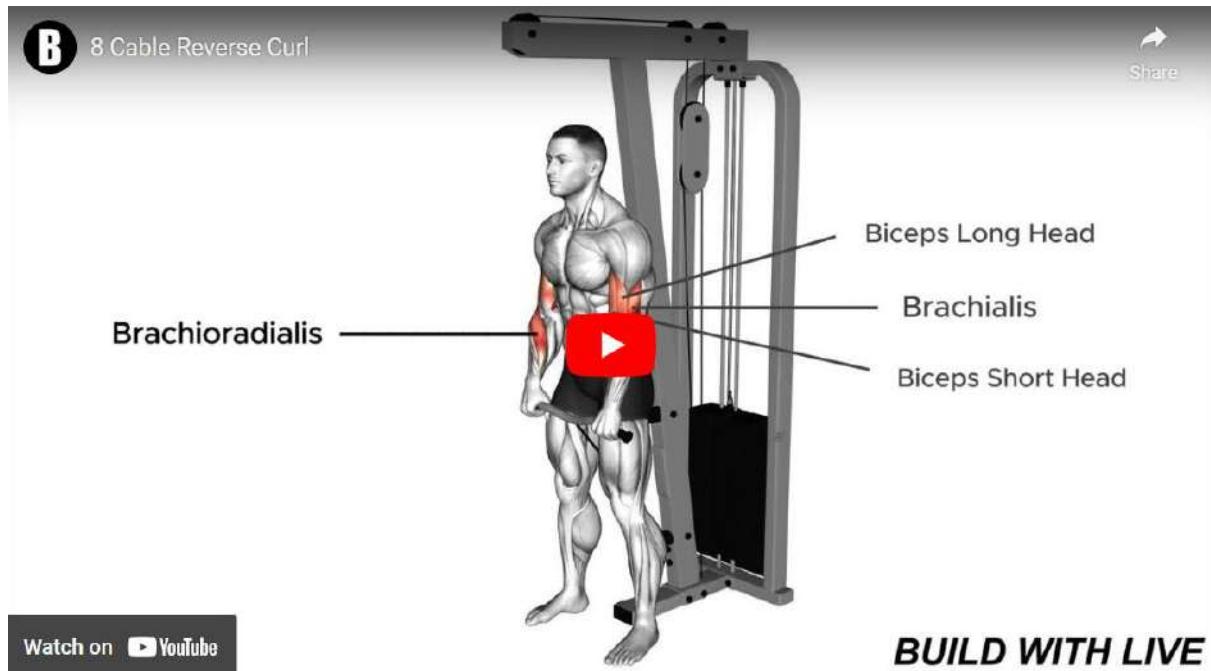
How to Do

1. Stand with feet shoulder-width apart, holding dumbbells in each hand.
2. Use an overhand grip with your palms facing down, and arms extended by your sides.
3. Keep your elbows close and curl the dumbbells until your forearms are parallel to the ground or slightly higher.
4. Lower the weights slowly and with control back to the starting position.
5. Repeat for the desired number of repetitions.

Tips

- Maintain straight wrists throughout the movement to avoid strain.
- Use a slow and controlled motion to fully engage the brachialis and brachioradialis.
- Keep your elbows pinned to your sides for better isolation of the target muscles.
- Start with lighter weights to build proper form before increasing intensity.
- Avoid swinging the weights to focus on muscle engagement rather than momentum.

8. Cable Reverse Curl



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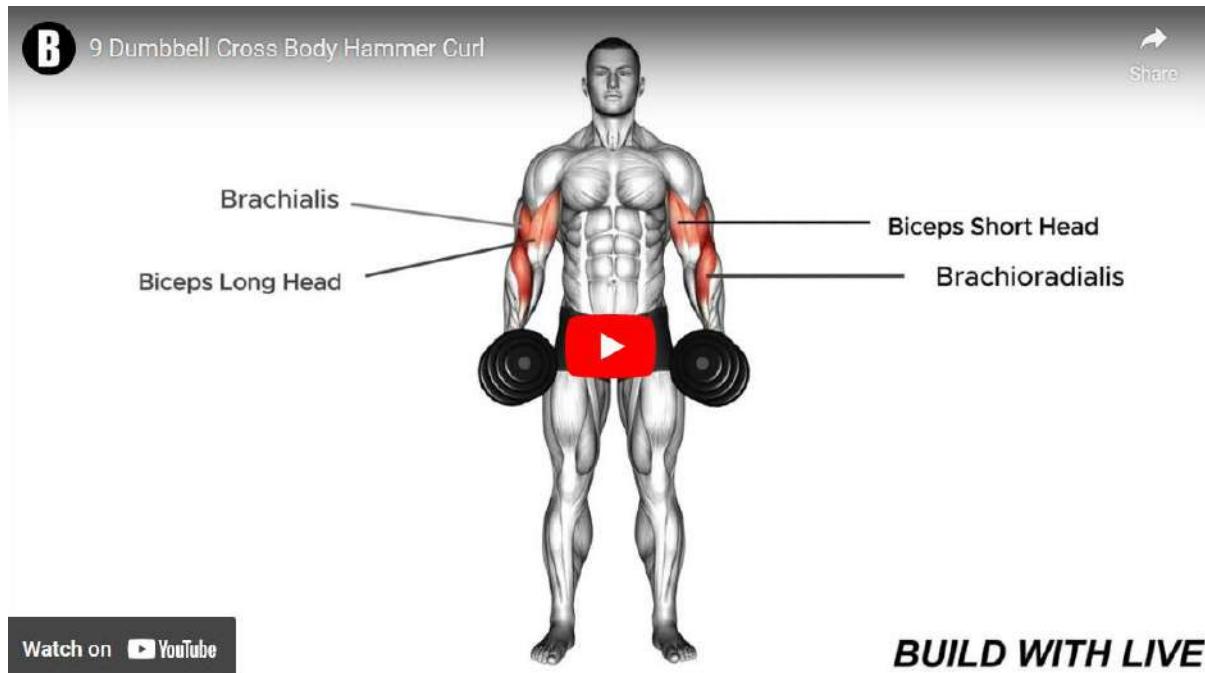
How to Do

1. Begin by attaching a bar to a low pulley on a cable machine.
2. Select the appropriate weight for your goals and fitness level.
3. Stand with your back to the machine, feet shoulder-width apart, and a neutral spine.
4. Grip both ends of the bar using an overhand grip (palms facing down).
5. Inhale and engage your core.
6. Exhale as you raise the bar, keeping a straight back and using control.
7. Keep your elbows in and concentrate on squeezing your biceps and brachialis throughout the movement.
8. Raise until the elbows are fully flexed, about chest height. Hold at the top for a count to maximally activate the biceps and brachialis.
9. Inhale as you slowly lower the bar down, fully extending your arms.
10. Repeat for the appropriate sets and reps.

Tips

- Keep your elbows tucked in and avoid flaring out to increase the bicep engagement.
- Maintain control throughout the movement, and be careful not to swing the bar up or down.
- Keep your core engaged and back flat to reduce straining the lower back.

9. Dumbbell Cross-Body Hammer Curl



Watch on YouTube

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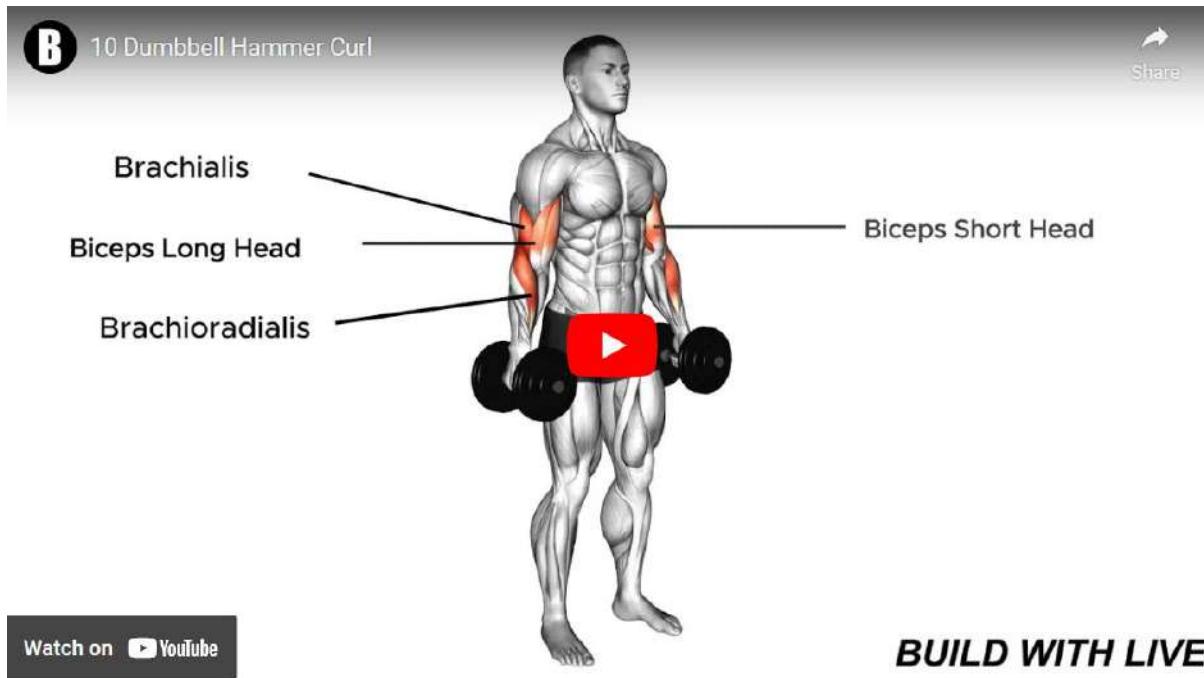
How to Do

1. Pick up your dumbbells, and rotate them so your palms face your thighs.
2. Stand with your feet shoulder-width apart with your hips facing forwards.
3. Inhale and tense your core.
4. Rotate the wrist so your palm is facing your body. Exhale and curl the dumbbell up toward the midline of your body. Keep your arm close to your body as you curl.
5. Once the dumbbell reaches chest height, pause briefly at the top position.
6. Inhale and, lower it down to the side of your body under control.
7. Alternate sides for the duration of the set.

Tips

- Ensure that you keep the working elbow close to your body as you curl the dumbbell across it.
- Avoid rotating your torso as you perform the movement. Your hips should stay facing forward.

10. . Dumbbell Hammer Curl



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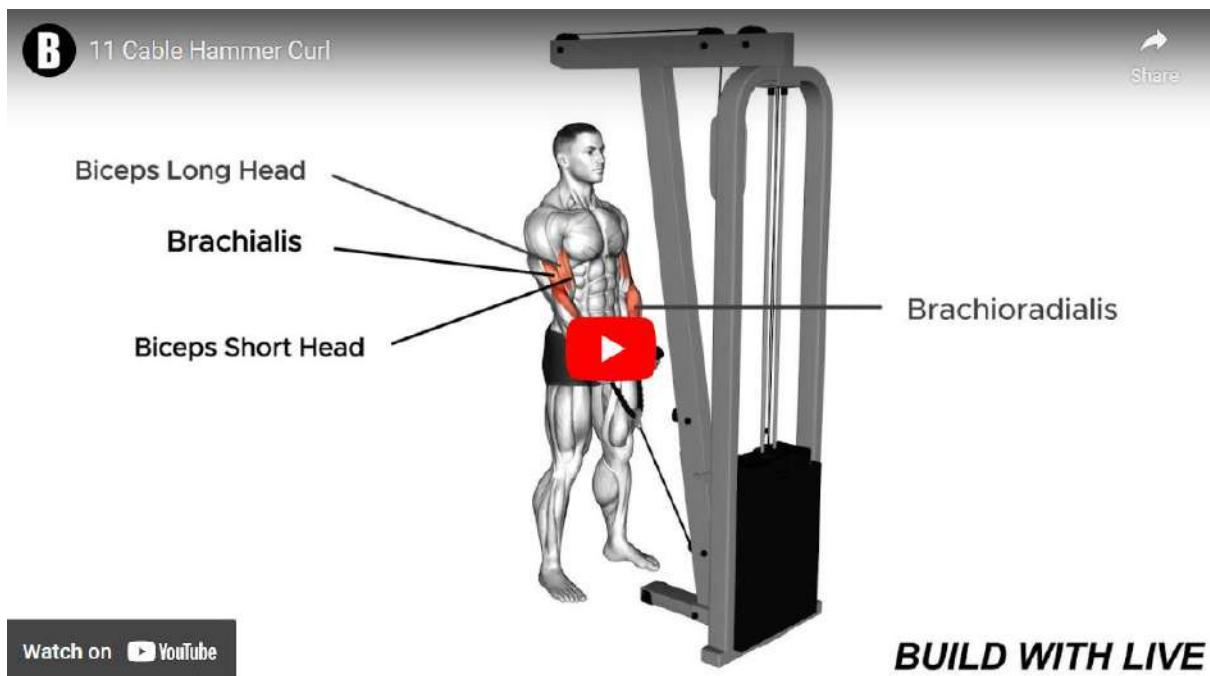
How to Do

1. Pick up a pair of dumbbells. Stand with your feet shoulder-width apart. Ensure your hips are straight with your chest up and head facing forward.
2. Rotate the dumbbells so your palms face your thighs, holding the dumbbells with a neutral grip.
3. Inhale and engage your core muscles.
4. Exhale, and curl the dumbbells up toward your shoulders with your elbows tucked to your sides.
5. Once the dumbbells reach shoulder height, pause at the top position.
6. Inhale and gradually lower the dumbbells back down to the starting position at the side of your thighs.

Tips

- Focus on your breathing, and tensing your core. This will keep your trunk tight for the duration of the set, improving your lifting ability.
- Keep your elbows tucked to your sides for the duration of the set. This will improve bicep isolation.

11. Cable Hammer Curl



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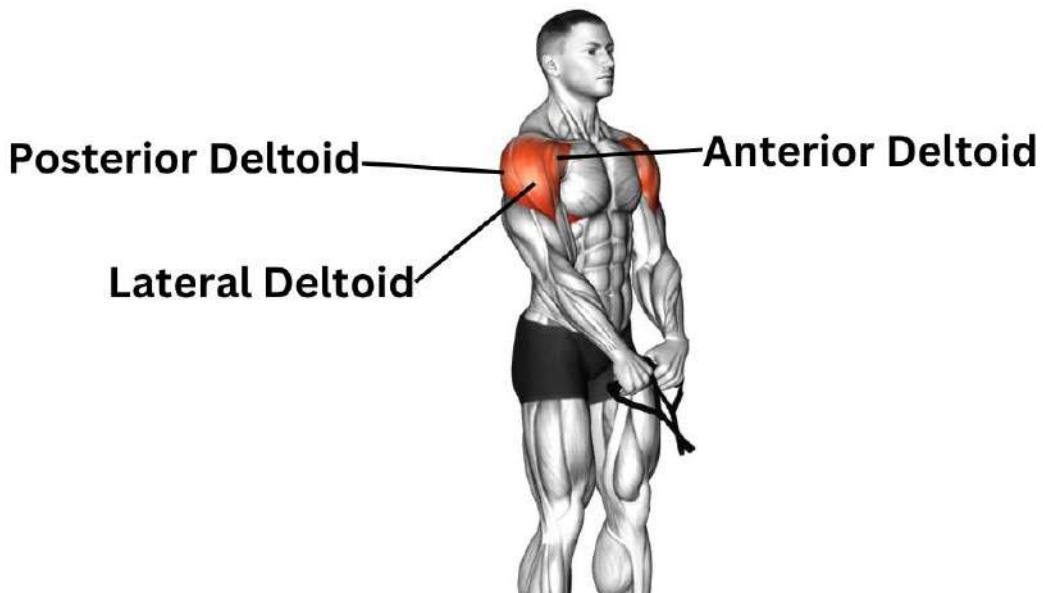
How to Do

1. Begin by attaching a rope to a low pulley on a cable machine.
2. Select the appropriate weight for your goals and fitness level.
3. Place your feet shoulder-width apart and hips forward.
4. Grip one end of the rope in each hand with a neutral grip, palms facing inward.
5. Inhale and engage your core.
6. Exhale as you raise the weighted rope to shoulder height. Keep your elbows close to your sides and maintain stability and control in the upper body.
7. Hold at the top for one count, concentrating on squeezing the biceps.
8. Inhale as you slowly lower the rope back down until your arms are fully extended, controlling the movement throughout.
9. Repeat for the appropriate sets and reps.

Tips

- Be careful not to lock the elbow during flexion or extension. Keep a slight bend to avoid straining.
- If you experience any wrist pain or discomfort, stop performing the exercise until after consulting with a fitness professional.
- Avoid using momentum to complete the exercise, and focus on maintaining control and stability.

4. SHOULDERS



Anatomy of the Shoulders

The shoulders are a group of muscles located in the upper arms. They consist of different muscles that support the shoulder joint and promote movement in the arm, including:

- Deltoids.
- Rotator cuff.

Three heads make up the deltoids (delt) of the shoulder, including the anterior, lateral, and posterior deltoids. The anterior deltoid, or front delt, makes up the front of the shoulder. It is responsible for the internal rotation of the shoulder and forward arm movement.

The lateral, or medial, deltoid establishes the middle part of the shoulder between the anterior and posterior deltoids. It is vital for shoulder flexion and abduction when internal rotation of the shoulder joint is created.

The posterior, or rear, deltoid is located at the back of the shoulder. Its function includes external rotation, horizontal abduction (moving the shoulder away from the body), and backward extension of the arm. When you reach behind you to grab something or wave your hand, the posterior deltoid creates arm movement.

1. Anterior Deltoid

Muscles located at the front of your shoulder region



2. Lateral Deltoid

Muscles located at the side of your shoulder which gives your shoulders a rounded appearance.



3. Posterior Deltoid

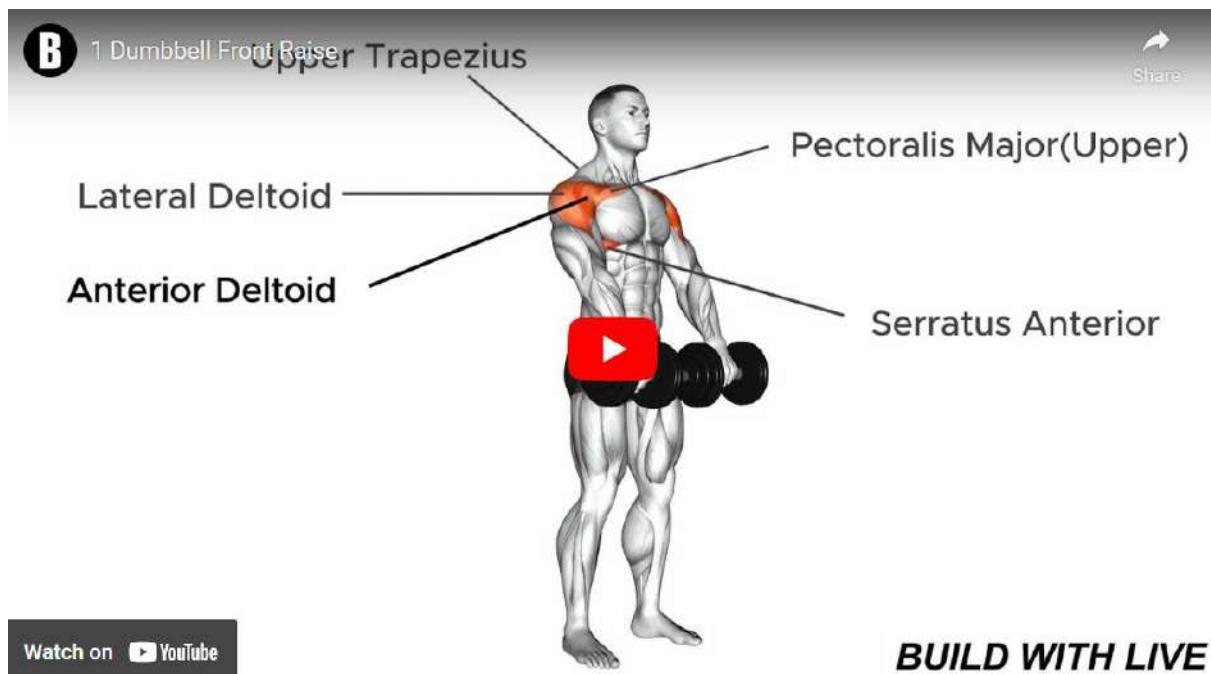
Muscles located at the back of your shoulder. Helps with posture.



Exercises list of Shoulders

- 1. Dumbbell Front Raise**
- 2. Weight Plate Front Raise**
- 3. Barbell Front Raise**
- 4. Seated Machine Shoulder Press**
- 5. Barbell Overhead Press**
- 6. Cable Shoulder Internal Rotation**
- 7. Seated Barbell Shoulder Press**
- 8. Dumbbell Seated Shoulder Press**
- 9. Standing Barbell Military Press**
- 10. Standing Cable Shoulder Press**
- 11. Pike Pushups**
- 12. Decline Push Ups**
- 13. Standing Kettlebell Single -Arm Press**
- 14. Alternating Dumbbell Press**
- 15. Behind the Neck Press**
- 16. Smith Machine Standing Overhead Press**
- 17. Arnold Press**
- 18. Barbell Push Press**
- 19. Cable Lateral Raise**
- 20. Dumbbell Upright Row**
- 21. Barbell Upright Row**
- 22. Standing Smith Machine Upright Row**
- 23. Seated Dumbbell Lateral Raise**
- 24. Seated Machine Lateral Raise**
- 25. Standing Lateral Dumbbell Raise**
- 26. Seated Rear Delt Fly Machine**
- 27. Cable Crossover Reverse Fly**
- 28. Standing Cable Rear Delt Fly**
- 29. Seated Dumbbell Rear Delt Fly**
- 30. Dumbbell Bent-Over Rear Delt Fly**
- 31. Dumbbell Rear Lateral Raise With Head Support**
- 32. Dumbbell Reverse Fly**
- 33. Incline Dumbbell Y Raise**
- 34. Incline Dumbbell T Raise**
- 35. Incline Dumbbell Row**
- 36. Side Lying Dumbbell Rear Delt Raise**
- 37. Single -Arm-Bent Over Rear Delt Dumbbell Row**
- 38. Dumbbell Bent Over Face Pull**
- 39. Lying Dumbbell One -Arm Rear Lateral Raise**
- 40. Cable Standing Y Raise**

1. Dumbbell Front Raise



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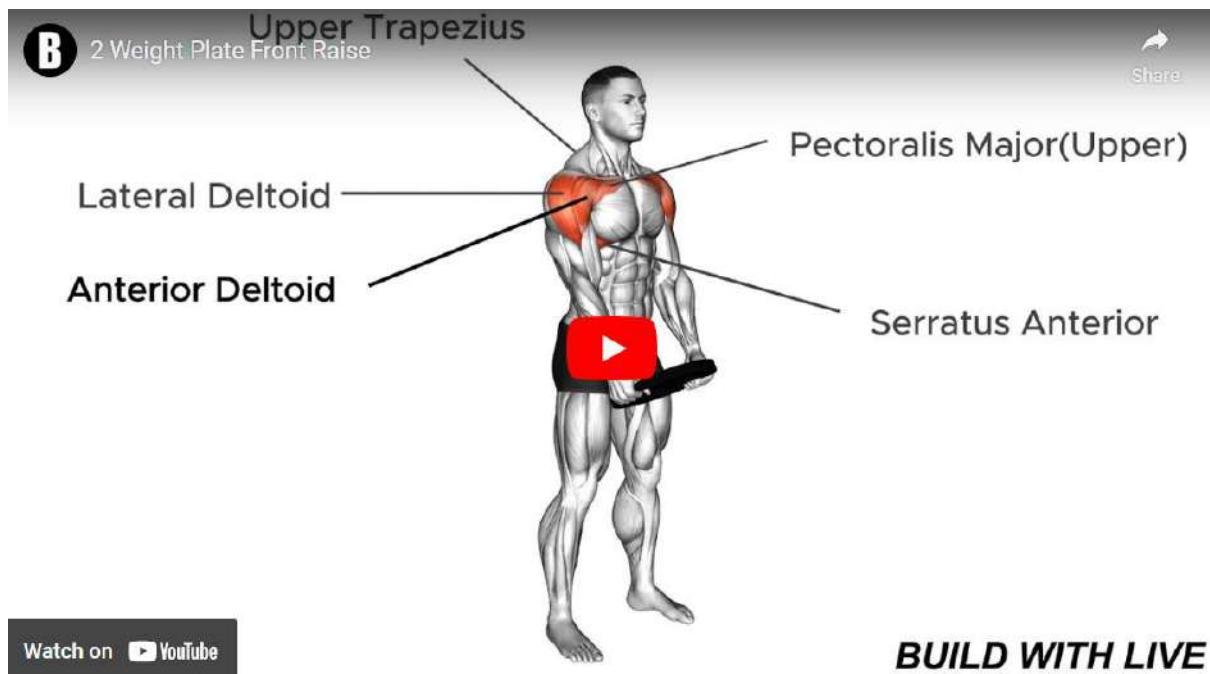
How to Do

1. Stand tall with a pair of dumbbells held at your sides. Your palms should be facing toward your body.
2. Pivot from the right shoulder joint to bring your right arm directly up in front of you to chin height.
3. Slowly return to the start position, resisting the downward pull of gravity.
4. Repeat with the left arm.
5. Continue alternating sides to complete your rep count.
6. Breathe out as you lift the weight and in as you lower it.

Tips

- Keep your shoulder blades pulled back.
- Focus on contracting and squeezing the front delta as you lift and lower the weight.
- Control the lowering (eccentric) as you resist gravity.

2. Weight Plate Front Raise



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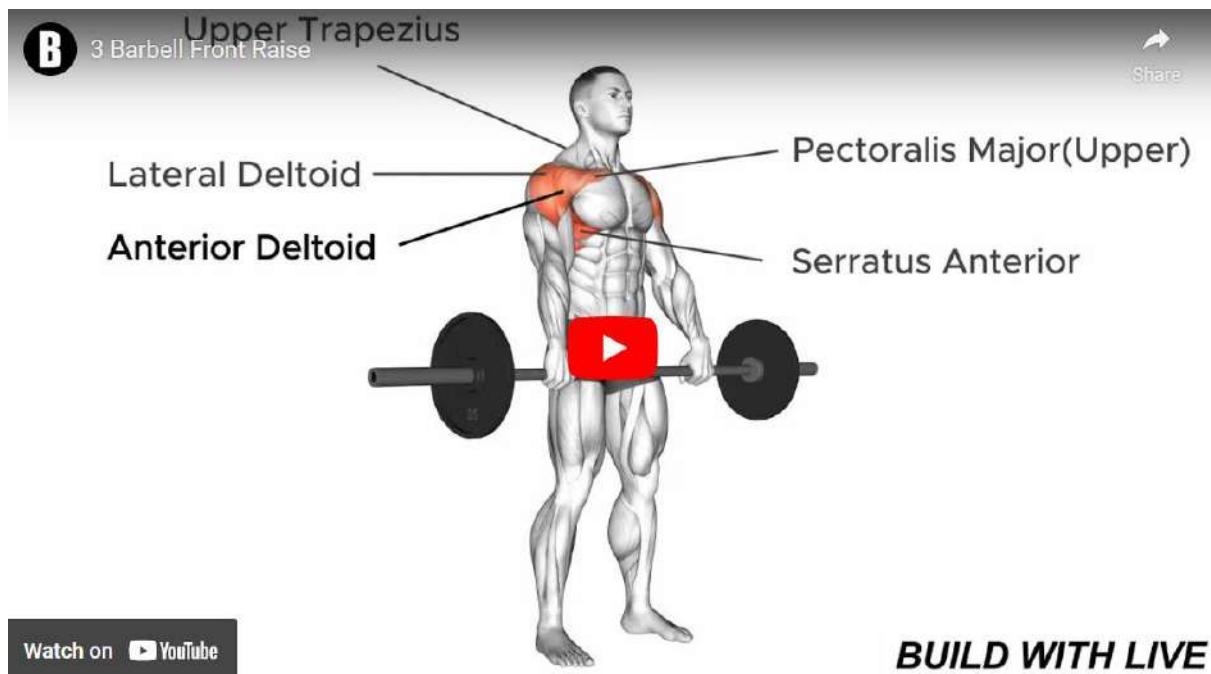
How to Do

1. Stand with your feet shoulder-width apart and a weight plate held in front of your body. Grip the plate firmly on its edges.
2. Pivot from the shoulders to bring your arms up to shoulder level.
3. Slowly lower the weight, resisting the downward pull of gravity.

Tips

- Maintain an upright torso and keep your shoulder blades pulled back.
- Focus on contracting and squeezing the front delts throughout the movement.
- Use a weight that allows you to control the eccentric (lowering) portion of the exercise.

3. Barbell Front Raise



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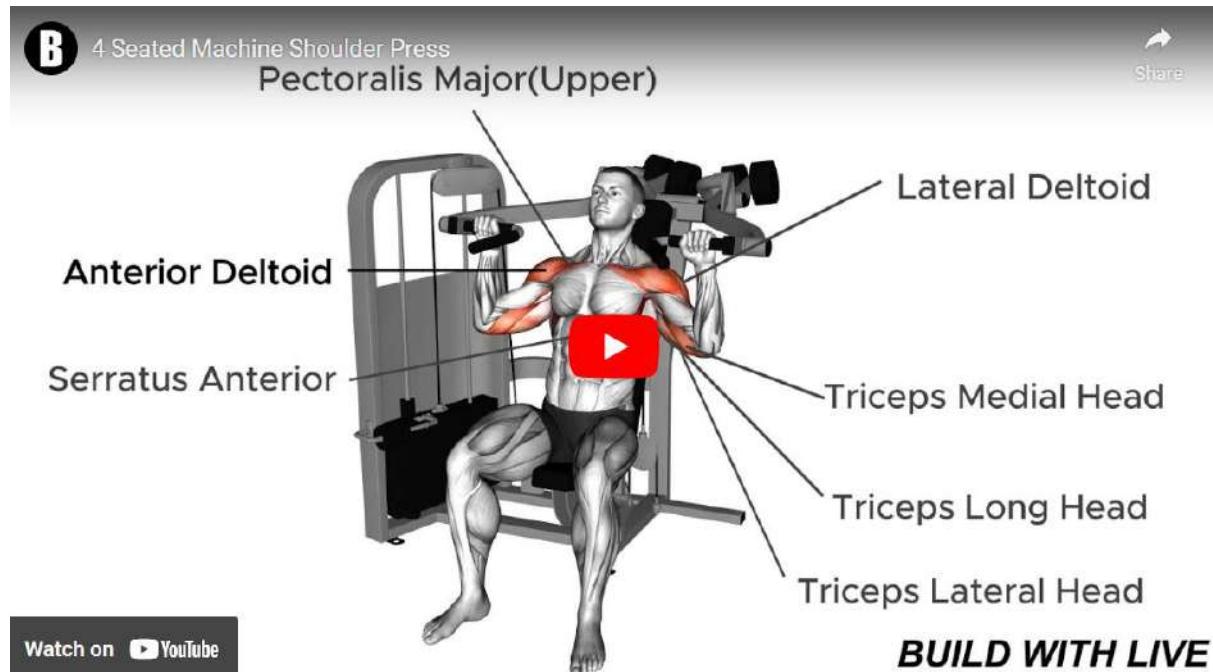
How to Do

1. Get the right weight and load it into your barbell.
2. Assume standing with feet shoulder-width apart.
3. Grab the barbell with an overhand grip.
4. Breathe in and brace your abs as you raise your arms vertically.
5. Return the bar to its original position slowly, keeping your arms straight shoulder-width apart.
6. Repeat the steps above and complete your push-day workout routine specially designed for the shoulders, triceps, and chest exercise. A push day is a workout you perform by training pushing muscles like shoulders, chest, and biceps to enhance upper body mass.

Tips

- Ensure your body has no injuries before you begin your workout.
- Avoid bouncing at the peak of the movement.
- Avoid leaning back when you raise your arms.

4. Seated Machine Shoulder Press



<https://youtu.be/XWbSfwOltO0>

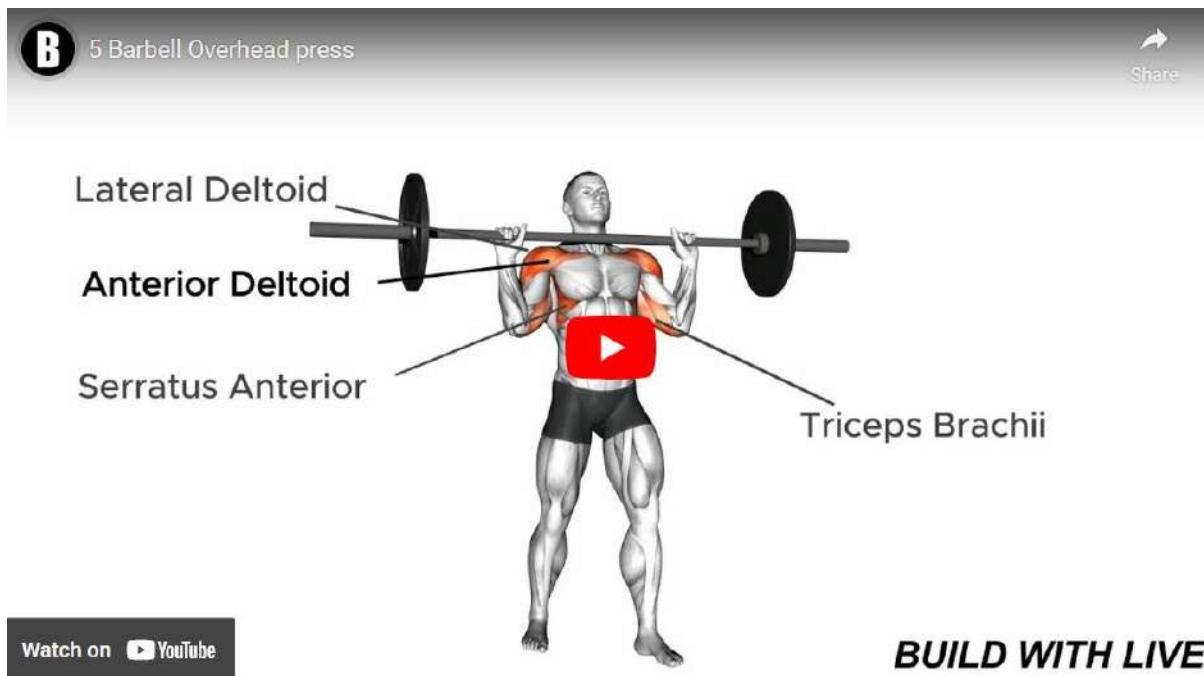
How to Do

1. Before you start, adjust the seat so that the machine's arm handles are at the same level as your shoulders.
2. Sit down with your back firmly against the pad to support your spine throughout the exercise.
3. Place your feet flat on the ground, hip-width apart, to create a stable base.
4. Grip the handles with your palms facing forward and elbows bent at a 90-degree angle.
5. Push the handles upward smoothly until your arms are extended, being mindful not to lock your elbows at the top.
6. Pause momentarily in this extended position, feeling the engagement in your shoulder muscles.
7. Slowly lower the handles back to the starting position, controlling the weight as you return.

Tips

- Ensure that your wrists are in line with your elbows.
- Breathe out as you push up and in as you return.

5. Barbell Overhead Press



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<https://youtu.be/A-jNyUFO3Nw>

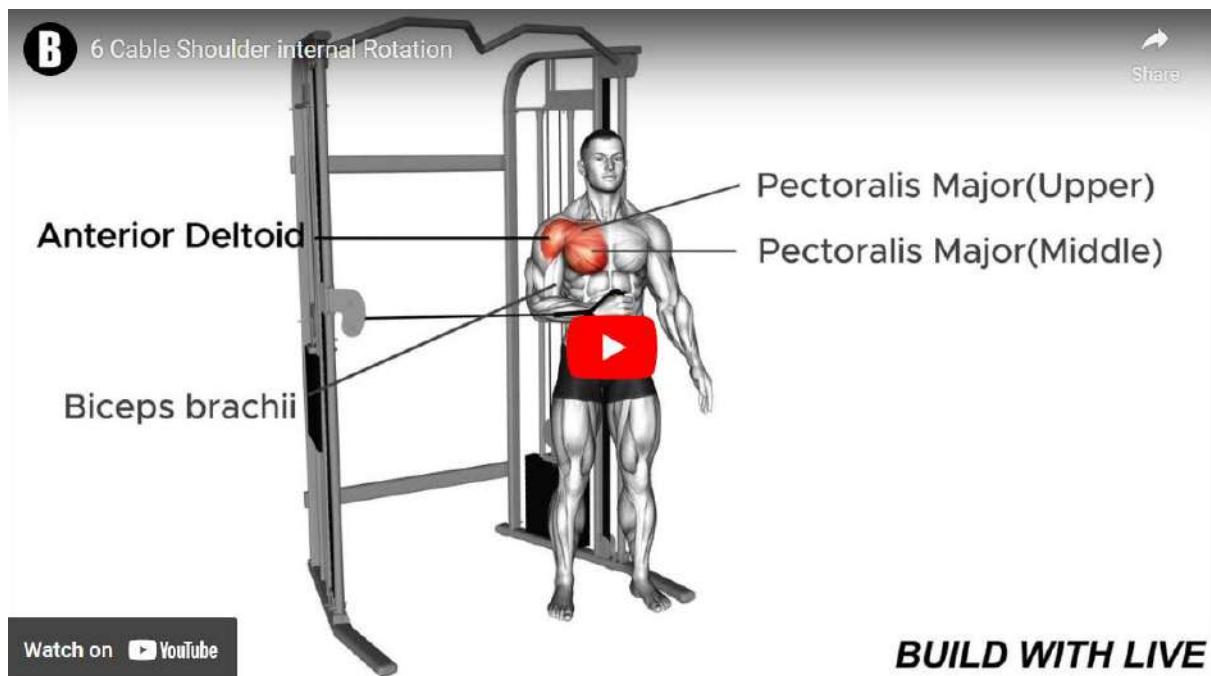
How to Do

1. Place a barbell at about chest height.
2. Grip the bar wider than shoulder width and step close to it.
3. Inhale and raise the bar so it is resting on your collarbone.
4. Press the bar up until your arms are straight while exhaling.
5. Inhale at the top and lower the bar carefully to your shoulders.
6. Repeat.

Tips

- Maintain a strong and stable stance with your feet hip-width apart.
- Keep your core and glutes engaged throughout the exercise.
- Steer clear of using momentum or bouncing the weight to help lift it overhead.

6. Cable Shoulder Internal Rotation



<https://youtu.be/NTn0oMLr37s>

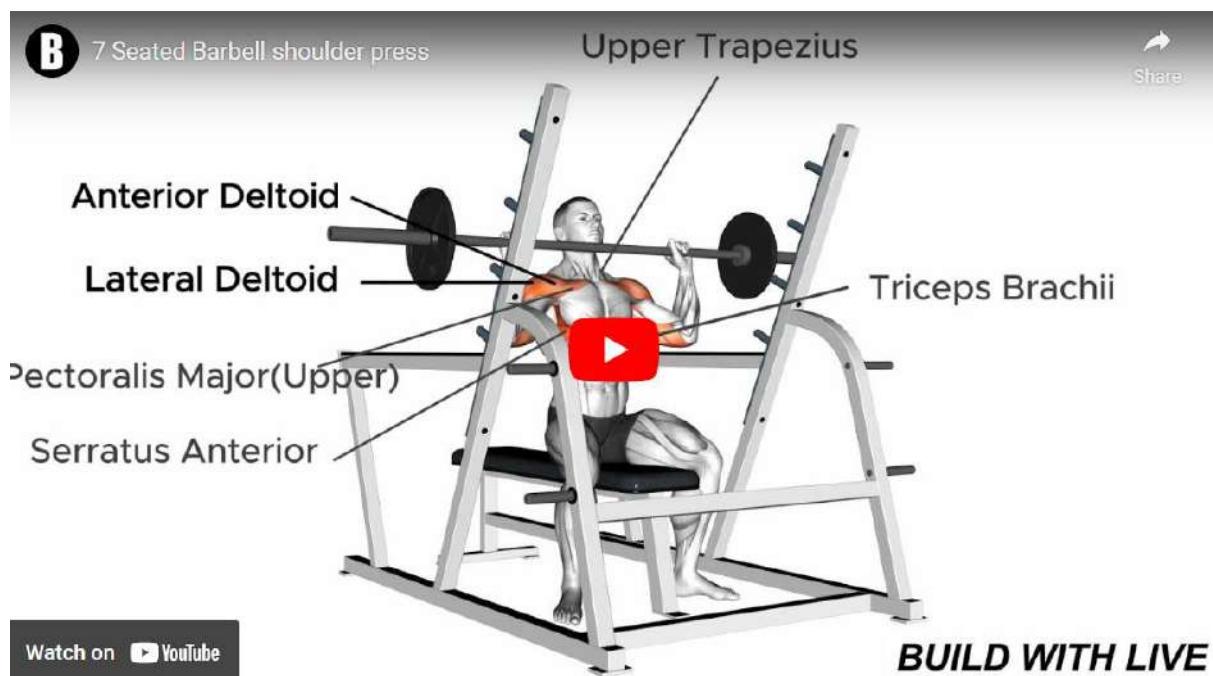
How to Do

1. Position the pulley on a cable machine about a foot higher than hip height. Put a D handle on the end of the cable.
2. Stand side-on to the cable machine and grab the D handle with your hand closest to the machine. Bend your elbow at 90 degrees so your forearm is parallel to the floor. Your elbow should be pinned to your side.
3. Rotate your hand back about 12 inches.
4. Pull your hand across your body. Slowly return to your starting position.
5. Complete your rep count, then do the same on the other arm.
6. Breathe out as you pull the handle across your body. Breathe in as you return to the start position.

Tips

- Keep your upper body stationary and your core tight throughout the movement.
- Do not allow your elbow to drift away from your body.
- Use a slow and controlled movement.

7. Seated Barbell Shoulder Press



<https://youtu.be/vMQBwiv8fpY>

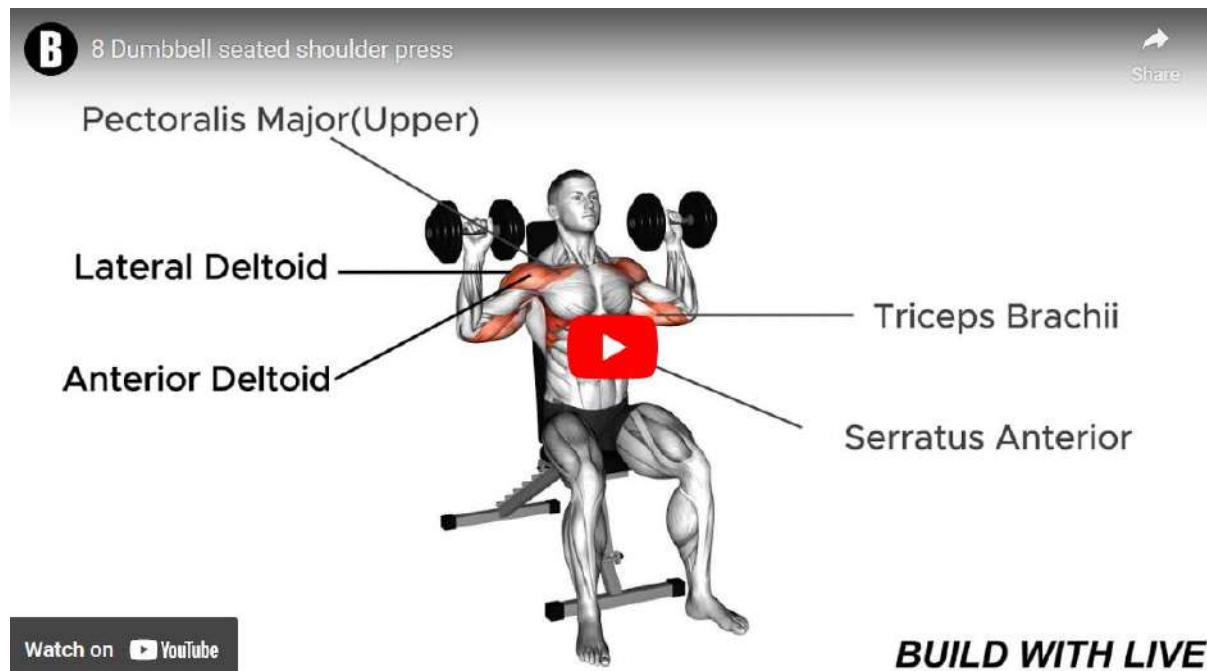
How to Do

1. Grab an adjustable bench and a suitable squat rack. Adjust the barbell position until it's at upper-chest height. The adjustable backrest should be set at a 90-degree angle.
2. Reach up and grasp the barbell using a double overhand grip. Inhale and engage your core.
3. Exhale and unrack the barbell. Drive the barbell upwards until your arms are fully extended.
4. Pause briefly at the top position.
5. Inhale and lower the barbell down under control.

Tips

- Keep your back firmly against the backrest. This ensures that you target the anterior deltoids rather than the clavicular heads.
- Make sure that your head and chest stay facing forward throughout. This ensures targeted muscle development.

8. Dumbbell Seated Shoulder Press



https://youtu.be/IxHjjzeD_uI

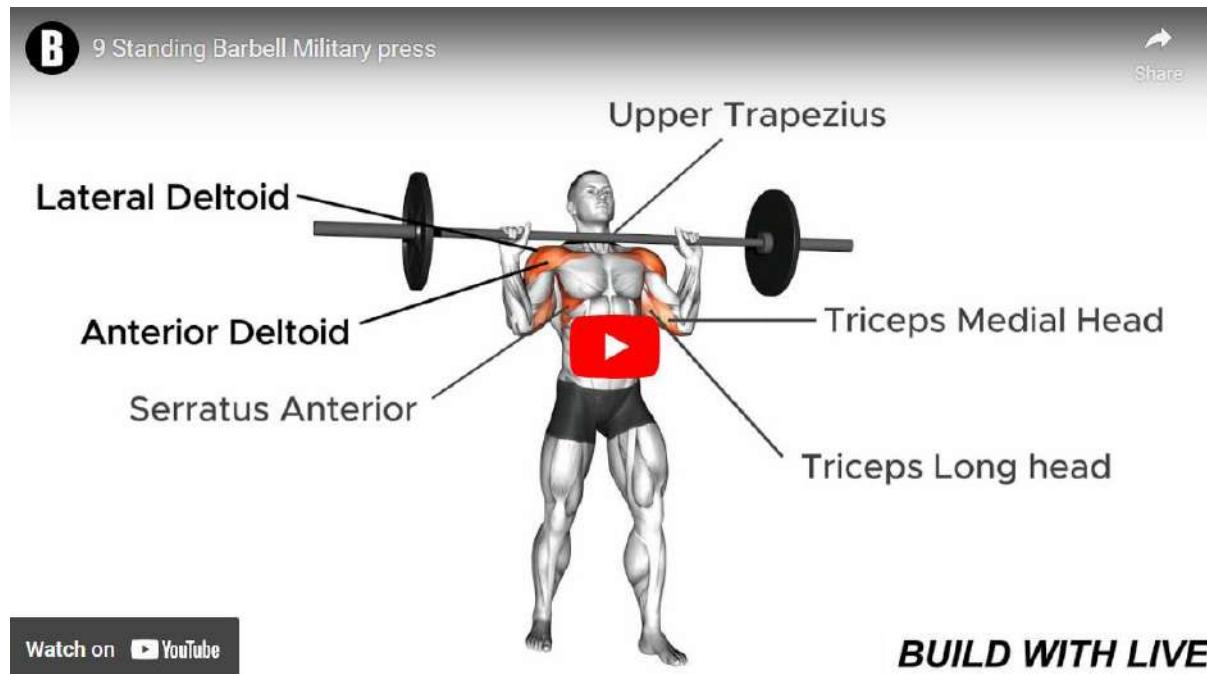
How to Do

1. Adjust a bench to a 90-degree angle for the dumbbell seated shoulder press.
2. Grab two dumbbells for the exercise.
3. Sit on the bench, resting your shoulder blades against the back.
4. Grasp a dumbbell in each hand in an overhand grip. Position them at your shoulders.
5. Inhale a breath to engage the abdominals.
6. On the exhale, drive the weights up by extending the arms.
7. Lower the weights to return to the starting position.

Tips

- Drive the biceps to your ears as you press the dumbbells upward. This visual cue can help you prioritize proper form and muscle engagement.
- Keep the back flat against the bench to deter other muscles from taking over and decreasing desired muscle activation.

9. Standing Barbell Military Press



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<https://youtu.be/oZekmbGUYcw>

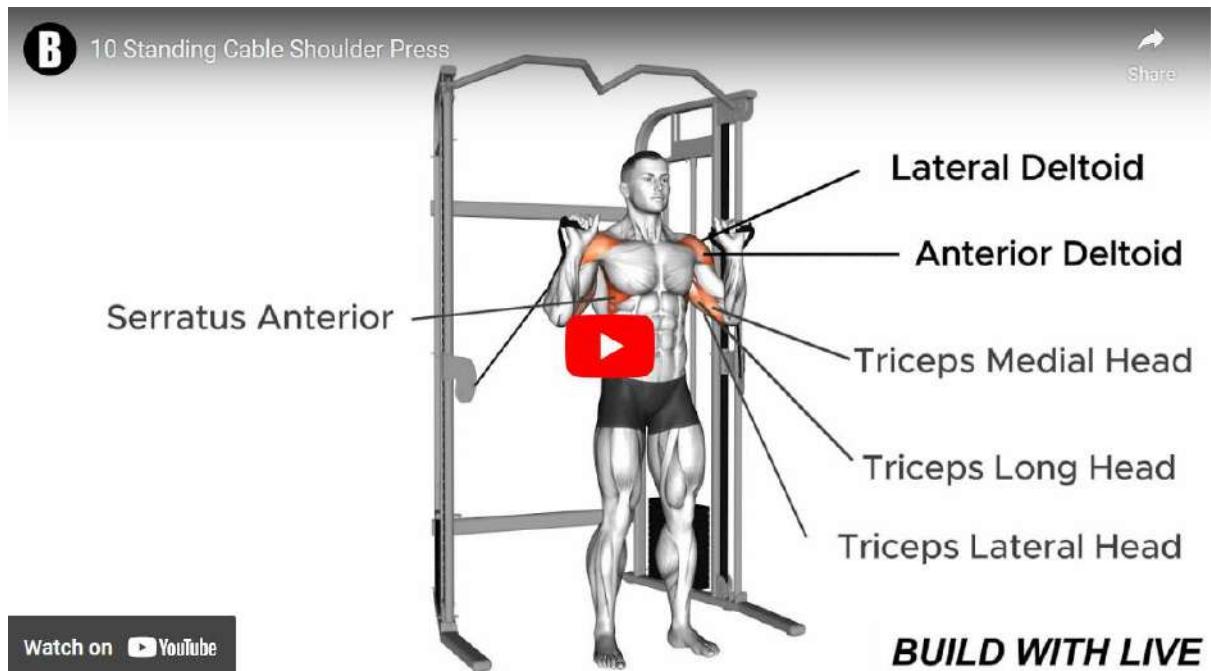
How to Do

1. Prepare your stance: Stand with your feet shoulder-width apart for a stable base. Keep your knees slightly bent to avoid locking them.
2. Grip and position the bar: Grip the barbell slightly wider than shoulder-width. Lift it to just above your shoulders, positioning it in front of your neck. Your palms should be facing forward.
3. Brace your core: Before you lift, tighten your abdominal muscles. This stabilization is crucial for protecting your spine during the lift.
4. Press upward: Exhale as you press the barbell up, extending your arms fully. Ensure the movement is smooth, and keep your arms straight, directly above your head.
5. Controlled lowering: Slowly lower the bar back to the starting position, just above the shoulders. Inhale as you do this, maintaining control and form throughout the movement.

Tips

- Start with a weight that allows good form.
- Do not arch your back excessively.
- Keep your neck neutral.
- Engage your shoulders and arms, not just your back.
- Breathe in as you lower and out as you press.

10. Standing Cable shoulder Press



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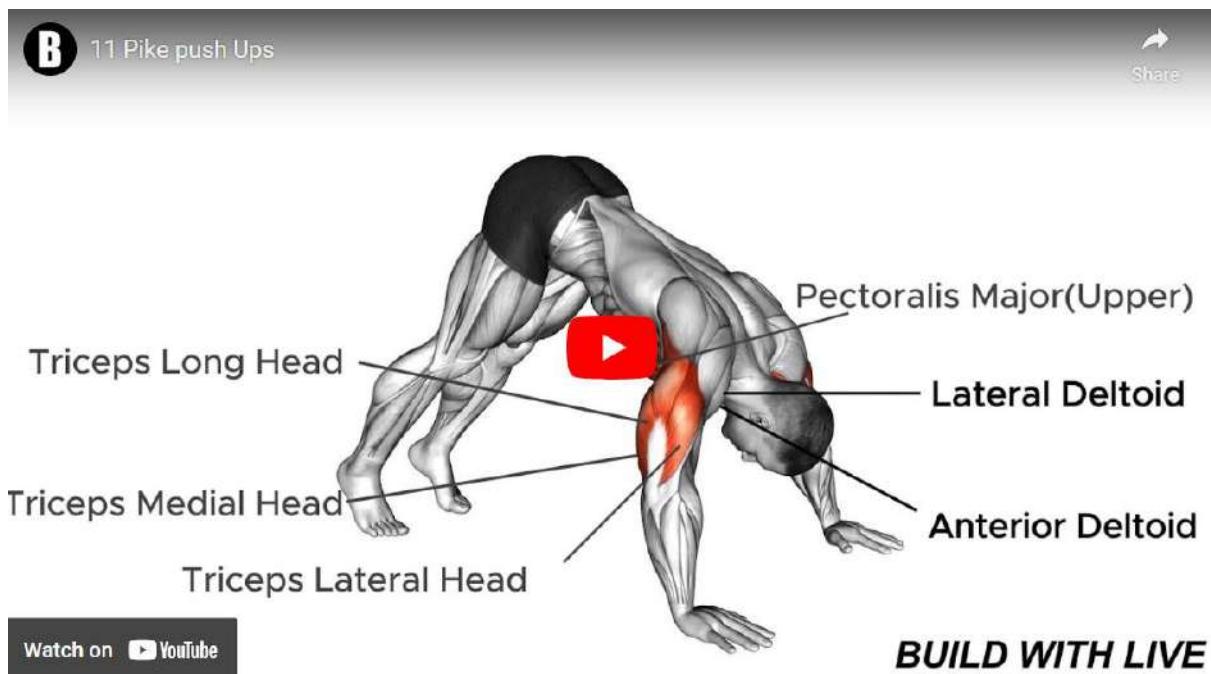
How to Do

1. Position yourself to stand with your feet firmly planted shoulder-width apart. This stance ensures balance and a solid foundation for the movement.
2. Firmly grab the handles with an overhand grip and brace your core. Your hands should align with your shoulders.
3. Exhale as you press the handles smoothly overhead until your arms are fully extended but not locked.
4. Inhale as you gradually lower the handles back to shoulder height, maintaining the tension in your deltoids throughout.

Tips

- Keep your core engaged for stability.
- Keep your elbows slightly bent and avoid locking them at the top of the movement.

11. Pike Push-Ups



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<https://youtu.be/XFhpTLQrfIM>

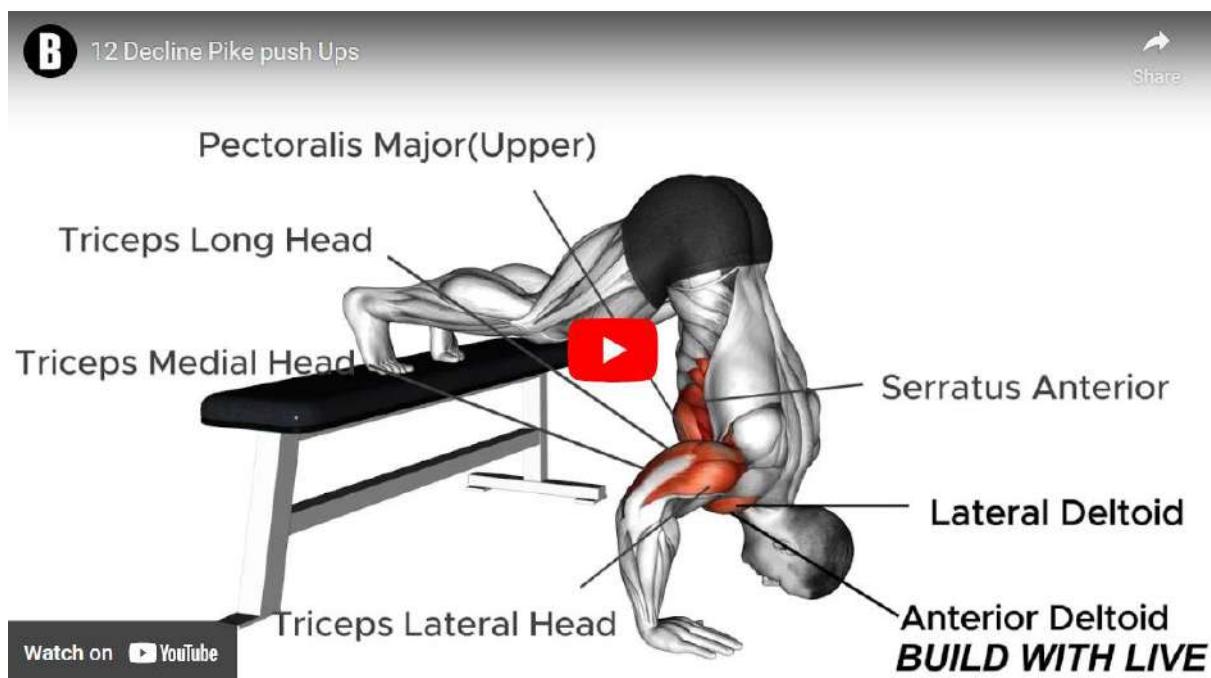
How to do

1. This workout can be performed at home or in a gym. Find a mat or comfortable padded area.
2. Start in a plank position with your hands directly under your shoulders. The balls of your feet should be on the ground.
3. Inhale and engage your core.
4. Raise your hips and walk your hands back until you are in a downward dog position. Keep your arms and legs straight.
5. Flex your elbows and lower your head down to the floor. Pause at the bottom and squeeze your shoulder blades together.
6. Exhale as you push your body back up to the starting position.
7. Repeat for the desired number of repetitions and sets.

Tips

- Do not round the shoulders or back during the movement. Focus on keeping your back straight to avoid straining the spine.
- Use slow and controlled movements during the lowering and pushing-up phases.
- Engage your core throughout the movement. This helps to keep your hips up and limits lower back stress.
- Avoid tucking your head into your chest or lifting your head. This decreases the chance of neck strain and injury.

12. Decline Pike Push-Ups



<https://youtu.be/2gYcMCwMTMI>

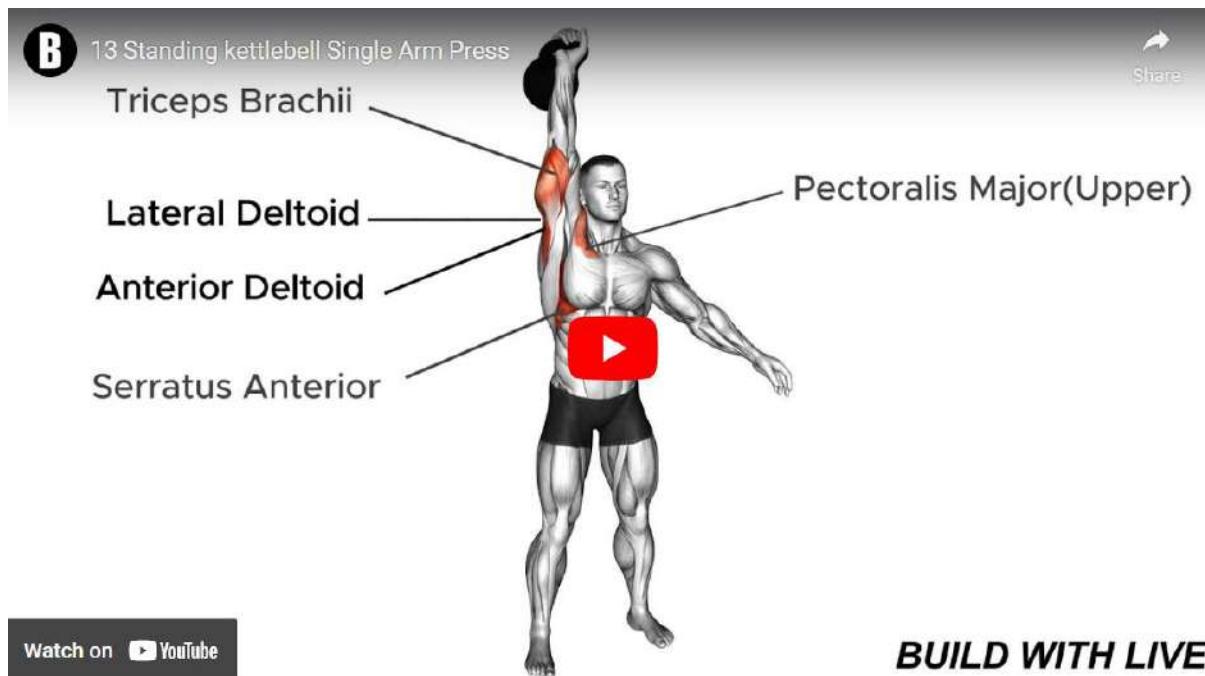
How to Do

1. Stand in front of a sturdy bench. Ensure it is at a height that allows you to raise your legs. Make sure you are able to extend them against the raised surface.
2. Kneel down with your hands directly below your shoulders and extend your arms. Kick both feet back, bringing them onto the bench.
3. Inhale and engage your core.
4. Raise your hips and walk your hands back until you are in a V position. The balls of your feet should be on the bench with your arms and legs straight.
5. Flex your elbows and lower your head down to the floor. Pause at the bottom and squeeze your shoulder blades together.
6. Exhale as you push your body back up to the starting position.
7. Repeat for the desired number of repetitions and sets.

Tips

- Ensure the raised surface is set at a suitable height. This allows you to keep the correct form.
- Avoid flaring your elbows out to the sides to keep targeted muscle activation.
- Concentrate on squeezing the shoulder blades together using controlled movements to maximize muscle activation

13. Standing Kettlebell Single-Arm Press



<https://youtu.be/IG5SrM9s52I>

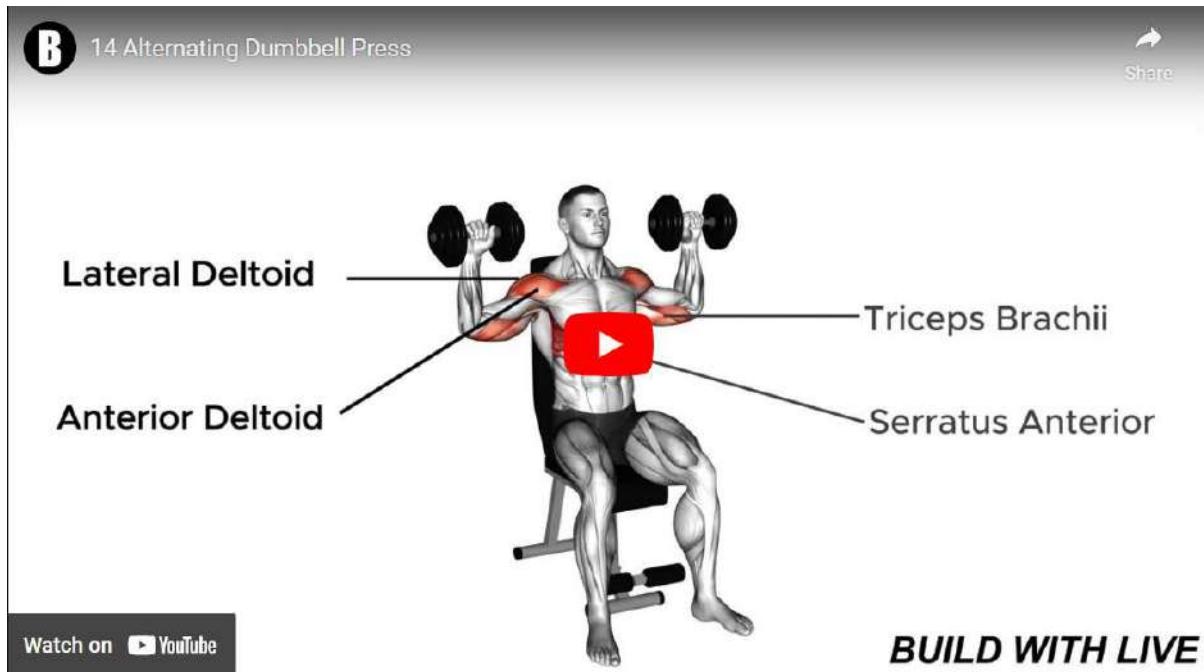
How to Do

1. Hold the kettlebell in one hand and position it so it's at shoulder height, palm facing upward.
2. Press the kettlebell overhead by extending your arm fully. Keep your elbow close to your body as you lift your arm, engaging your shoulder muscles.
3. Slowly lower the dumbbell back to the starting position.

Tips

- Tighten your core muscles to stabilize your core.
- Maintain a neutral spine with a slight bend in your knees.
- Keep your wrist in a neutral position to avoid over-extension while performing this exercise.

14. Alternating Dumbbell Press



<https://youtu.be/6W03jWIMFpA>

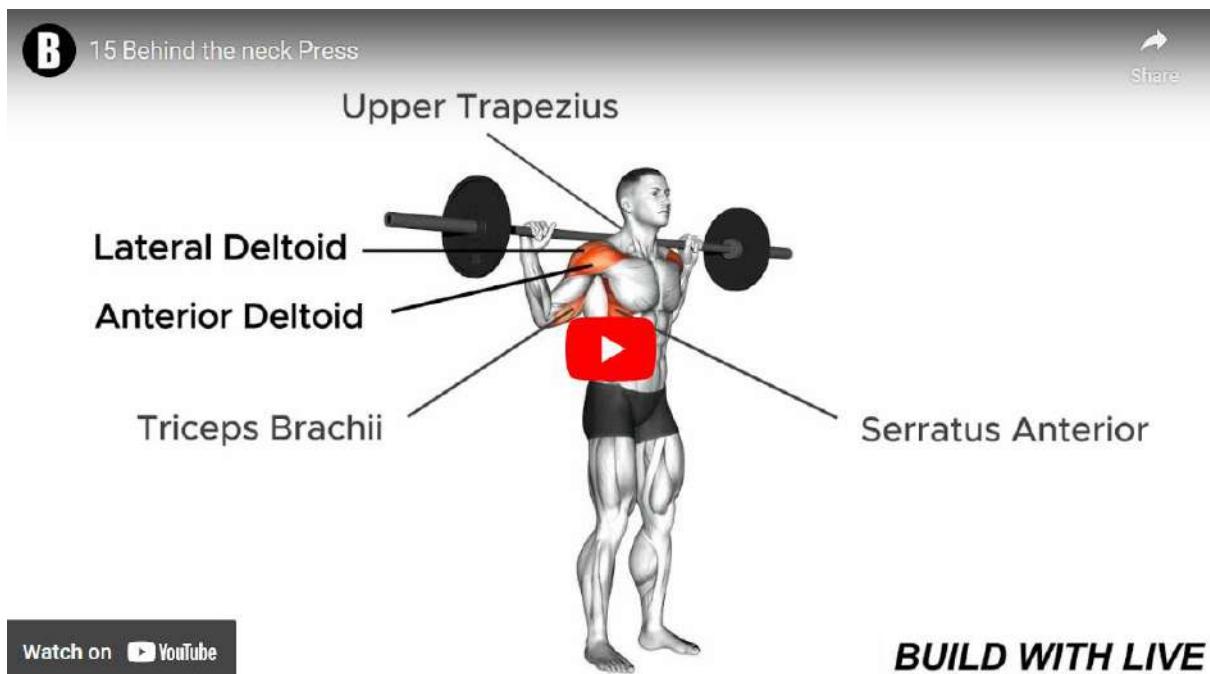
How to Do

1. Take hold of a pair of dumbbells and sit on a back-supported bench. Plant your feet firmly on the floor.
2. Bring the weights up to shoulder level with your elbows bent at 90 degrees.
3. Press the right-side dumbbell directly overhead, stopping just short of lockout.
4. Lower the weight to the start position.
5. Press the left-hand dumbbell to the start position, again stopping just short of lockout.
6. Continue alternating sides to complete your rep count.
7. Breathe out as you press the dumbbell up. Breathe in as you lower it.

Tips

- Do not swing or use momentum to help lift the weight.
- Fight against the pull of gravity as you lower the dumbbell.

15. Behind the Neck Press



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<https://youtu.be/MZy69-nLGW0>

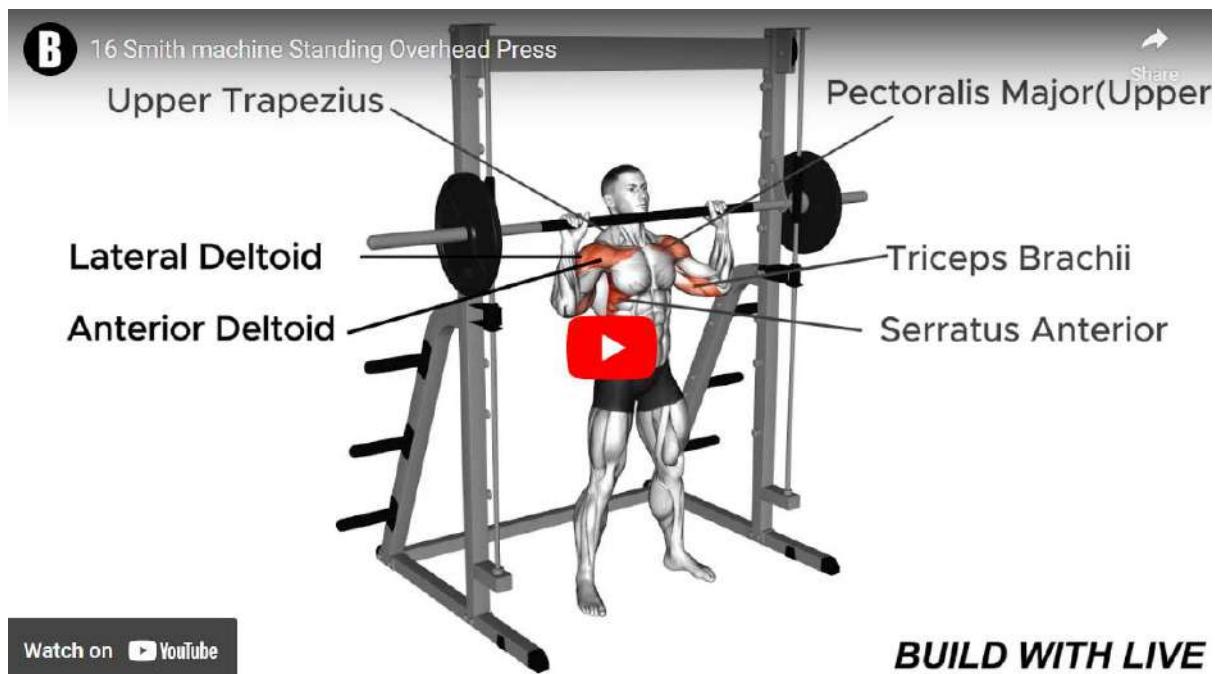
How to Do

1. Stand with a barbell racked at shoulder height in front of you.
2. Hold onto the bar with your hands slightly wider than shoulder-width apart.
3. After lifting the barbell off the rack, take a step back, pressing the barbell upward until your arms are straight.
4. Slowly lower the barbell behind your neck.
5. Engage your core and maintain a neutral spine as you lift the barbell over your head again.

Tips

- Control the descent to avoid any sudden drops that could potentially injure your neck.
- Maintain a neutral spine and neck, resisting the urge to tilt the head forward to clear the bar.

16. Smith Machine Standing Overhead Press



<https://youtu.be/P44Zkdu8Mp4>

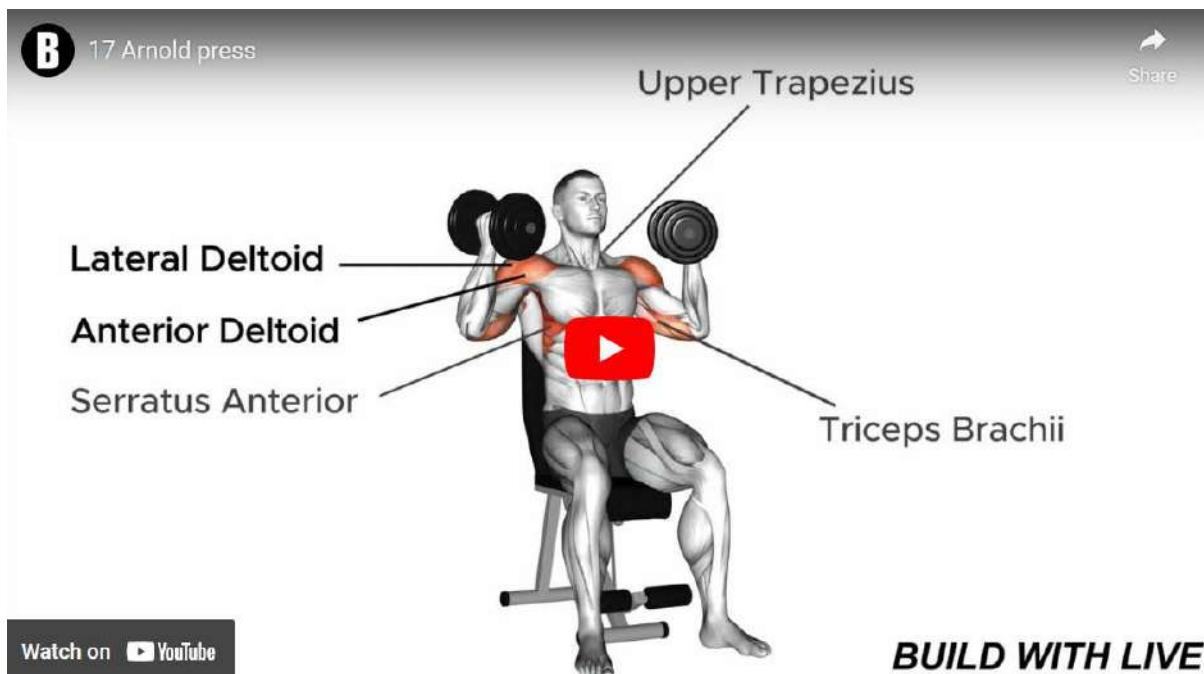
How to Do

1. Set the Smith machine bar to be just above you shoulder height.
2. Standing with your feet hip-distance apart, hold onto the bar with your hands just wider than shoulder-width apart. Your hands should be facing forward.
3. Lifting the bar off the catches, stand up straight and take a deep breath in to engage your core.
4. Then, straighten your arms to press the bar overhead.
5. Once you reach the top of the movement, slowly lower the bar back to the starting position.

Tips

- Keep your core engaged throughout the entire movement to prevent arcing through your lower back.
- Position your elbows slightly forward to better target the deltoids during the lift.

17. Arnold Press



<https://youtu.be/ftUJ7s05YhY>

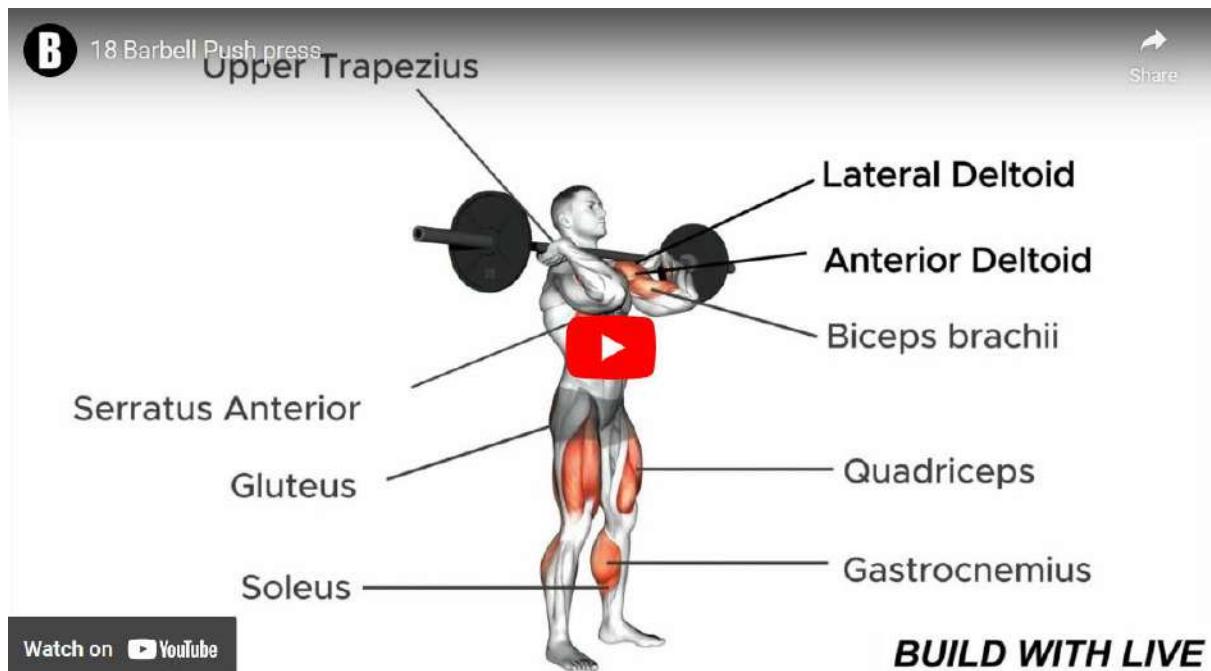
How to Do

1. Sit on a flat bench and hold the two dumbbells of your desired weight from the rack while your palms face your body. This is the starting position.
2. Let your feet be shoulder-width apart.
3. Begin to create movements by raising the dumbbells while rotating the palms of your hands until they face upwards.
4. Persist in lifting the dumbbells and letting them extend above you, shoulder height, as you retain the straight-arm position. Continue performing this movement as you breathe out, shoulders straight.
5. Pause and lower these dumbbells to their former positions while rotating your palms for strong arms and shoulders.
6. As you lower down the dumbbells, ensure you rotate the left arm crosswise while the right arm is in an anti-clockwise manner.
7. Continue breathing as you rotate your arms.
8. Repeat this workout depending on your fitness level.

Tips

- Include a good diet, rest, and warm-ups in your workout programs.
- Select a proper weight that allows you to stay in command of the movements. You can lift heavier weights as your strength improves.
- Never allow your head to move forward excessively.
- If you sense any pain in your body, stop the exercise promptly.
- Rest for at least a day before performing workouts to enable efficient recovery.

18. Barbell Push Press



<https://youtu.be/UkY6TXi7TG0>

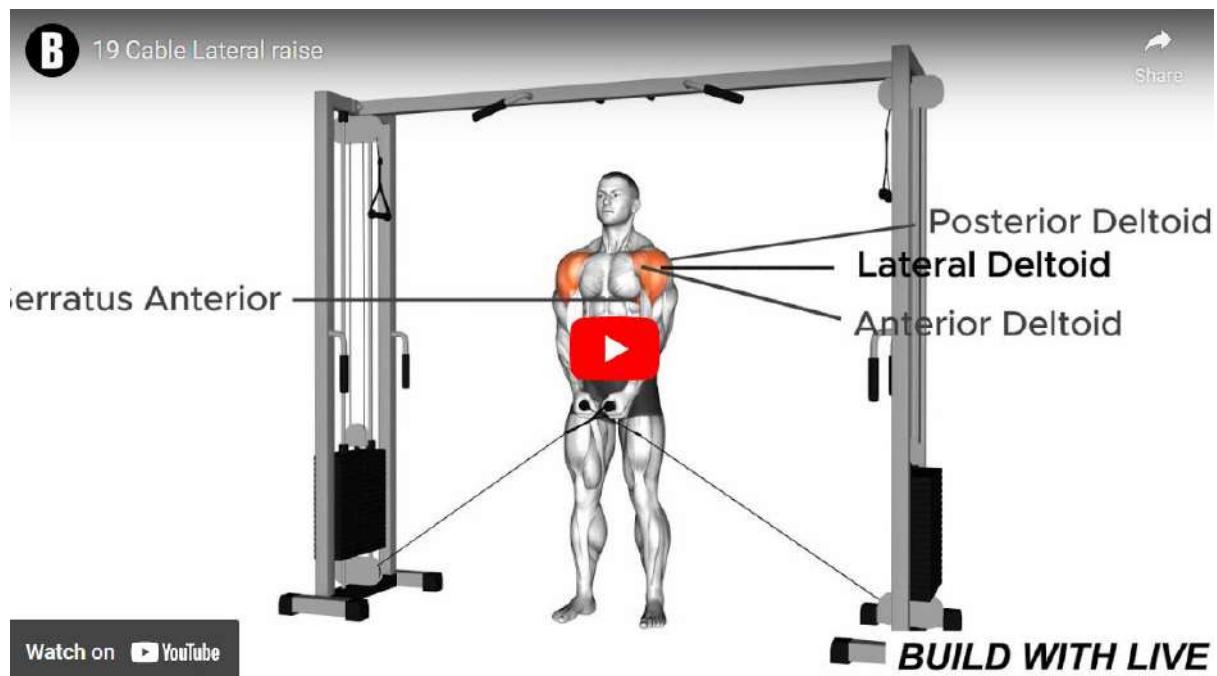
How to Do

1. Stand in front of a suitable rack with the barbell set at upper chest height.
2. Grasp the barbell using a double overhand grip. Your hands should be shoulder-width apart.
3. Bring your elbows forward so they're pointing in front of you. The barbell should be sitting in the palms of your hand.
4. Assume a shoulder-width stance. Inhale and engage your core. Unrack the barbell and take a step back.
5. Keep your chest up with your head facing forward.
6. Exhale and perform a partial squat until your knees are nearly parallel to the floor. Press the barbell up at the same time.
7. Pause briefly when your elbows are extended overhead. Your knees should also be extended.
8. Inhale and bring the barbell back to the starting position under control.

Tips

- Make sure you don't flex your knees too much. It should be a slight flexion followed by a powerful extension.
- Ensure that your head stays in a neutral position when pressing the bar overhead. Avoid bringing it forward or back.

19. Cable Lateral Raise



<https://youtu.be/zr7OhHvMpkQ>

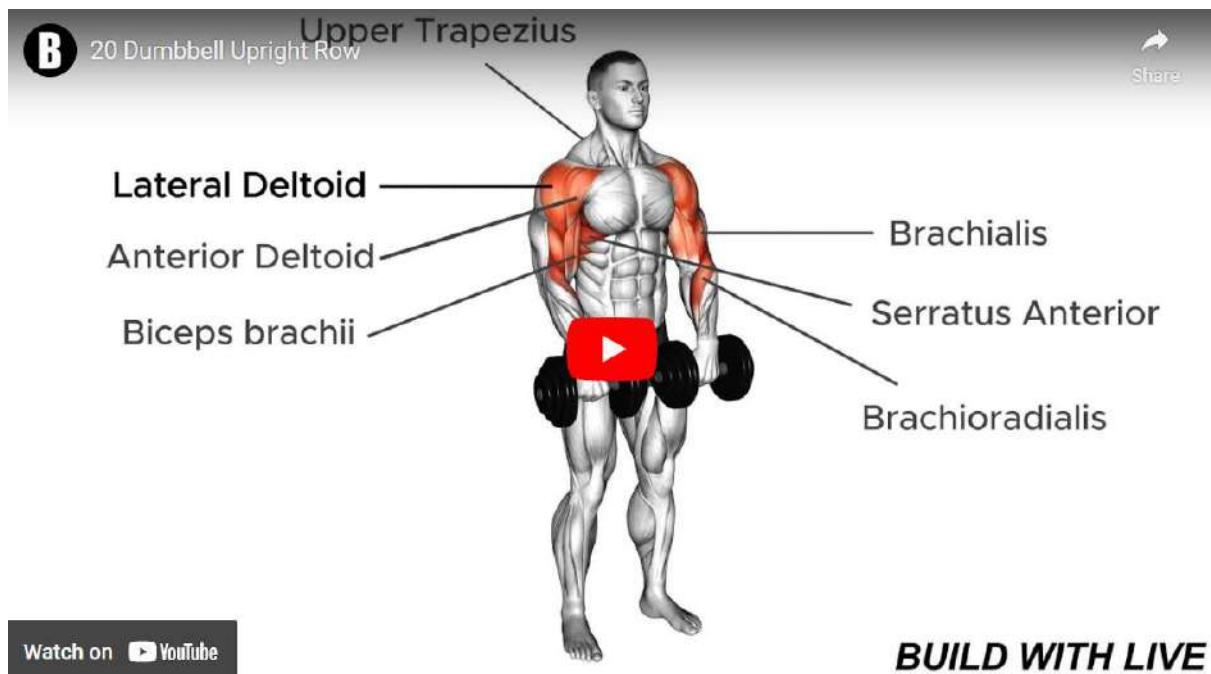
How to Do

1. Find a cable crossover machine; a machine with two pulley systems that have standing space in between.
2. Attach a single handle to the pulleys each placed on their lowest setting.
3. Stand in between the two pulleys and grab one with each hand. The left hand will grab the right pulley and vice versa.
4. Hold the handles with your arms down by your side, palm facing inward. Do not allow your arms to cross over your midline.
5. Slowly lift your arms out to the side until they are both parallel to the floor. Keep your arms straight with a slight bend in the elbows.
6. Gradually lower your arm back to the starting position with control.

Tips

- If you find it difficult to perform the movement with both hands simultaneously, you can do single-arm cable lateral raises.
- Maintain a slight bend in your elbows throughout the entire movement. This helps include the lateral deltoids more in the movement and reduces elbow strain.

20. Dumbbell Upright Row



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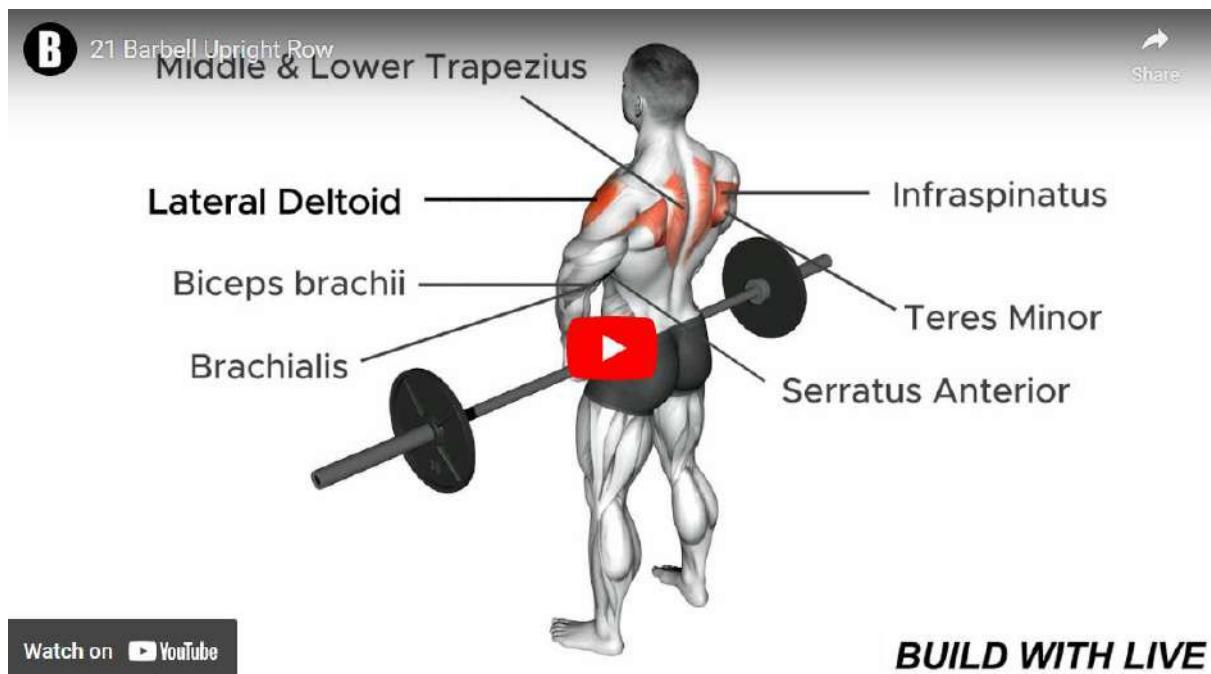
How to Do

1. Stand with your feet shoulder-width apart.
2. Hold a dumbbell in each hand with an overhand grip, palms facing your thigh.
3. Extend your arms in front of you and keep your back straight, and chest tall.
4. Inhale, then lift the dumbbells by driving your elbows up and outward.
5. Lift until the dumbbells reach just below your chin.
6. Pause at the top of the movement.
7. Slowly return to the starting position by lowering the dumbbells to your thighs.
8. Repeat for the desired reps and sets.

Tips

- Keep the dumbbells close to your body at all times. Lift them vertically along your body, almost brushing your stomach.
- Keep your elbows higher than your wrist on the top
- Avoid lifting the dumbbells too high, as this can strain your shoulders. Bring them just below your chin.
- Keep your elbows just below or at shoulder height, while pushing them out to the sides.
- Start with light weights and gradually progress to heavier ones as you get stronger.
- Avoid rounding the shoulders, keep them neutral.

21. Barbell Upright Row



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<https://youtu.be/S1LZiu0WYZI>

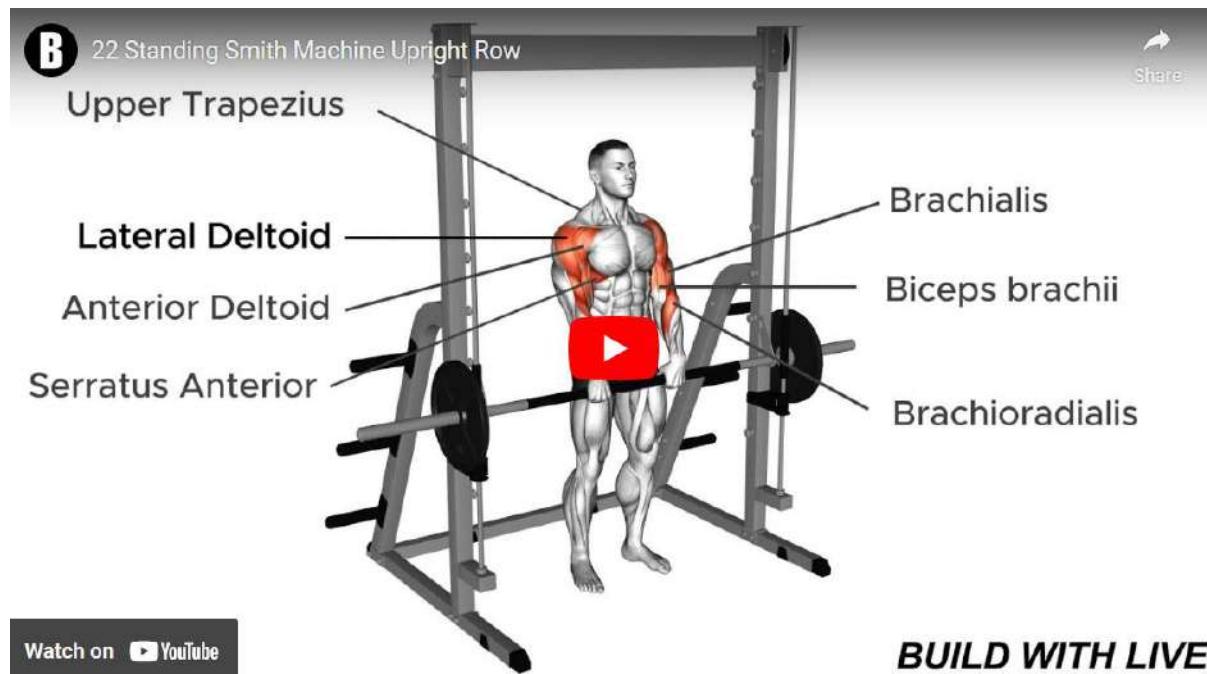
How to Do

1. On your standing position, shoulder width apart, assume the standing position and grip the bar with your hands. This is the starting position.
2. Squeeze your glutes and brace your core to minimize any swinging.
3. Take enough breath, straighten your back, and let your eyes focus forward.
4. Pause at the top of the lift.
5. Breathe as you slowly lower the weight to the original position.
6. Repeat steps one to five according to the desired frequency.

Tips

- Keep your elbows above your forearms.
- Keep your body straight and fixed as you perform these push-press workouts.

22. Standing Smith Machine Upright Row



<https://youtu.be/aTH5f4uLxtE>

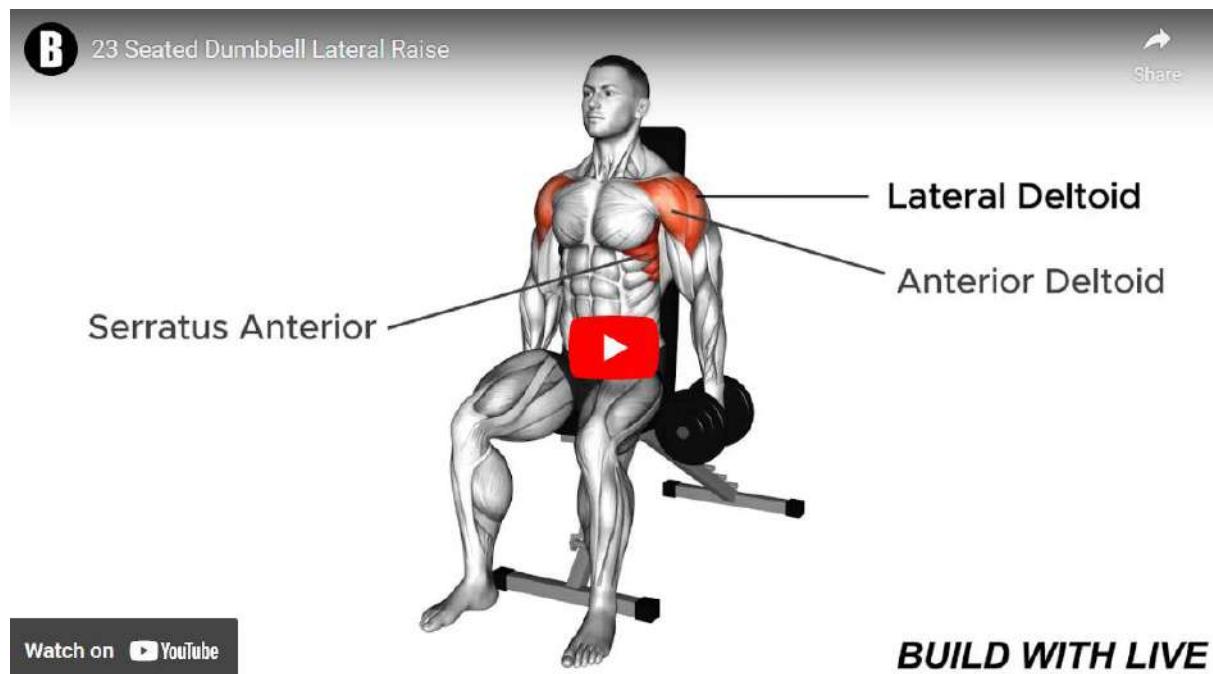
How to Do

1. Position yourself at the Smith machine with the bar at thigh level.
2. Stand with feet shoulder-width apart to ensure a stable base throughout the exercise.
3. Grasp the bar with an overhand grip, hands narrower than shoulder-width, to effectively target the traps and deltoids.
4. Brace your core and keep your knees slightly bent to protect your lower back.
5. Pull the bar upward close to your body, leading with your elbows, until it reaches just below chin level.
6. Squeeze your shoulder blades together at the top of the movement for maximum contraction.
7. Lower the bar slowly to the starting position, maintaining tension in the muscles to complete the rep.

Tips

- Keep your torso stationary throughout the exercise.
- Avoid using momentum; lift with your shoulder muscles

23. Seated Dumbbell Lateral Raise



<https://youtu.be/URd2FTmCyYA>

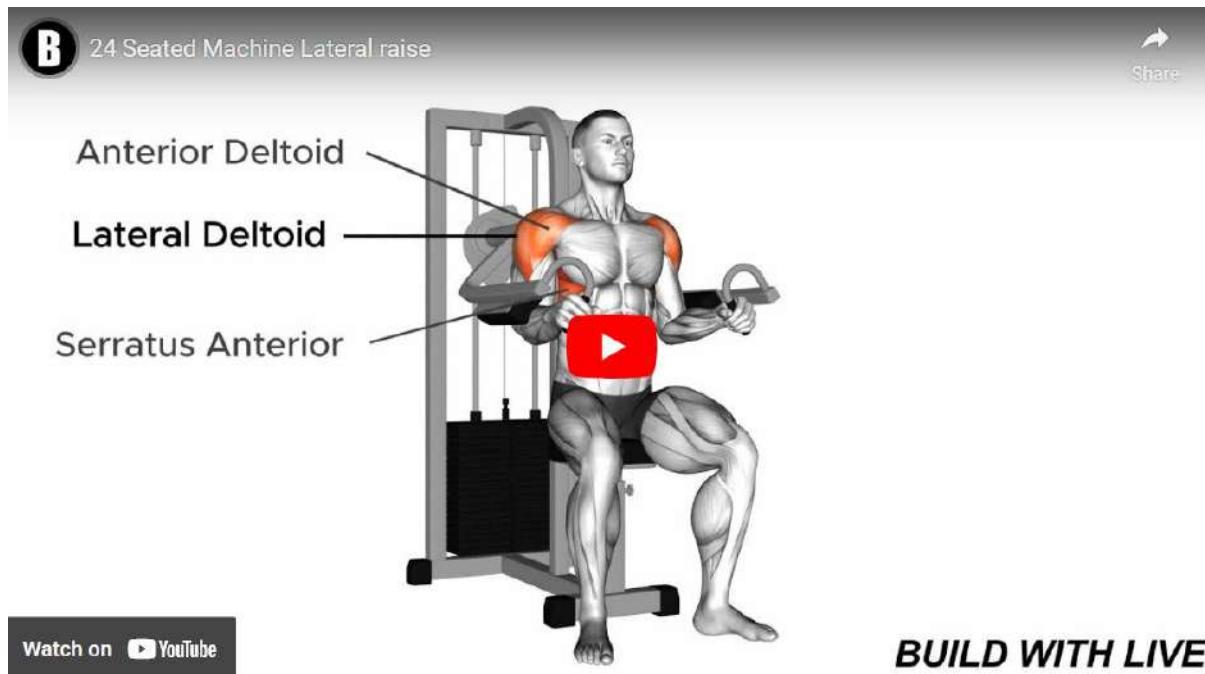
How to Do

1. Sit on a bench with a dumbbell in each hand by your sides, palms facing towards you.
2. Lift both dumbbells to the sides until your arms are parallel to the ground.
3. Pause for a second or two at the top, focusing on contracting your shoulder muscles.
4. With control, lower the dumbbells back down to the starting position and repeat.

Tips

- Keep your back straight and relax your shoulders.
- Be sure not to lock out your elbows. Keep a soft bend to focus on shoulder activation.
- Choose a weight that feels challenging but does not compromise your form so you can target the right muscles effectively.

24. Seated Machine Lateral Raise



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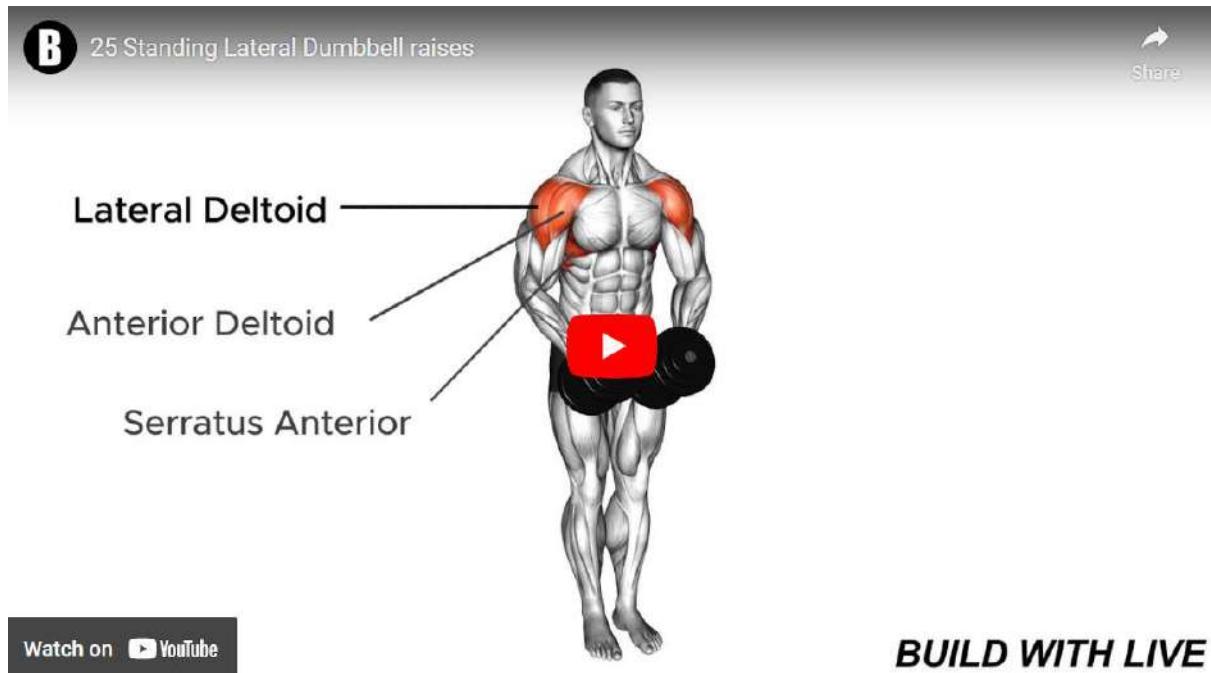
How to Do

1. Adjust the machine beforehand to align with your shoulder joint for optimal range of motion and comfort.
2. Sit with your back straight, feet planted on the floor for support.
3. Grip the handles with your palms facing inwards, arms slightly bent at the elbows to relieve joint pressure.
4. Exhale as you lift your arms straight out to the sides, keeping the movement aligned with your shoulder level to maximize deltoid engagement.
5. Pause at the top of the lift to squeeze your shoulder muscles, enhancing muscle activation.
6. Inhale as you slowly lower the handles back to the starting position, resisting the weight to increase time under tension.

Tips

- Do not lift beyond shoulder height to maintain proper form.
- Start with lighter weights to perfect the technique.

25. Standing Lateral Dumbbell Raises



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<https://youtu.be/V7QJp0bnBeE>

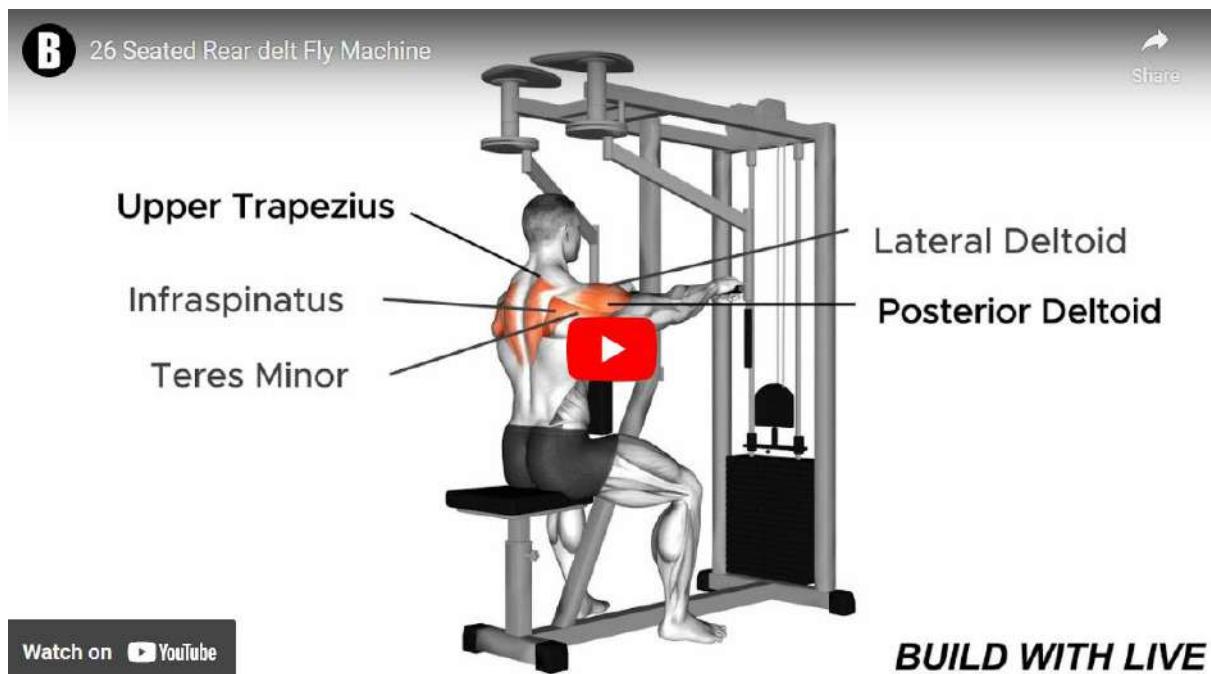
How to Do

1. Starting position: Stand with your feet hip-width apart, holding a dumbbell in each hand at your sides. Your palms should be facing your body, and your spine should be straight.
2. Raise with control: Slowly lift the dumbbells out to your sides. Keep your elbows slightly bent. Elevate your arms until they are parallel to the floor.
3. Steady elevation: Ensure your movements are controlled and steady. Avoid any jerking motions or using momentum to lift the weights.
4. Peak position: Once your arms are parallel to the floor, pause for a moment. This is where you will feel the most engagement in your shoulder muscles.
5. Lower slowly: Gradually lower the dumbbells back to your sides. Keep the movement controlled to maximize muscle engagement throughout the exercise.

Tips

- Lead with your elbows, not your hands.
- Do not swing the weights; use controlled motions.
- Keep your movements smooth and steady.
- Avoid shrugging your shoulders.
- Breathe out as you lift the dumbbells.

26. Seated Rear Delt Fly Machine



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<https://youtu.be/2qq82ILSoHk>

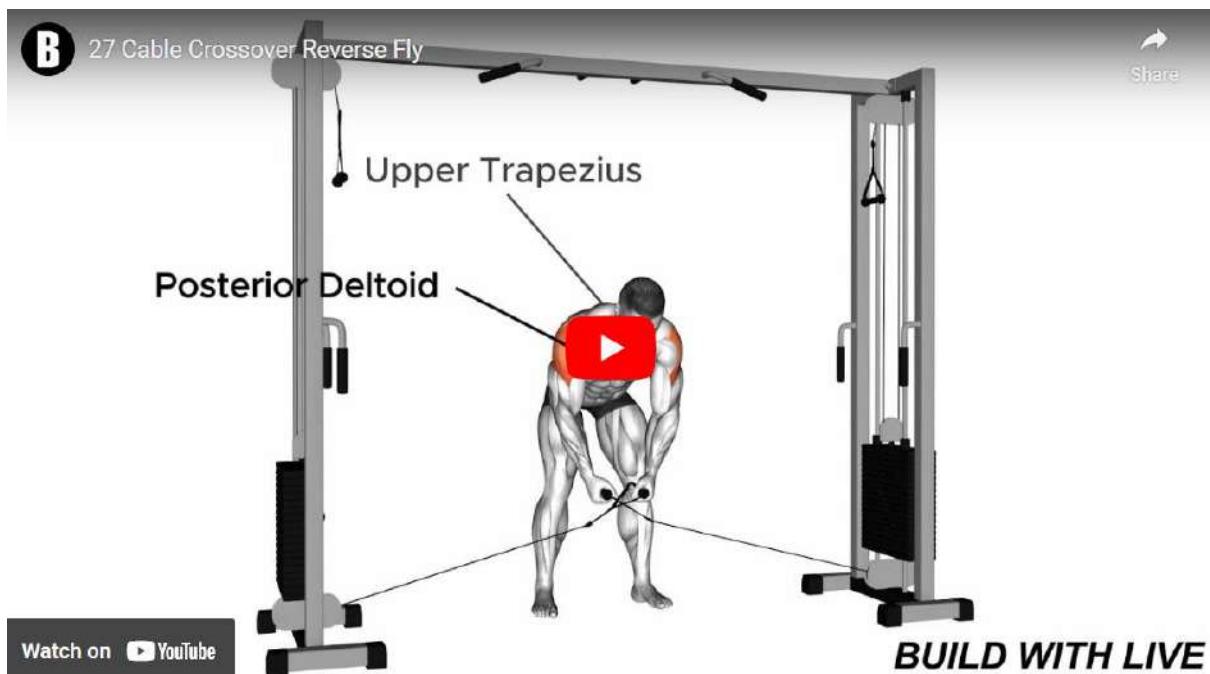
How to Do

1. Set the machine for your height so that the handles align with your shoulders when seated.
2. Sit facing the machine, plant your feet flat on the floor, and lean slightly forward from the waist for stability.
3. Grasp the machine handles with your arms parallel to the floor, maintaining a slight bend at the elbows to protect the joints.
4. Engage your rear deltoids and exhale as you pull the handles out and back, keeping the motion horizontal.
5. Inhale as you return the handles to the starting position with a slow and controlled motion to maintain muscle tension.

Tips

- Keep your back straight throughout the exercise.
- Concentrate on the rear deltoids to initiate the movement.

27. Cable Crossover Reverse Fly



<https://youtu.be/h38m4vHx3L0>

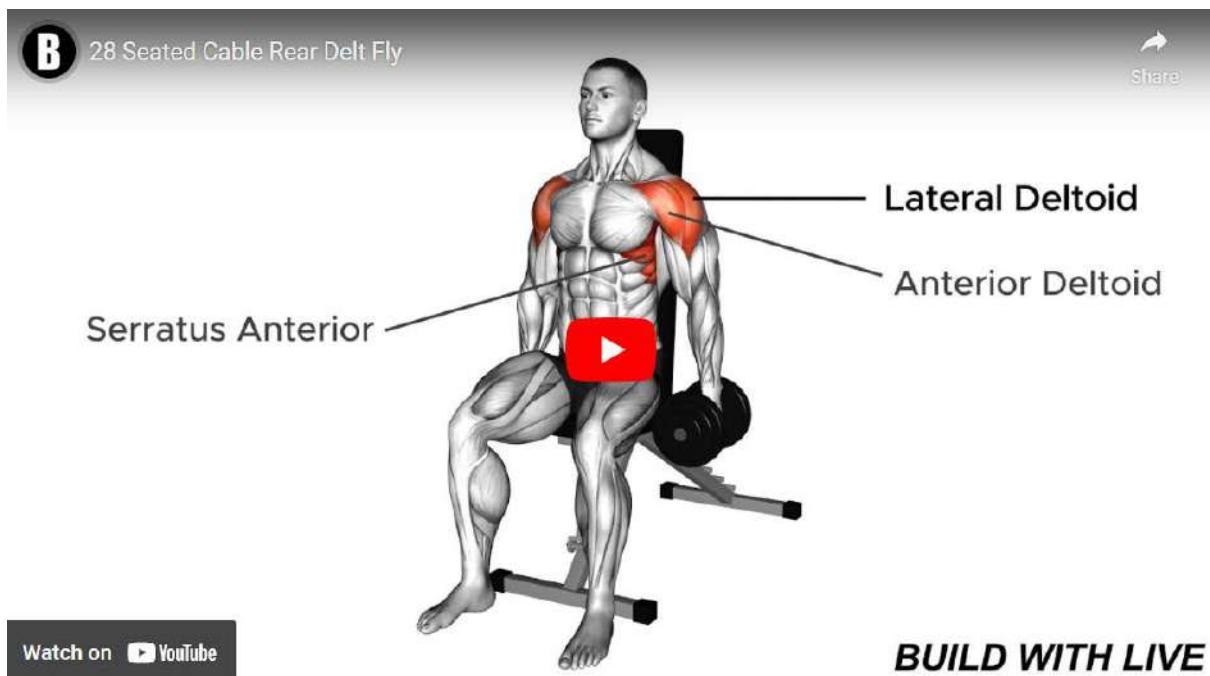
How to Do

1. Attach a pair of D-handles to the bottom anchor points on a cable crossover machine.
2. Stand in the middle of the cable machine using a shoulder-width stance. Grasp the D-handles using a double overhand grip.
3. Perform a slight knee bend and bring your torso forward. Cross your hands over until they're facing opposite directions. Your arms should be facing the floor in front of you with a slight elbow bend.
4. Inhale and engage your core. Exhale and bring your arms up while maintaining the same elbow angle.
5. Pause briefly at the top position as your arms start to extend.
6. Inhale and bring your hands back to the starting position. Keep them crossed over before initiating the next repetition.

Tips

- Maintain the same elbow angle as your arms come up. Drop the weight if you can't manage this.
- Keep looking at the floor throughout the movement. This reduces potential neck strain.

28. Seated Cable Rear Delt Fly



<https://youtu.be/5OrUt6eZYMA>

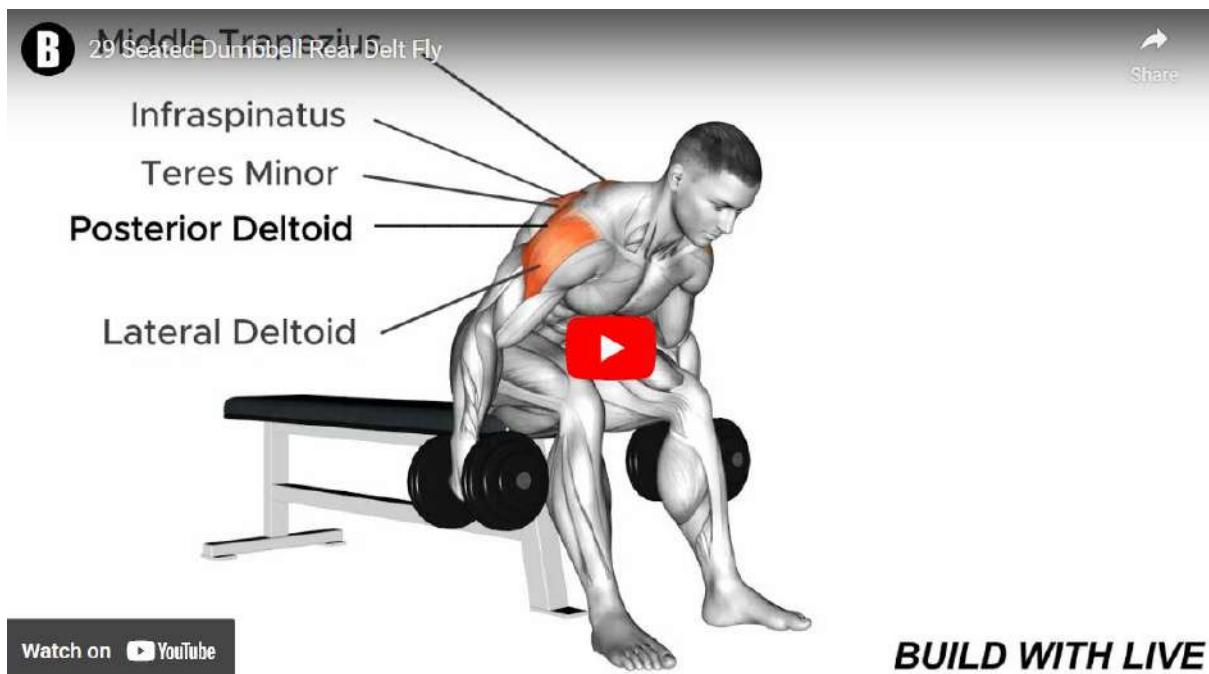
How to Do

1. Attach a pair of D-handles to the cable anchors set at the top positions. Stand in the middle of the cable machine facing forward. Assume a shoulder-width stance.
2. Grasp the D-handles with the opposite hands. Bring them together in the middle before crossing them over. Keep your chest up with a neutral back position.
3. Bring your arms straight out in front of you with a slight elbow bend.
4. Inhale and engage your core. Exhale and bring your arms back while maintaining the same elbow bend.
5. Pause briefly as your arms come past your body. Squeeze your posterior deltoids and back muscles while holding the position.
6. Inhale and bring your hands back together under control.

Tips

- Avoid letting the handles cross each time they reach the front position. This allows continued tension.
- Bring your arms back in an arc motion while maintaining the same elbow angle. This ensures focus on the posterior delt muscles.

29. Seated Dumbbell Rear Delt Fly



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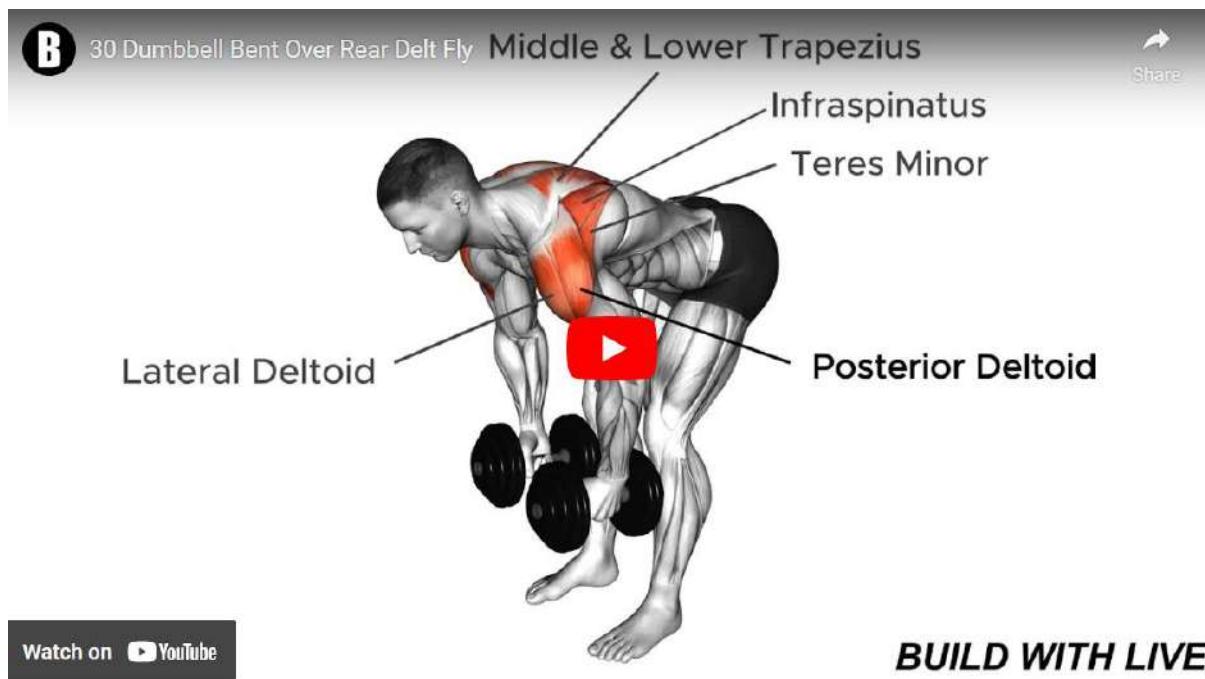
How to Do

1. Begin by sitting at the edge of a bench with feet hip-width apart.
2. Lean forward from the hips so your chest is facing the floor in front of you.
3. Pick up the dumbbells from the floor with an overhead grip, palms facing toward you.
4. With your arms straight and a slight bend in the elbow, initiate the movement by raising the dumbbells out to your sides until they are approximately shoulder height.
5. Pause at the top and slowly lower the dumbbells to behind your calves.
6. Repeat for the prescribed number of sets and reps.

Tips

- Maintain your position as best as possible; if you feel you can't complete the movement without your torso raising or relying on momentum, it's likely the weight is too heavy.
- Choose a weight that allows you to perform each repetition to the full range of motion in a strict and controlled manner.
- Think about squeezing your shoulder blades together at the top of each rep.
- Pause for one second at the top before returning to the starting position.
- Be sure to set your shoulder blades before initiating the movement. Allowing the shoulder to raise toward the ear can cause injury.
- Take a breath in and engage your core before initiating the movement, slowly exhale as you lower the weights back down to the start position.

30. Dumbbell Bent-Over Rear Delt Fly



https://youtu.be/i_rNmrrg7k

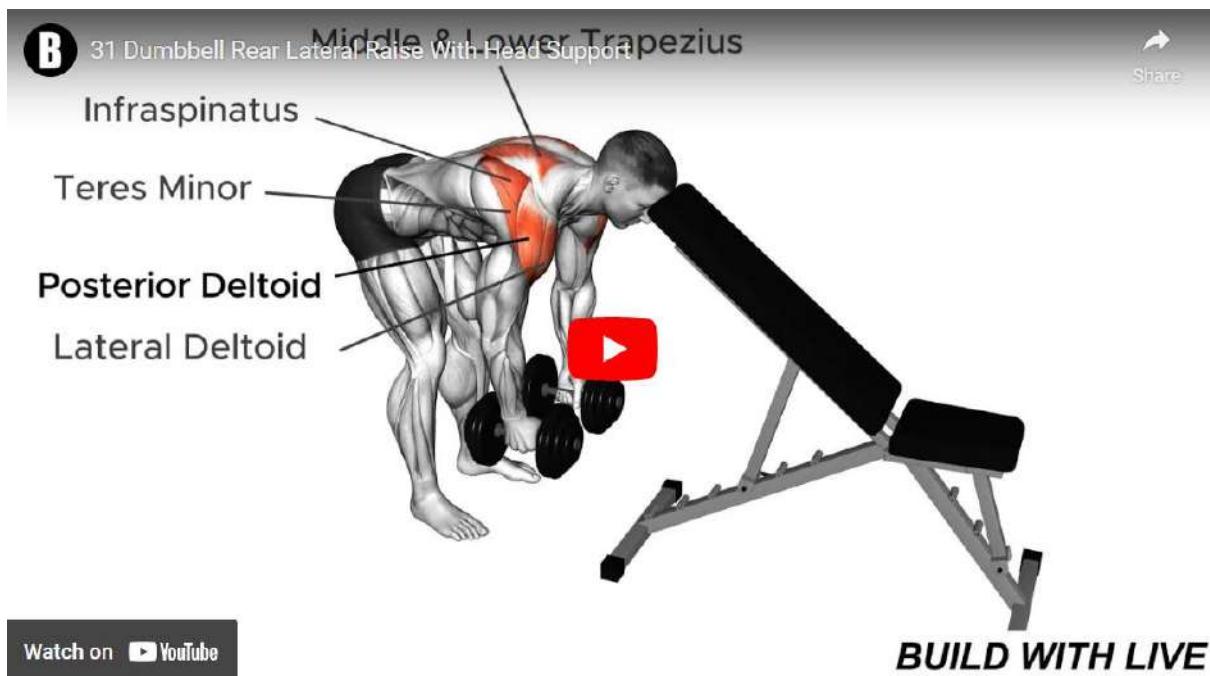
How to Do

1. Start with your feet shoulder-width apart and knees slightly bent. From here, hinge forward so your chest faces the ground.
2. Maintain a neutral spine, ensure your core, and back are actively engaged to support your posture.
3. Holding two light dumbbells, extend your arms out in front of you while keeping a slight bend in the elbow.
4. Initiate the movement by raising the dumbbells out and up, focusing on leading with your elbows.
5. Control the dumbbells back to the starting position.

Tips

- Ensure you actively maintain a strong posture throughout the work period.
- Avoid relying on momentum to raise the dumbbells. Be sure to set your shoulder blade before lifting so as not to engage the upper trapezius. If you feel your torso or chest raising when you raise the dumbbells, you're likely compensating because the weight is too heavy.
- Start with a lightweight that allows you to complete all reps of each set with sound technique.

31. Dumbbell Rear Lateral Raise With Head Support



<https://youtu.be/5Txvc4VVieg>

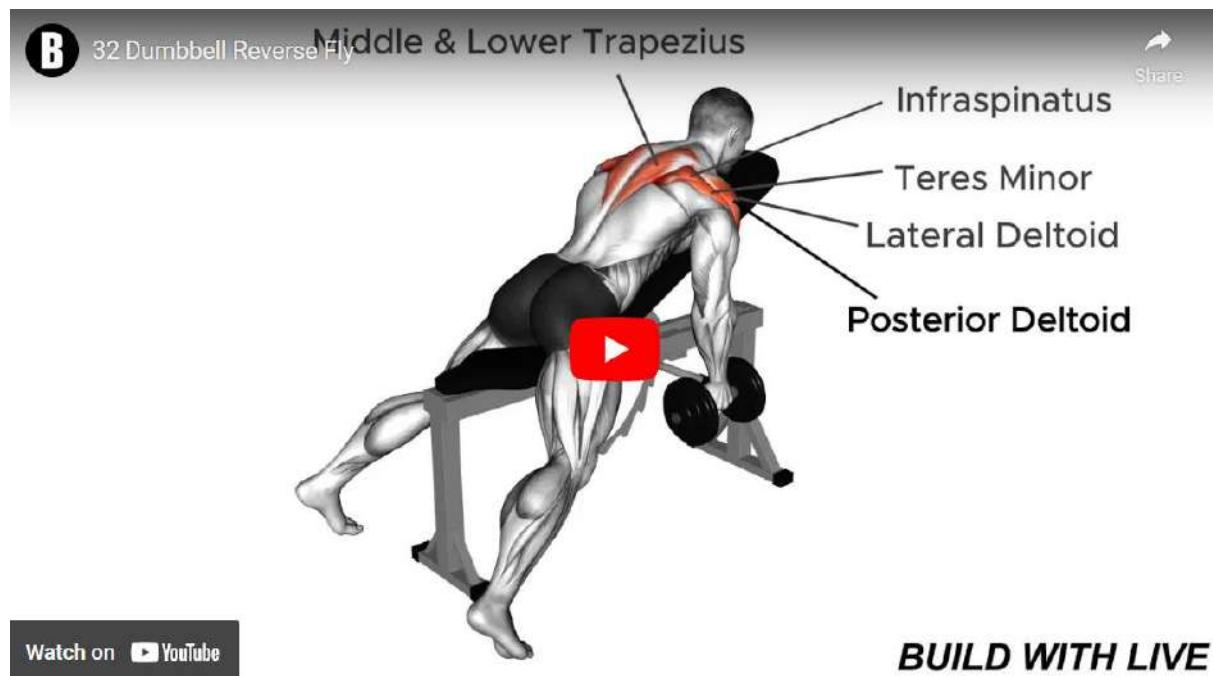
How to Do

1. Position the adjustable bench so that the backrest is at a 45-degree angle.
2. Stand facing the highest part of the bench, then hinge at the hips.
3. Rest your forehead against the back of the bench for support.
4. Hold a dumbbell in each hand, arms hanging towards the floor.
5. Raise the dumbbells out to the sides while keeping the elbows slightly bent.
6. Lift until your arms are parallel to the floor, then lower slowly.

Tips

- Maintain a neutral spine throughout the movement, avoiding arch in the back.
- Focus on squeezing your rear delts at the top of the motion; pause for a second or two.
- Avoid swinging or using momentum; control the weight.
- Start with lighter weights to get the form right.

32. Dumbbell Reverse Fly



<https://youtu.be/CkRQHgJcJc4>

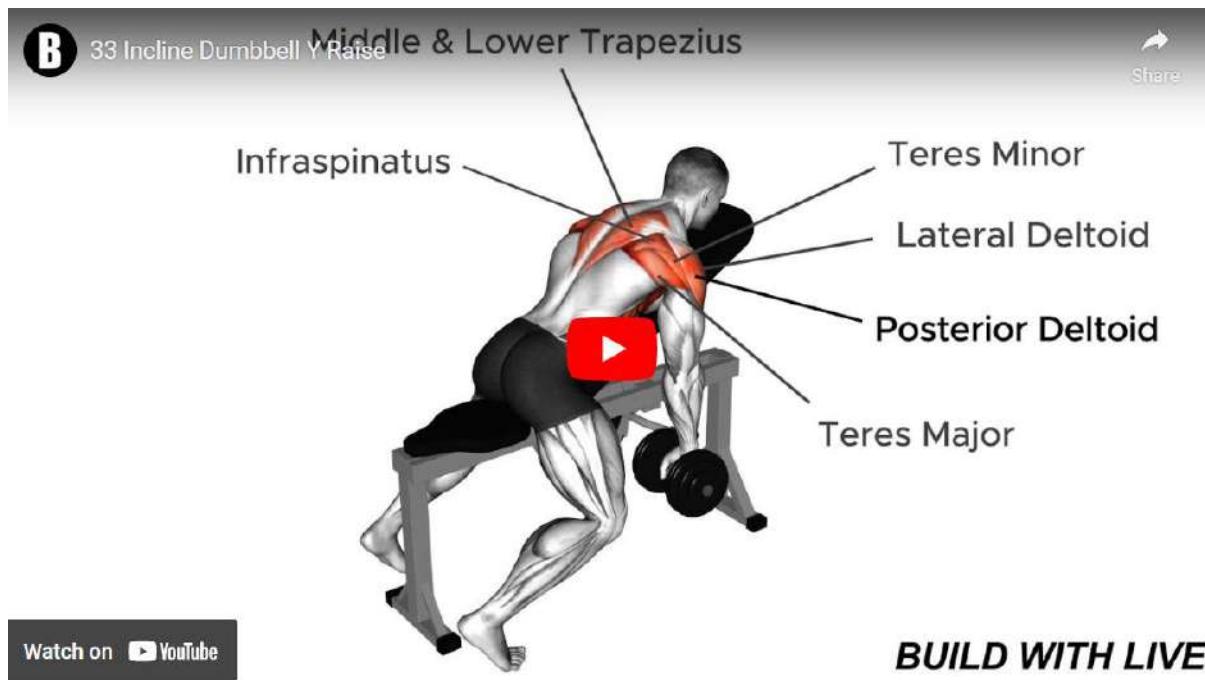
How to Do

1. Set the adjustable bench to approximately a 45-degree incline.
2. Lie face down with your chest against the bench.
3. Hold a dumbbell in each hand, arms hanging towards the floor.
4. Keep a slight bend in your elbows, and raise the dumbbells out to the sides.
5. Lift until your hands are in line with your shoulders, then lower slowly.

Tips

- Focus on squeezing your shoulder blades together at the top of the movement.
- Avoid arching your back; keep your core engaged throughout.
- Control the lowering of the dumbbells to maximize muscle engagement.
- Start with lighter weights to perfect your form before progressing

33. Incline Dumbbell Y Raise



<https://youtu.be/2I4JaoZgVWc>

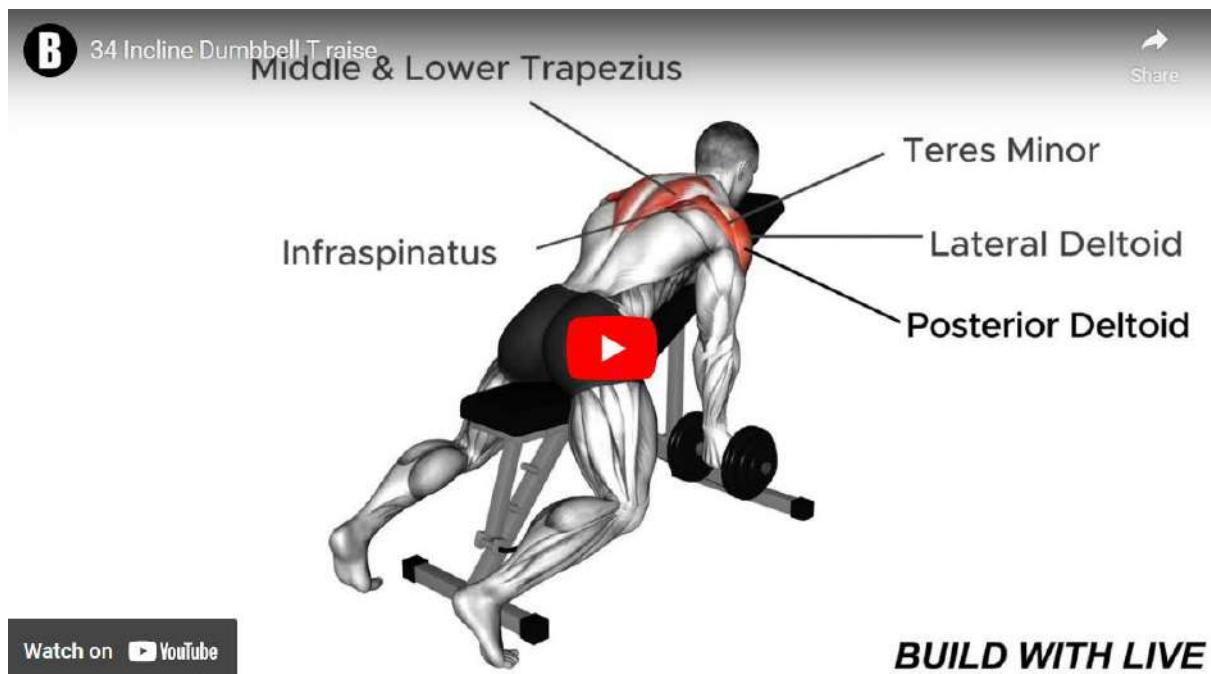
How to Do

1. Set an adjustable bench to 60 degrees or use an incline bench.
2. Position yourself on the bench with your chest and torso maintaining contact.
3. Holding two light dumbbells with an overhand grip, extend your arms fully, set your shoulder blades back, and down.
4. Initiate the movement by raising the dumbbells out to approximately a 45-degree angle in front of you, as if you're making a Y shape.
5. Slowly lower the dumbbells back to the starting position with control.
6. Repeat the steps for the prescribed number of repetitions.

Tips

- This exercise will require a very lightweight to perform correctly.
- Focus on the position of your shoulder blades throughout the movement.
- Make sure your shoulders don't shrug up as you raise the dumbbells.

34. Incline Dumbbell T Raise



<https://youtu.be/b3IDJvJeVU4>

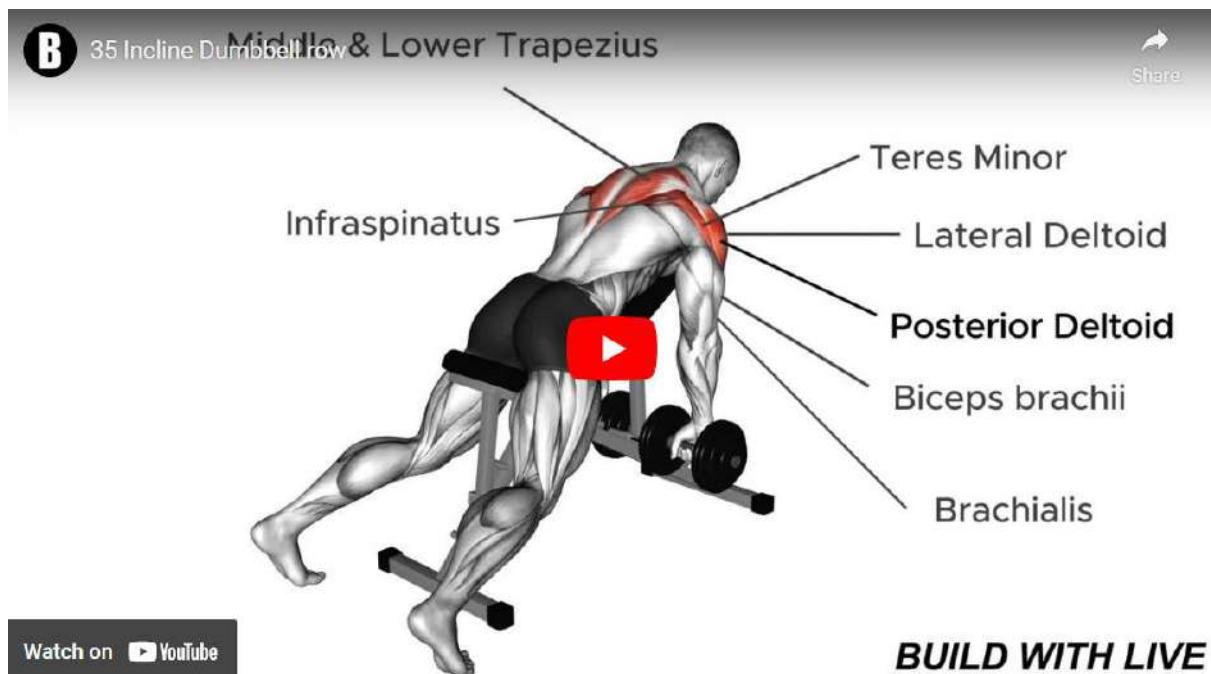
How to Do

1. Position yourself on an incline bench with your feet firmly driving into the ground.
2. Holding two light dumbbells with your palms facing inward, relax, and extend your arms.
3. Initiate the movement by raising the dumbbells directly to your sides until they align with your shoulders.
4. Pause briefly at the top of the movement, then slowly lower the weights and back down.
5. Repeat for the desired number of sets and reps.

Tips

- Focus on maintaining a slow and controlled pace through the entire movement.
- Don't rely on momentum to raise the dumbbells; instead, choose a weight you can lift with proper form.
- Focus on lowering the weight back down with control.

35. Incline Dumbbell Row



<https://youtu.be/7T5kGdT8QNM>

How to Do

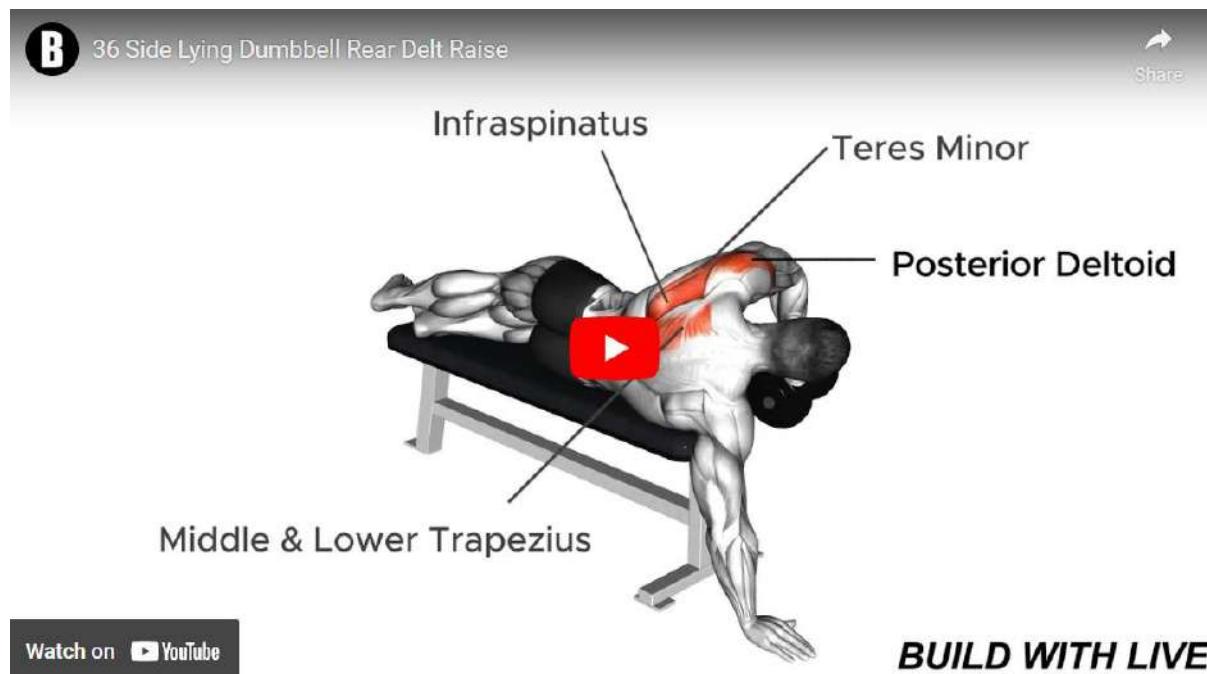
1. Set an adjustable bench to 45 degrees.
2. Start with a pair of light dumbbells, holding them in each hand.
3. Bring your feet to the end of the bench and rest the dumbbells on the top portion of it.
4. Lower yourself down to sit on the bench with your chest resting on the inclined portion of the bench. Position yourself so your chin is off the bench, with your whole chest in contact with it.
5. Make sure your feet are driving into the ground so you have a stable foundation.
6. Extend your arms down with a neutral grip.
7. To initiate the movement, pull your elbows back and down driving the dumbbells towards your hips.
8. At the top, squeeze your shoulder blades together, briefly pause, and then slowly lower the dumbbells back to the start position.

Tips

- Choose a light, comfortable weight that allows you to work through the full range of this movement with control.
- Don't rely on momentum to lift the dumbbells; decrease the weight if you find yourself doing this.
- Squeeze your shoulder blades together at the top; imagine you have a coin between them to tap into the mind-muscle connection.

- Pull the dumbbells down to your hips, and keep your elbows close to your body.
- Be sure to keep your chest firmly in contact with the bench through the entire movement; if you find it rising the weight you have chosen may be too heavy.

36. Side Lying Dumbbell Rear Delt Raise



<https://youtu.be/SsiB9ChY1JA>

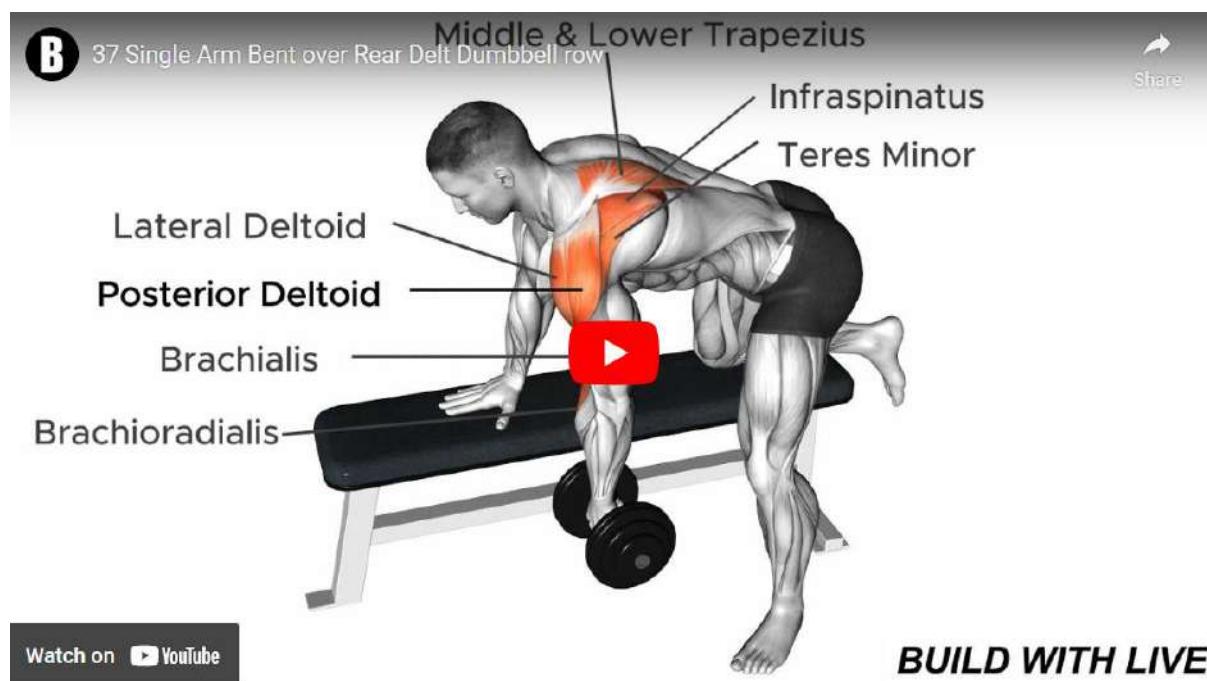
How to Do

1. Lie on your side on a flat bench, legs bent for stability.
2. Hold a dumbbell in your top hand while the opposite hand is on the floor for support.
3. Bend your elbow at a 90-degree angle, and raise the dumbbell up and back.
4. Lift until your forearm is parallel to the floor.
5. Lower the weight slowly back to the starting position.

Tips

- Keep your body stable throughout the movement.
- Focus on initiating the lift with your rear delt, not your arm.
- Avoid rotating your torso as you lift the weight.
- Face your palm towards your toes rather than towards your chest.
- Start with a lighter weight to master the form before progressing.

37. Single-Arm Bent-Over Rear Delt Dumbbell Row



<https://youtu.be/YCAI-iCGrek>

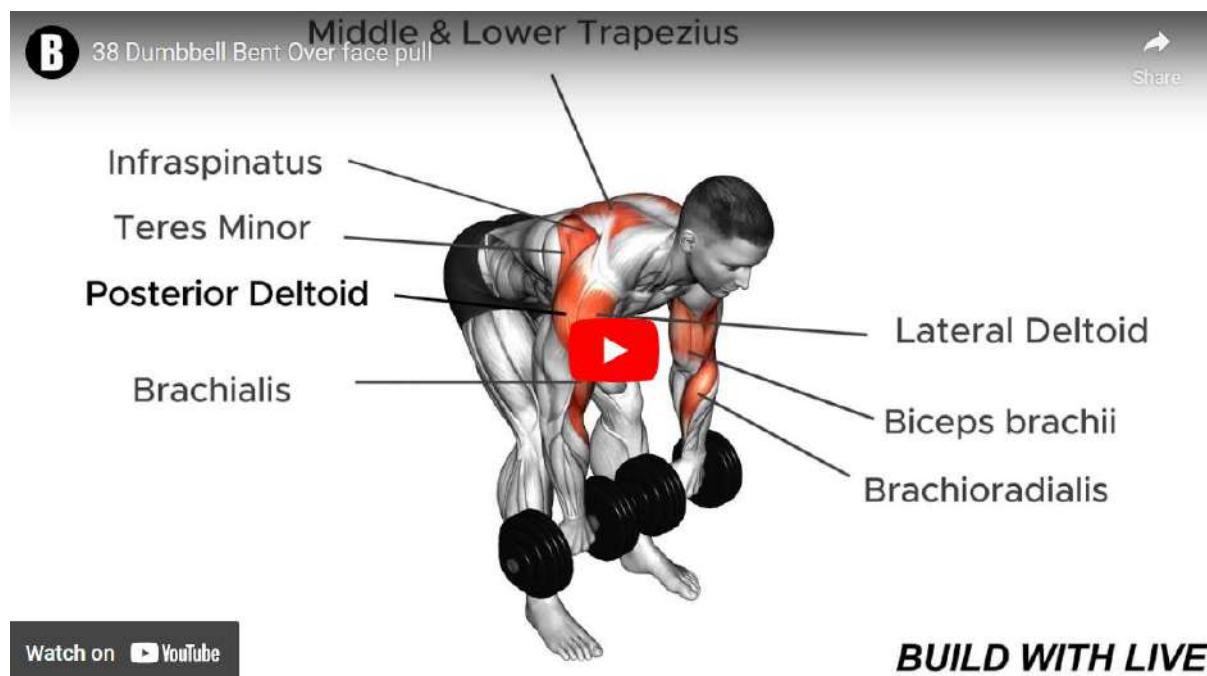
How to Do

1. Place your right knee on the bench and firmly plant your right palm on it. With a slight bend in your knee, step your left leg out slightly wider while keeping your hips square. Keep your back in a neutral position.
2. With a neutral wrist and left arm fully extended, hold one dumbbell in your left hand. Initiate the movement by pulling the dumbbell up and out to the side of your body. Your elbow should be pointing up to the sky at the top of the movement.
3. Lower the weight back down to the start position and repeat until you have completed all reps.
4. Complete the same amount of repetitions on the right side.

Tips

- Don't force the dumbbell up with momentum or by raising your torso.
- Choose an appropriate weight to perform all sets and reps without compromising your technique.
- Keep a neutral back through the entire movement and use your breath to engage your core. Make sure to exhale on the lift.

38. Dumbbell Bent-Over Face Pull



<https://youtu.be/HkCVcorcXTk>

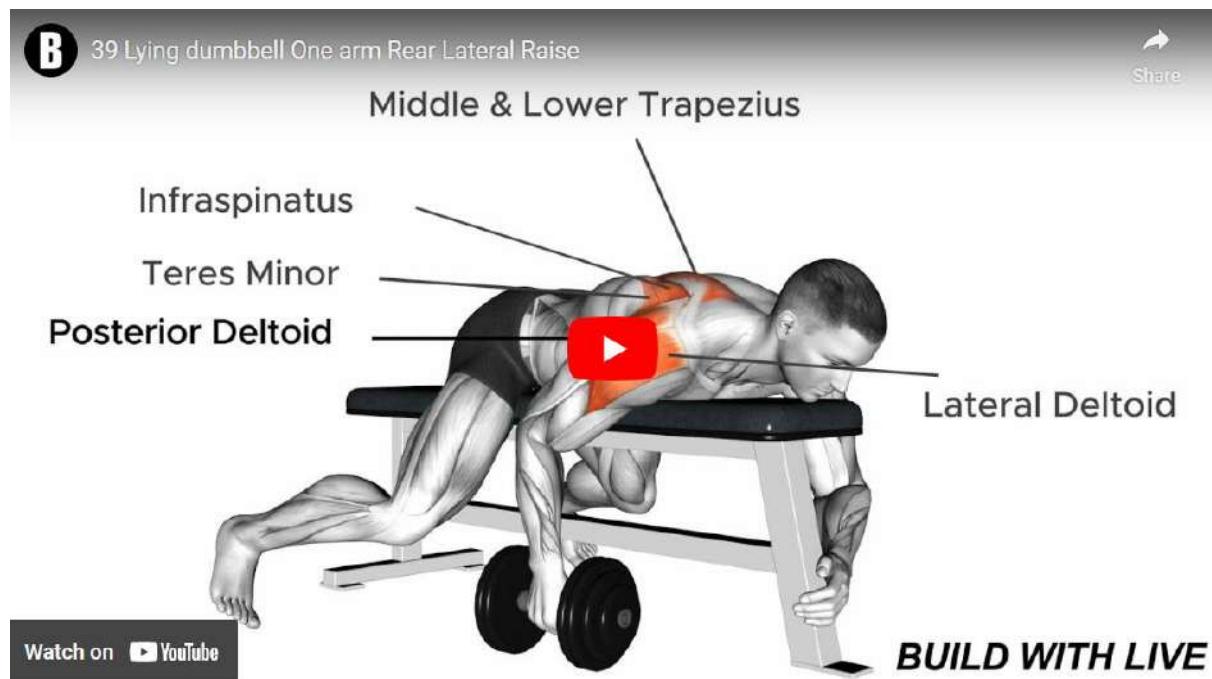
How to Do

1. Stand with feet shoulder-width apart, with your knees slightly bent, holding a dumbbell in each hand.
2. Hinge at the hips, keeping your back straight and core tight.
3. Let the dumbbells hang down, allowing your arms to extend fully towards the floor.
4. Pull the dumbbells up and out to the sides, leading with your elbows.
5. At the top, your upper arms should be parallel to the floor.
6. Lower the weights back to the starting position in a controlled manner.

Tips

- Keep your core engaged throughout the movement to protect your lower back.
- Focus on pulling with your rear delts, not your arms.
- Ensure that your elbows come to around a 90-degree angle at the top of the movement.
- If you feel any lower back strain, consider returning to supported variation.

39. Lying Dumbbell One-Arm Rear Lateral Raise



<https://youtu.be/BITyFUI0ZVI>

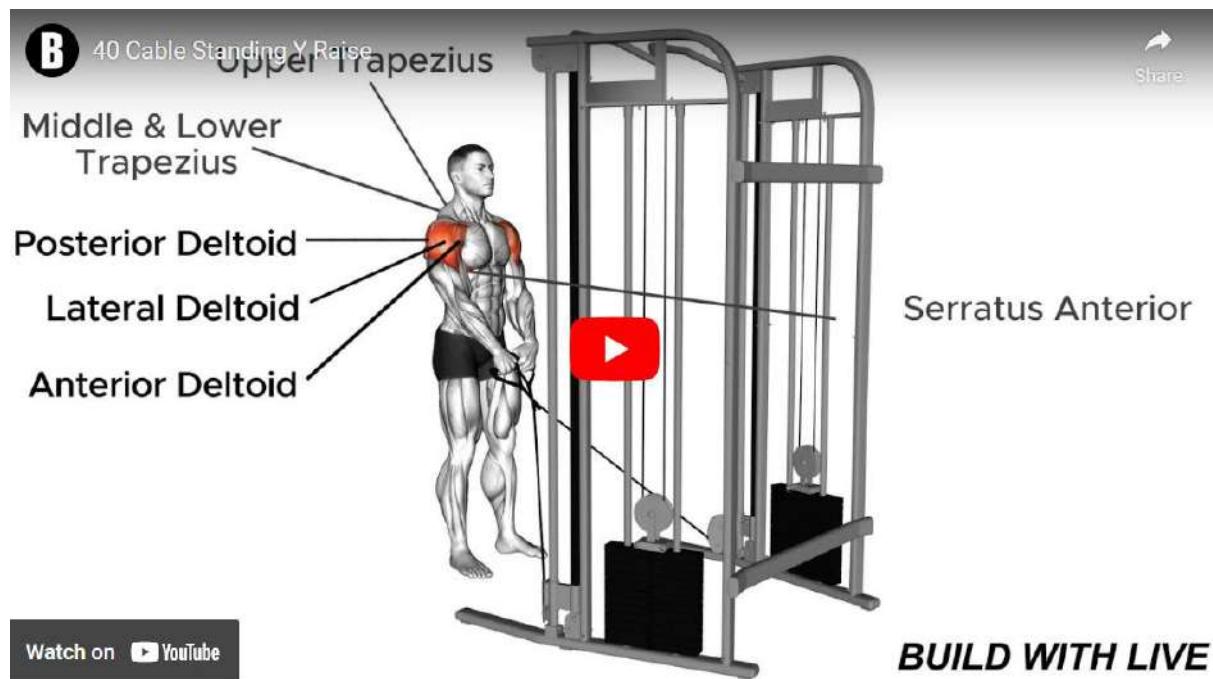
How to Do

1. Lie face down on a flat bench so that your body is parallel to the floor.
2. Let your legs hang off the end of the bench, toes touching the ground for balance.
3. Hold a dumbbell in one hand, letting it hang down.
4. Keeping a slight bend in your elbow, raise the dumbbell out to the side.
5. Lift until your arm is parallel to the floor, then lower it slowly back to the starting position.

Tips

- Maintain a neutral spine throughout the movement.
- Focus on using your rear delt to lift the weight, not your arm.
- Control the movement to emphasize muscle engagement.
- Start with a lighter weight to master your form before increasing the load.

40. Cable Standing Y Raise



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<https://youtu.be/bfCezVZGYB8>

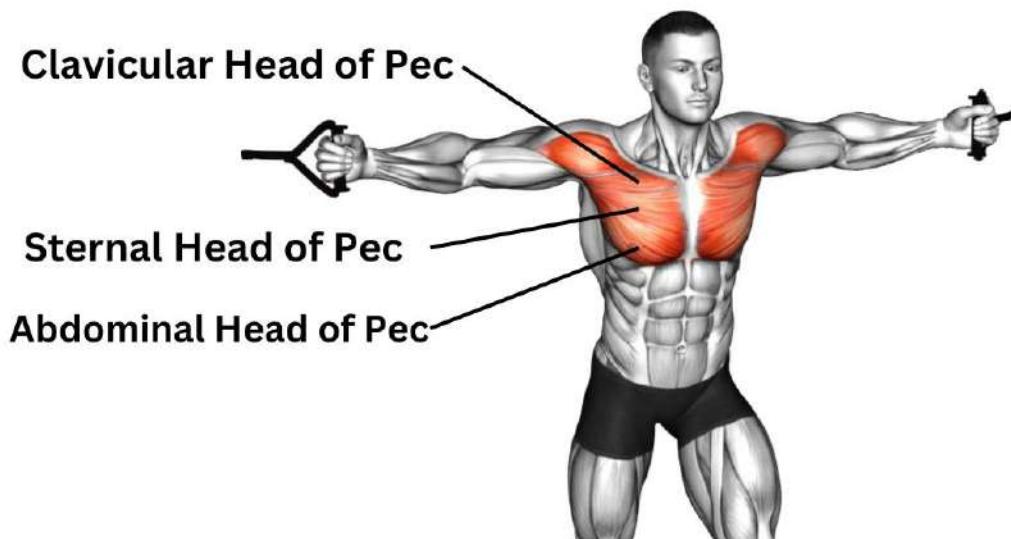
How to Do

1. Set a dual cable machine with both pulleys in the lowest position.
2. Hold onto both handles with opposite hands so that the cables are crossed.
3. Take a step back to lift the weight off the stack and position your feet shoulder-width apart.
4. Keeping your arms straight, lift your arms until they are extended overhead at a 45-degree angle.
5. Slowly lower your arms to the starting position.

Tips

- Focusing on tensing your shoulders and back during the lift can improve your mind-muscle connection. This has been shown to improve muscle activation which can enhance your lifting results.

5. CHEST



Anatomy of the Chest

The pectoralis major makes up the front of the chest. It consists of three heads: the clavicular, sternocostal, and abdominal heads. Each head has a slightly different location, which means we need to adjust the angle to target them to develop a fuller chest.

1. Clavicular Head of Pectoralis Major

Muscles located at the top of your chest, running from your armpit to collar bone. Smaller portion of your chest muscle.



2. Sternal Head of Pectoralis Major

Large muscles located underneath your clavicle head. Makes up most of your chest area.



3. Abdominal Head of Pectoralis Major

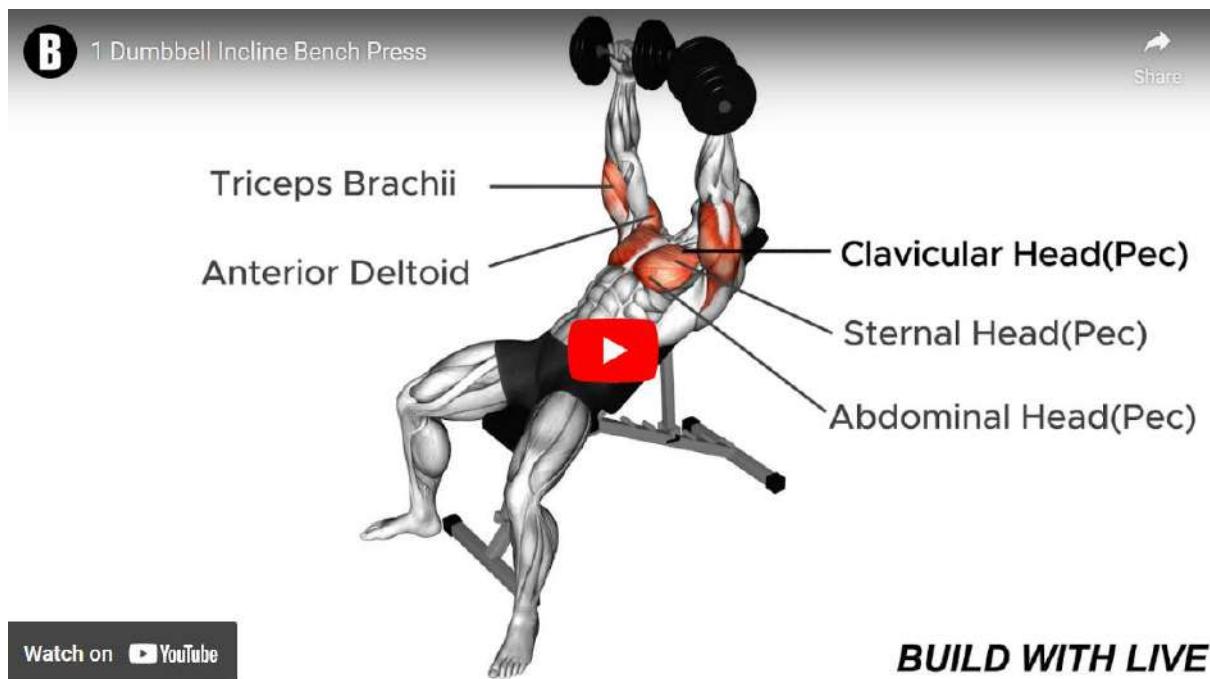
Muscles located at the bottom of your pectoral region, just above your abdominal muscles.



Exercises list of Chest

- 1. Dumbbell Incline Bench Press**
- 2. Incline Barbell Bench Press**
- 3. Dumbbell Incline Chest Fly**
- 4. Standing Dumbbell Upward Fly**
- 5. Dumbbell Reverse Bench Press**
- 6. Dumbbell Floor Reverse Press**
- 7. Incline Machine Press**
- 8. Decline Push-Up**
- 9. Dumbbell Svend Press**
- 10. Reverse Grip Bench Press**
- 11. Barbell Bench Press**
- 12. Smith Machine Bench Press**
- 13. Dumbbell Floor Press**
- 14. Push-Ups**
- 15. Ring Push-Up**
- 16. Banded Push-Up**
- 17. Wide Push -Up**
- 18. Dumbbell Decline Bench Press**
- 19. Chest Dip**
- 20. Incline Push-Up**
- 21. Dumbbell Bench press**
- 22. Dumbbell Chest Fly**
- 23. Cable Chest Fly**
- 24. Chest Fly (Machine Version)**
- 25. Hand-Release Push-Up**
- 26. Archer Push-Up**
- 27. Deficit Push-Up**
- 28. Clap Push-Up**
- 29. Dumbbell Floor Hammer Press**
- 30. Dumbbell Floor Fly**
- 31. Dumbbell Fly on Exercise Ball**
- 32. Dumbbell Pullover**
- 33. Barbell Close-Grip Bench Press**
- 34. Dumbbell Close-Grip Press**
- 35. Diamond Push-Up**

1. Dumbbell Incline Bench Press



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<https://youtu.be/ZwBJXyaFmog>

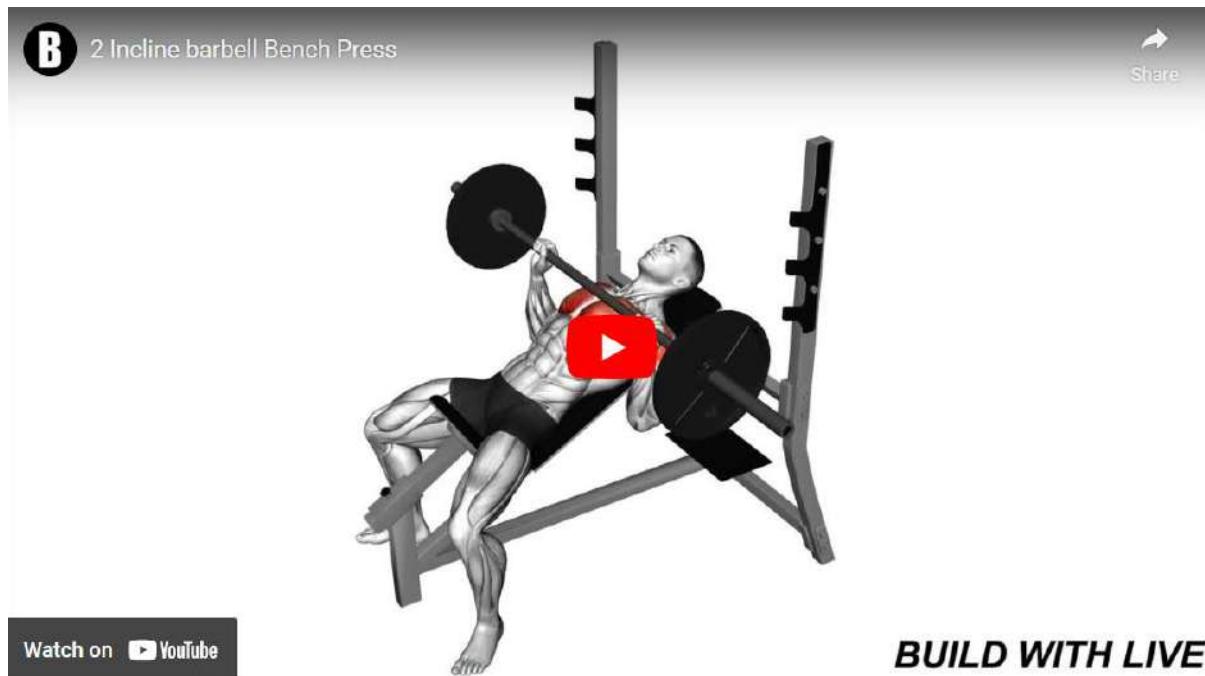
How to Do

1. Set an adjustable bench to a 30-degree incline angle. Place a suitable pair of dumbbells in front of it, one on each side.
2. With your back facing the bench, bring your hips back and bend your knees to reach down for the dumbbells. Pick them up and place them on your knees as you sit on the bench.
3. Use your knees to bring the dumbbells to shoulder height. Your elbows should be out to your sides with your back against the bench.
4. Inhale and engage your core. Exhale and extend your elbows to press the dumbbells upwards.
5. Pause briefly before they touch at the top position.
6. Inhale and flex your elbows to bring the dumbbells back to the starting position.

Tips

- Keep your back against the bench throughout the movement to ensure targeted exercise focus and reduce injury risk.
- Aim to use a 30-degree bench angle to keep focus on the upper chest.

2. Incline Barbell Bench Press



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<https://youtu.be/ruFvnekiBBE>

How to Do

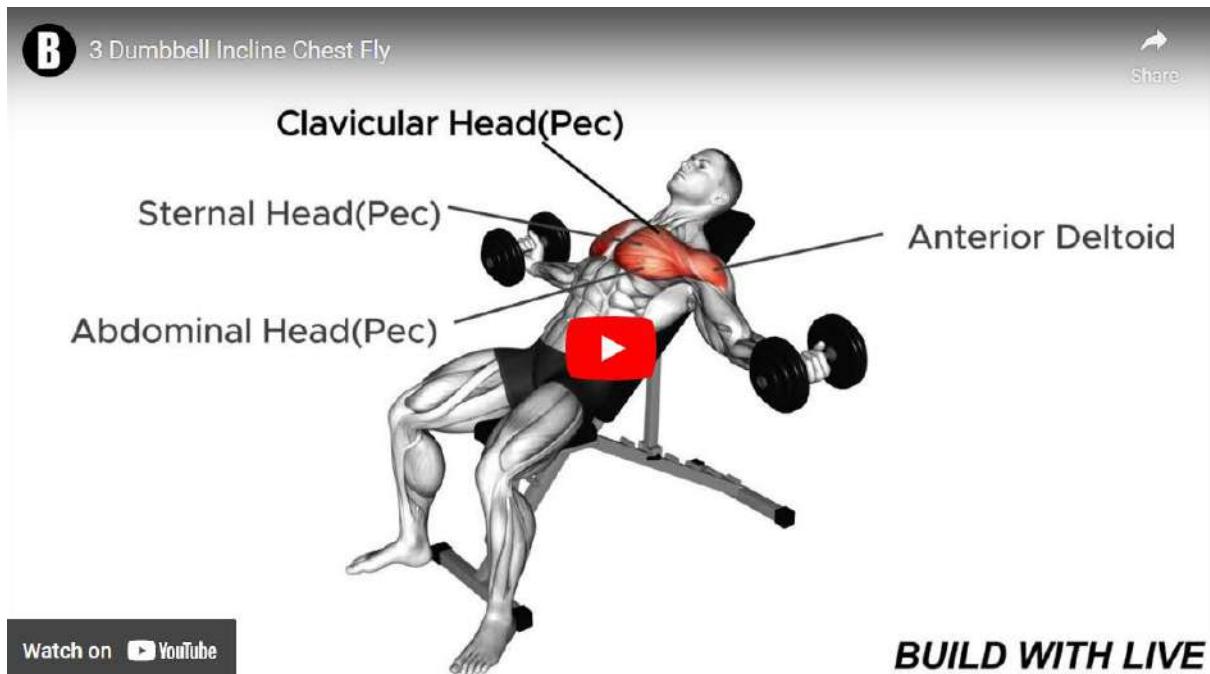
1. Place a barbell on top of a bench rack.
2. Place the exercise bench underneath the barbell.
3. Lie down on the exercise bench and position yourself so that the barbell is directly in line with your forehead.
4. Grasp the barbell with an overhand grip just outside shoulder-width apart, and lift it off the rack.
5. Lower the barbell to your upper chest.
6. Upon the barbell touching the chest, push it back up.
7. Repeat for the desired number of reps.

Tips

- Ensure your bench is set at a comfortable incline angle (usually around 30-45 degrees) to target the upper chest effectively while maintaining proper shoulder stability.
- Maintain a strong and stable grip on the barbell, keeping your hands slightly wider than shoulder-width apart, and focus on controlled, even breathing throughout the exercise.

- Lower the barbell to your chest with control and press it upward explosively, emphasizing a full range of motion for optimal upper chest engagement.

3. Dumbbell Incline Chest Fly



<https://youtu.be/fOXG2f1ehMk>

How to Do

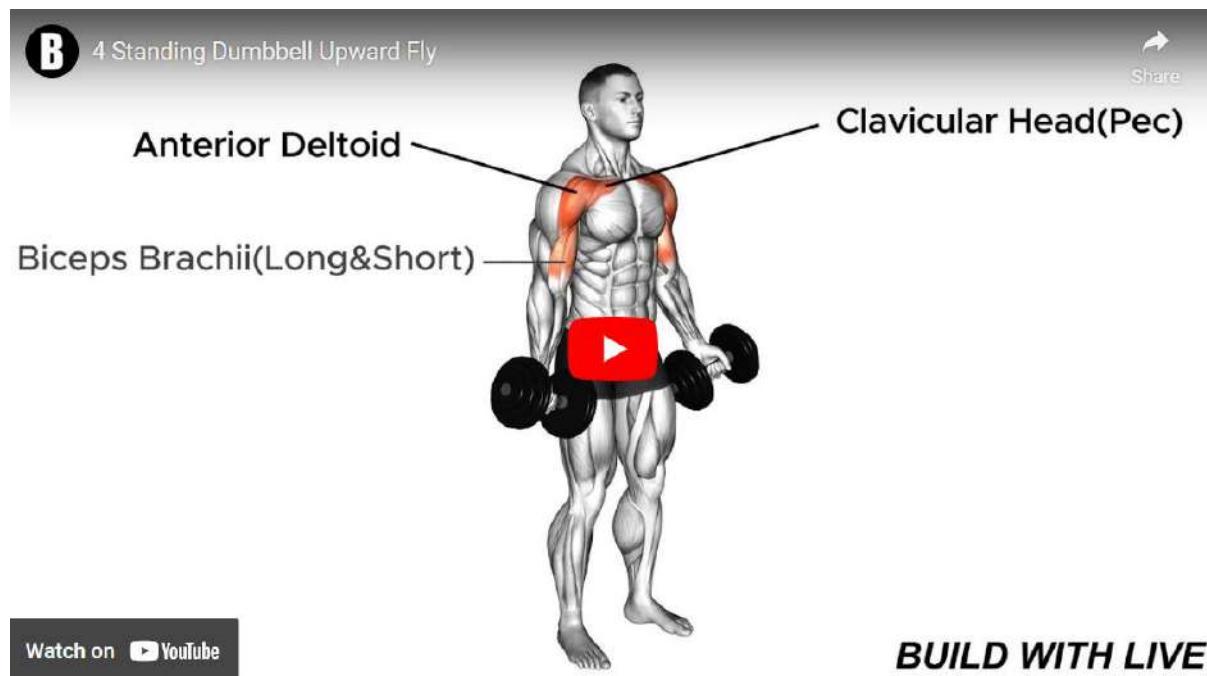
1. Set an incline bench to a 30–45-degree angle and grab a pair of dumbbells.
2. Lie back on the bench with your feet flat on the floor.
3. Hold the dumbbells above your chest with palms facing each other.
4. Slowly lower the dumbbells out to the sides, maintaining a slight bend in your elbows.
5. Stop when the dumbbells are in line with your chest, then bring them back up in a controlled motion.

Tips

- Keep your palms facing each other and wrists straight to maintain alignment.
- Maintain a slightly lifted chest to ensure the upper pecs remain engaged throughout the entire range of motion.
- Keep your shoulder blades pulled back and pressed into the bench for added stability.

- Keep a small bend in your elbows throughout the movement to reduce strain on the elbow joints and shoulders.
- Lower the dumbbells in a wide arc, but stop when they reach chest level. Going too low can overstretch the shoulders and lead to injury.
- Squeeze your chest muscles as you bring the dumbbells back together at the top of the movement. This helps to maximize upper chest engagement.
- Lower and raise the dumbbells slowly to ensure proper engagement of the muscle fibers and avoid using momentum.

4. Standing Dumbbell Upward Fly



<https://youtu.be/08iWwwTug84>

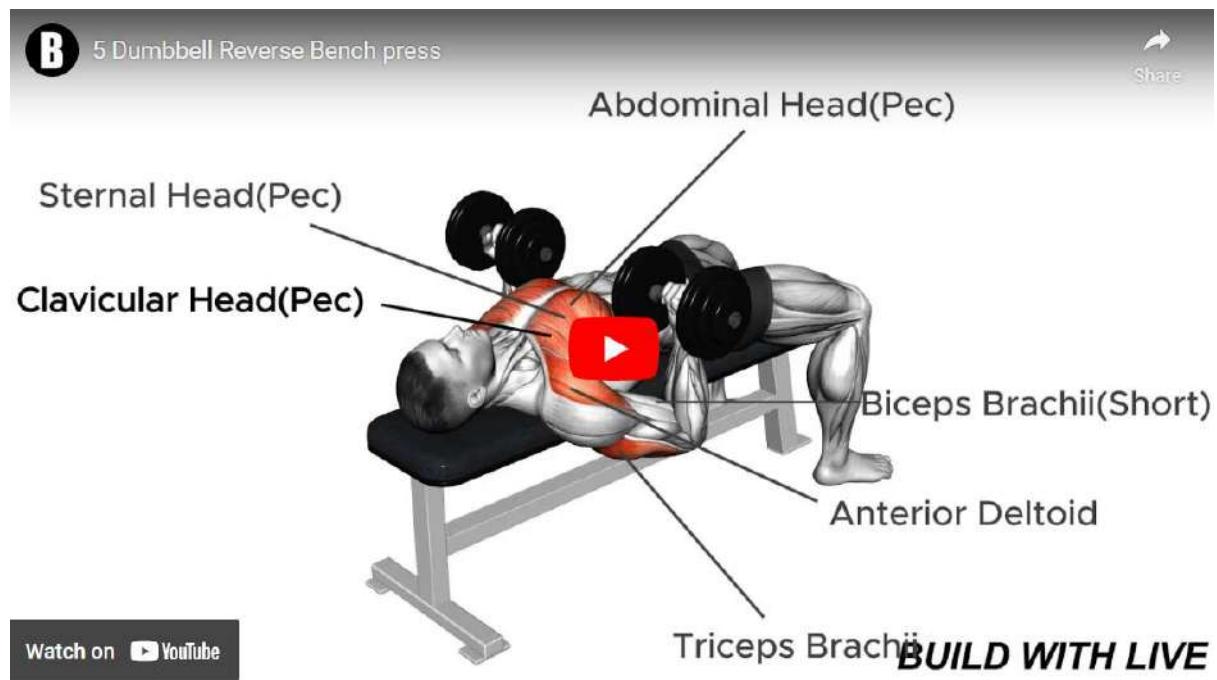
How to Do

1. Stand with your feet shoulder-width apart with a dumbbell in each hand. Your palms should be facing in front of you with the dumbbells by your sides. Ensure your chest is up with your head facing forward.
2. Inhale and engage your core. Exhale and bring the dumbbells up and together by raising your arms in front of you. Allow the dumbbells to rotate inwards as they reach chest height.
3. Pause briefly as the dumbbells reach head height. Focus on engaging your upper chest.
4. Inhale and return the dumbbells to the starting position under control.

Tips

- Maintain a shoulder-width stance with your head facing forwards. This is the correct starting position.
- The dumbbells should come up using one fluid movement pattern.

5. Dumbbell Reverse Bench Press



<https://youtu.be/kCMnI8TFeN0>

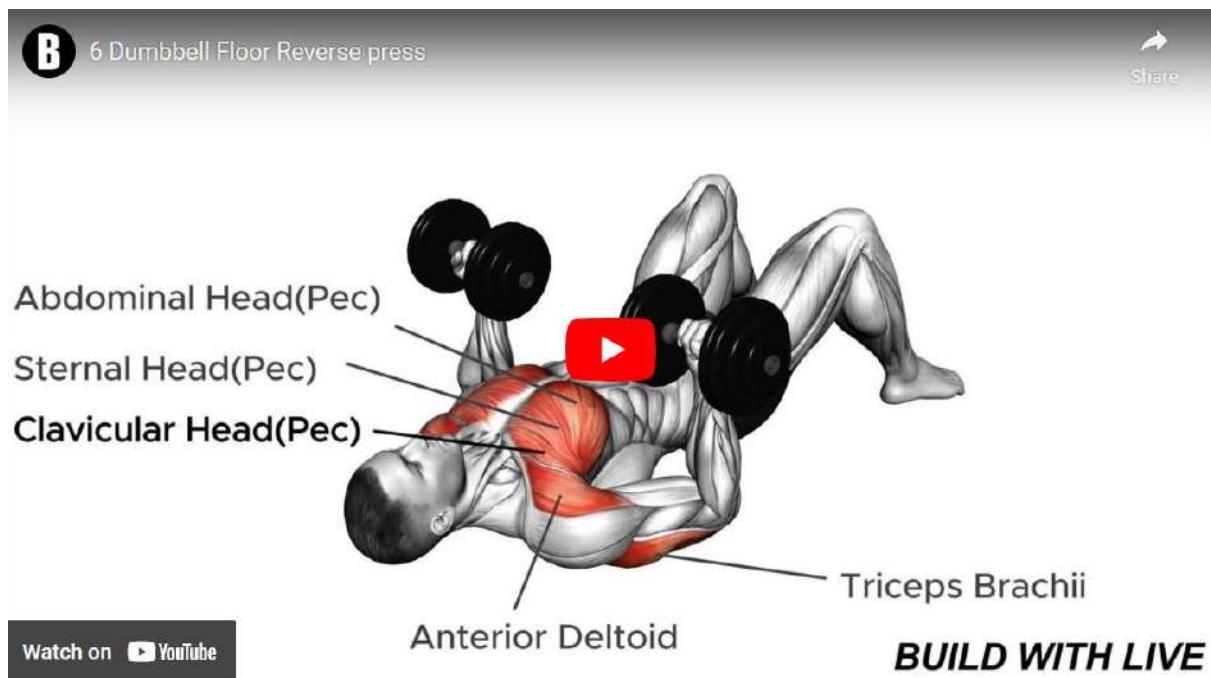
How to Do

1. Set up next to a suitable flat bench. Grasp a pair of dumbbells and sit on the bench with your feet flat on the floor. Your back should be facing the bench with your head looking forward.
2. Hold the dumbbells using a neutral grip, palms facing each other. Lie on the bench with your back firmly against the backrest. Bring the dumbbells to chest height and rotate your hands until they're facing behind your head.
3. Keep your elbows tucked into your body. Your elbows should be at 90-degree angles.
4. Inhale and engage your core. Exhale and extend your elbows to press the dumbbells in front of you. Pause briefly before they touch at the top position.
5. Inhale and bring the dumbbells back to the starting position under control.

Tips

- Keep your elbows in for each repetition. This shifts focus from the shoulders to the chest.
- Ensure you maintain a firm grip on the dumbbells. Your hands should be facing behind your head.

6. Dumbbell Floor Reverse Press



<https://youtu.be/R3Fk9IGxPhA>

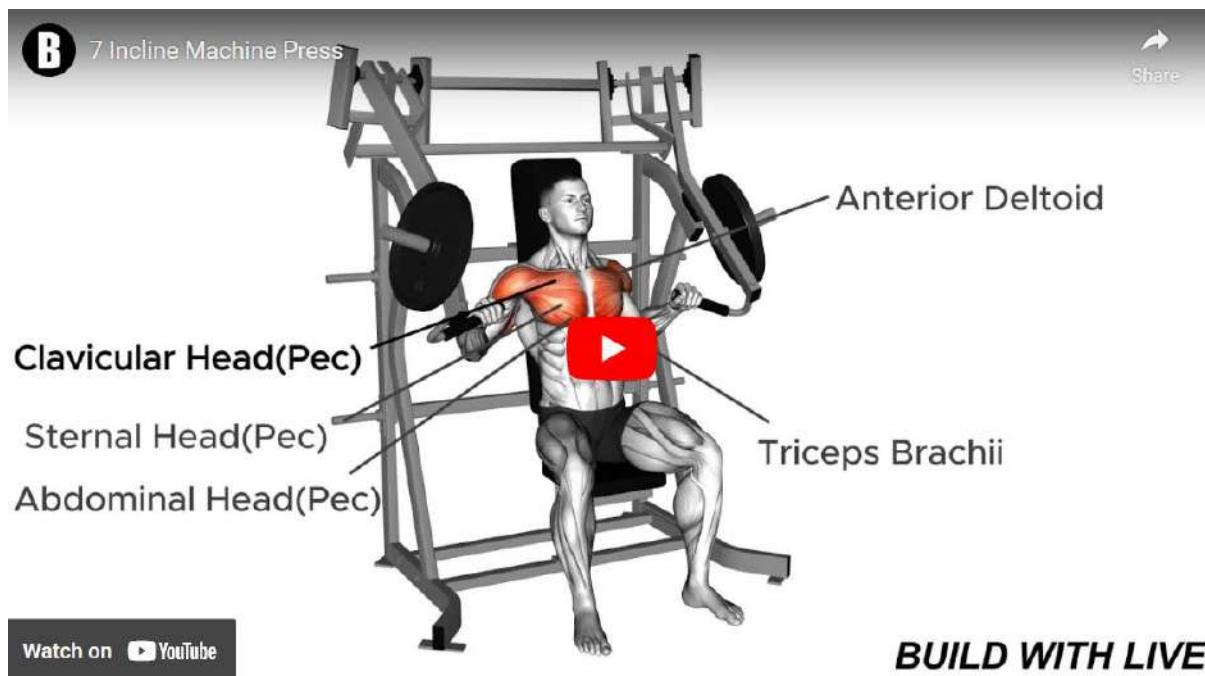
How to Do

1. Lie down with your back against the floor and a pair of dumbbells by your sides. Bring your feet towards your body until your legs are at a right angle.
2. Grasp the dumbbells using a double underhand grip and bring them out to the sides of your lower chest. Your arms should be at a right angle with your upper arms resting on the floor. Your palms should be facing behind you.
3. Inhale and engage your core. Exhale and press the dumbbells up, bringing them together as you extend your elbows.
4. Pause briefly at the top position before the dumbbells touch. Inhale and bring them back down to the starting position.

Tips

- Keep your elbows slightly in front of your chest. This ensures targeted muscle activation.
- Avoid touching the dumbbells at the top of the movement. This helps to maintain balance.

7. Incline Machine Press



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<https://youtu.be/89aooEQ4Q1A>

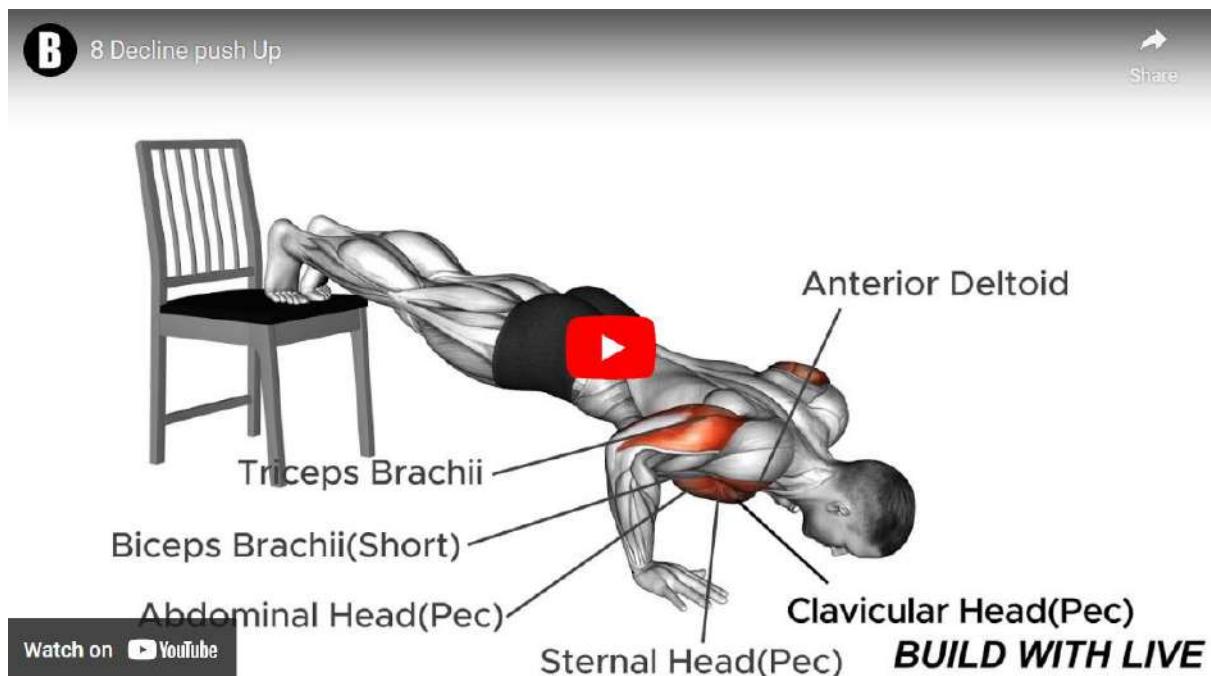
How to Do

1. Adjust the seat so the handles are at chest level.
2. Grasp the handles with an overhand grip (palms facing forward and down).
3. Push the handles forward until your arms are fully extended.
4. Slowly return to the starting position.

Tips

- Keep your core tight and back flat against the pad to maintain stability and prevent strain on your lower back.
- Slow down on the eccentric phase (lowering the weight) to maximize muscle tension and control.
- Use a slight pause at the top of the movement to ensure you're fully engaging your chest muscles before lowering the weight.
- Adjust the seat height to target the upper chest more effectively

8. Decline Push-Up



<https://youtu.be/rsXrF9iRiTb>

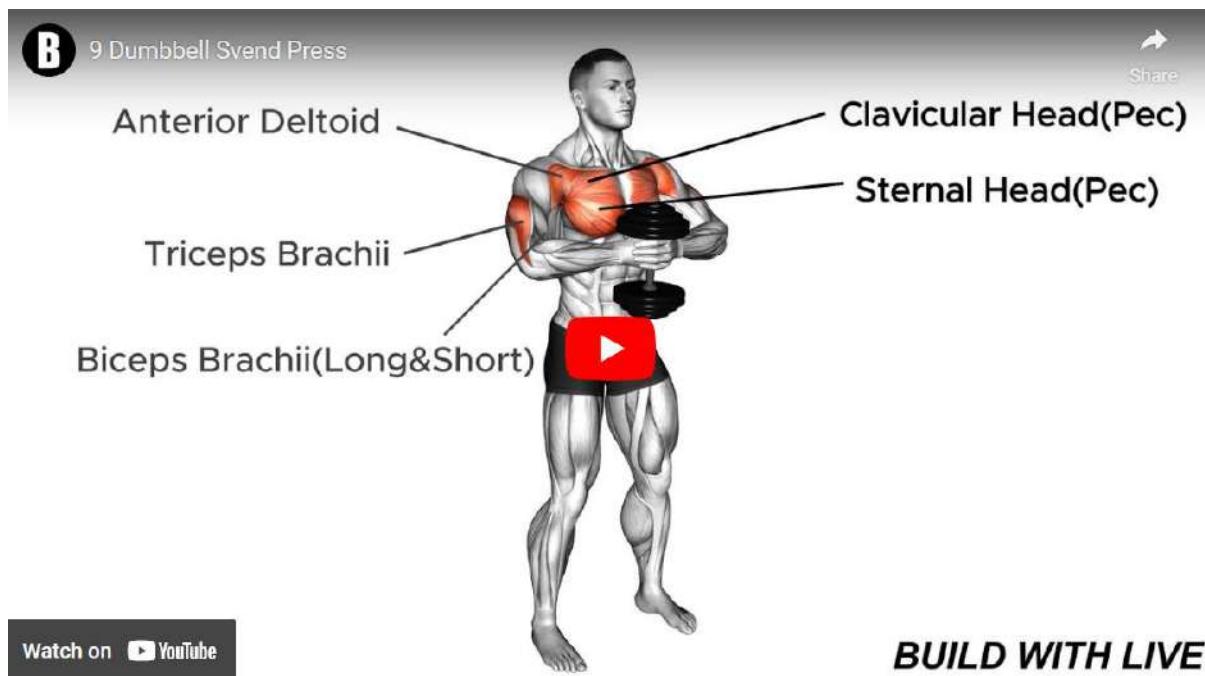
How to Do

1. Kneel with your back to the raised surface. Ensure it's at a height that allows you to raise your legs. Make sure you're able to extend them against the raised surface.
2. Bring your hands directly below your shoulders and extend your arms. Kick both legs back, bringing them onto the raised surface. You should be on the balls of your feet.
3. Inhale and engage your core. Keep a straight line from your heels to your head, coming diagonally down.
4. Exhale and lower your chest to the floor by bending your elbows.
5. Pause briefly at the bottom position. Inhale and push back to the start.

Tips

- Ensure the raised surface is set at a suitable height. This allows you to keep the correct form.
- Avoid flaring your elbows out to the sides to keep targeted muscle activation.

9. Dumbbell Svend Press



https://youtu.be/KPZ7PTJz_I

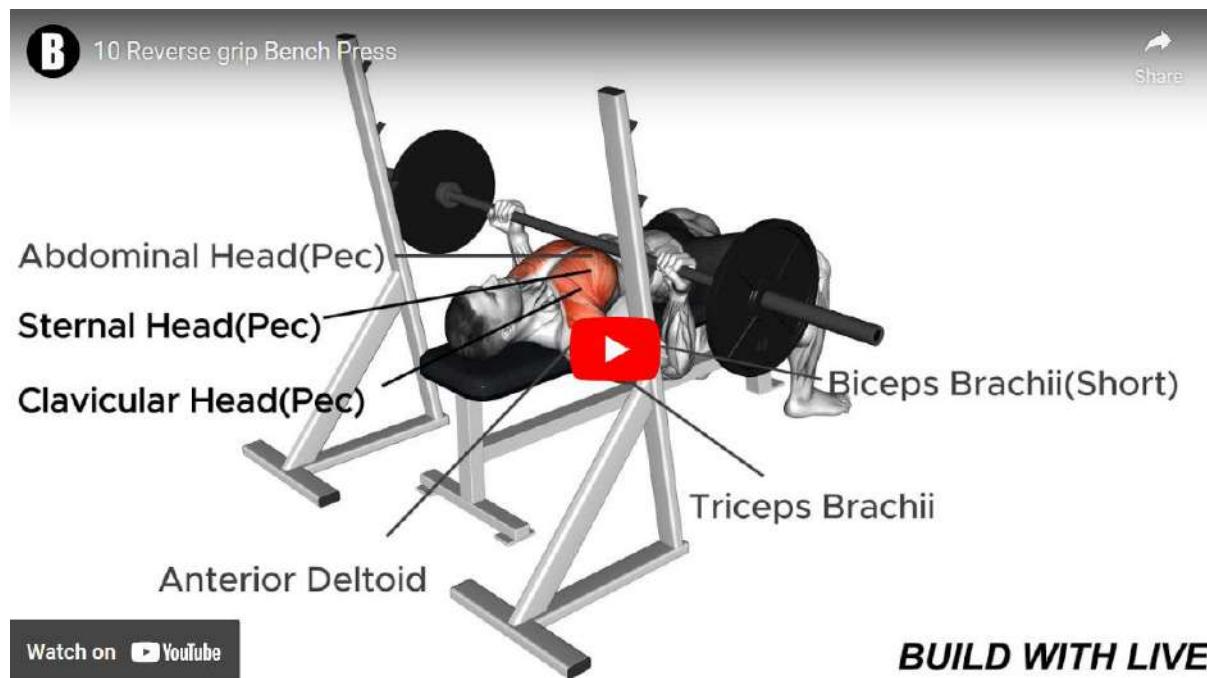
How to Do

1. Grasp a suitable dumbbell from the weight rack and stand in an open space. Assume a shoulder-width stance.
2. Bring both hands together so they're at the top of the dumbbell resting below the top dumbbell head. Your palms should be facing your body.
3. Hold the dumbbell at chest height with your elbows tucked into your body. Keep your chest up with your head facing forward.
4. Inhale and engage your core. Exhale and press the dumbbell in front of you while maintaining the same dumbbell height.
5. Pause briefly as your arms extend. Inhale and bring the dumbbell back to the starting position under control.

Tips

- Bring the dumbbell straight out in front of you. Avoid letting your arms drop down.
- Link your hands using a double overhand grip. The top dumbbell head should be facing up.

10. Reverse Grip Bench Press



<https://youtu.be/aJG6cWnCe0A>

How to Do

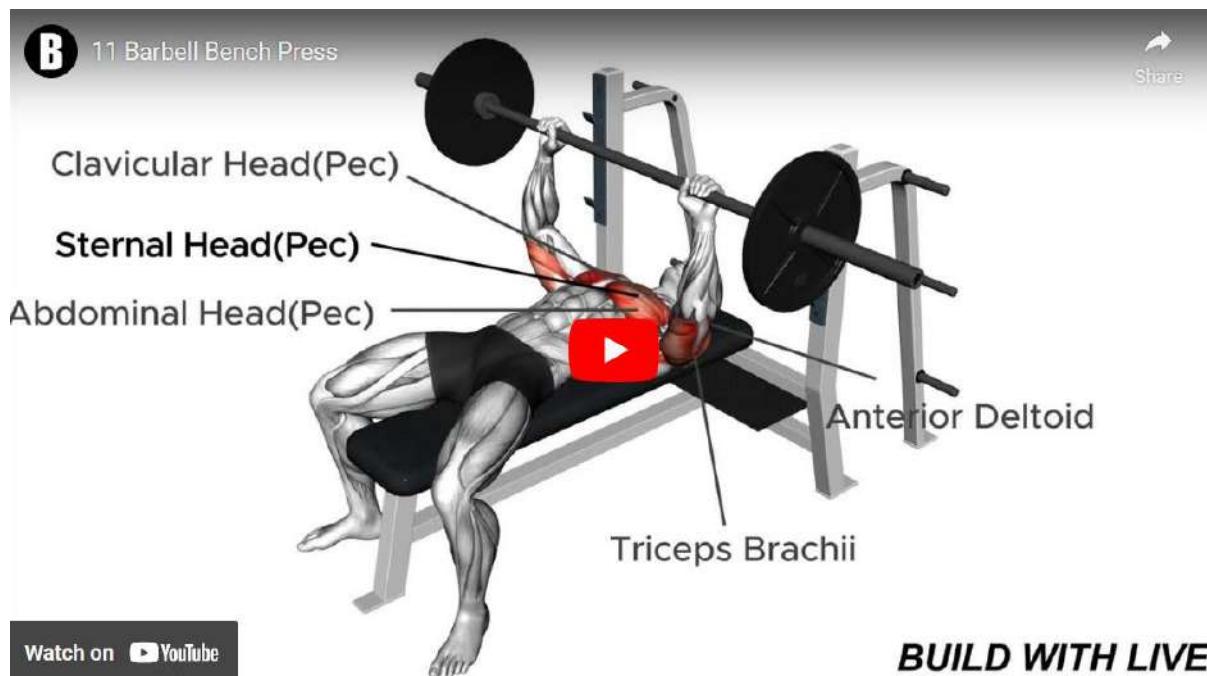
1. Set the exercise bench flat.
2. Place a barbell on top of a bench rack.
3. Place the exercise bench underneath the barbell.
4. Position yourself so that the barbell is directly in line with your forehead.
5. Grasp the barbell with an underhand grip at shoulder-width apart, and lift it off the rack.
6. Lower the barbell to your lower chest.
7. Upon the barbell touching the chest, push it back up.
8. Repeat for the desired number of reps.

Tips

- Use a spotter when performing heavy sets to ensure safety, as the reverse grip can be more challenging for some individuals.

- **Keep your elbows close to your body and wrists aligned to avoid unnecessary strain on your joints.**
- **Focus on controlled, deliberate movements both while lowering the barbell and pressing it upward to maximize the engagement of your upper chest and triceps.**

11. Barbell Bench Press



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https://youtu.be/Gg_Beq1qU58

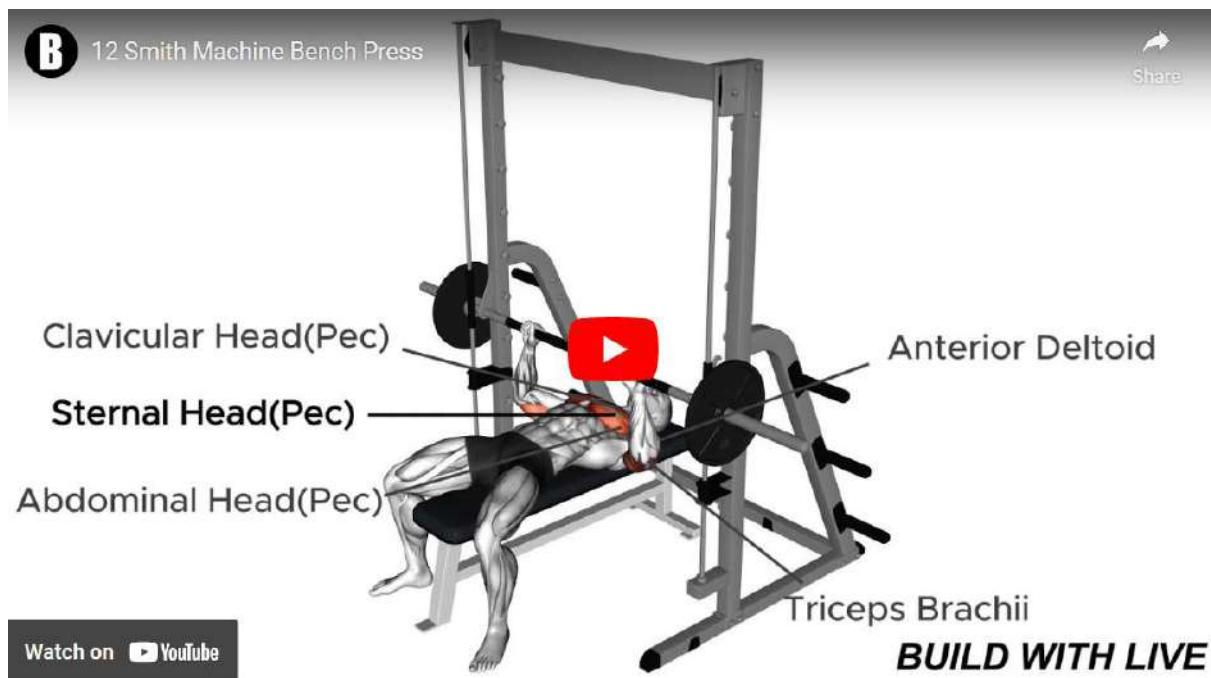
How to Do

1. Lie down on the bench and pull your shoulder blades together.
2. Slightly arch your back and grab the bar slightly wider than the width of your shoulder.
3. Inhale and exhale to lift the bar from the rack.
4. Lower the bar carefully until it touches your chest, close to your sternum.
5. Push the bar to the starting position as you exhale.
6. Repeat.

Tips

- Ensure your back, shoulders, and buttocks remain in contact with the bench.
- Don't allow your elbows to flare out to the sides as you lower the barbell.
- Exhale as you push the barbell up, and inhale as you lower it to your chest.

12. Smith Machine Bench Press



<https://youtu.be/AoJeMqEzLQ0>

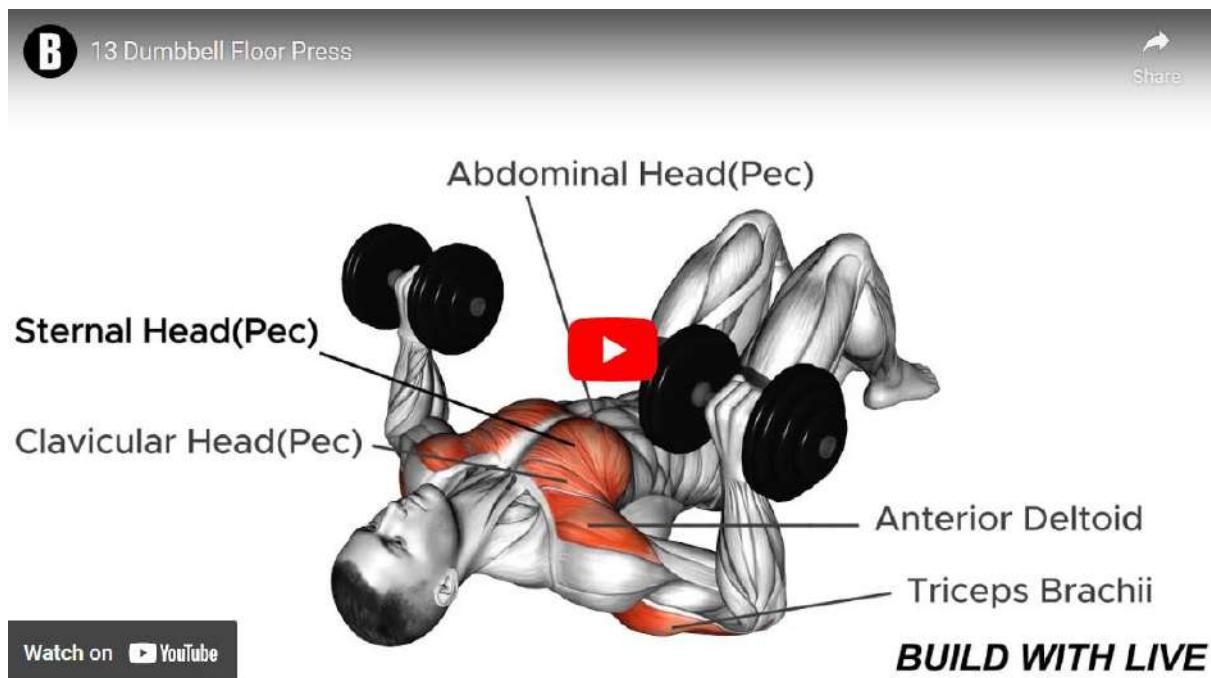
How to Do

1. Set the bench at a flat or slight incline angle under the Smith machine.
2. Position yourself under the bar, keeping your feet flat on the floor.
3. Grasp the bar with an overhand grip (palms facing up), slightly wider than shoulder-width.
4. Unrack the bar and slowly lower it to your chest.
5. Push the bar back up to the starting position and repeat.

Tips

- Keep your back flat and feet grounded for stability.
- Focus on controlled movement to avoid using momentum.
- Adjust the bench angle to target different parts of the chest.
- Keep your wrists straight to avoid unnecessary strain and improve pressing power.
- Control the bar's descent to prevent it from bouncing off your chest, maximizing muscle engagement.

13. Dumbbell Floor Press



<https://youtu.be/tzx-MG2KJ6Y>

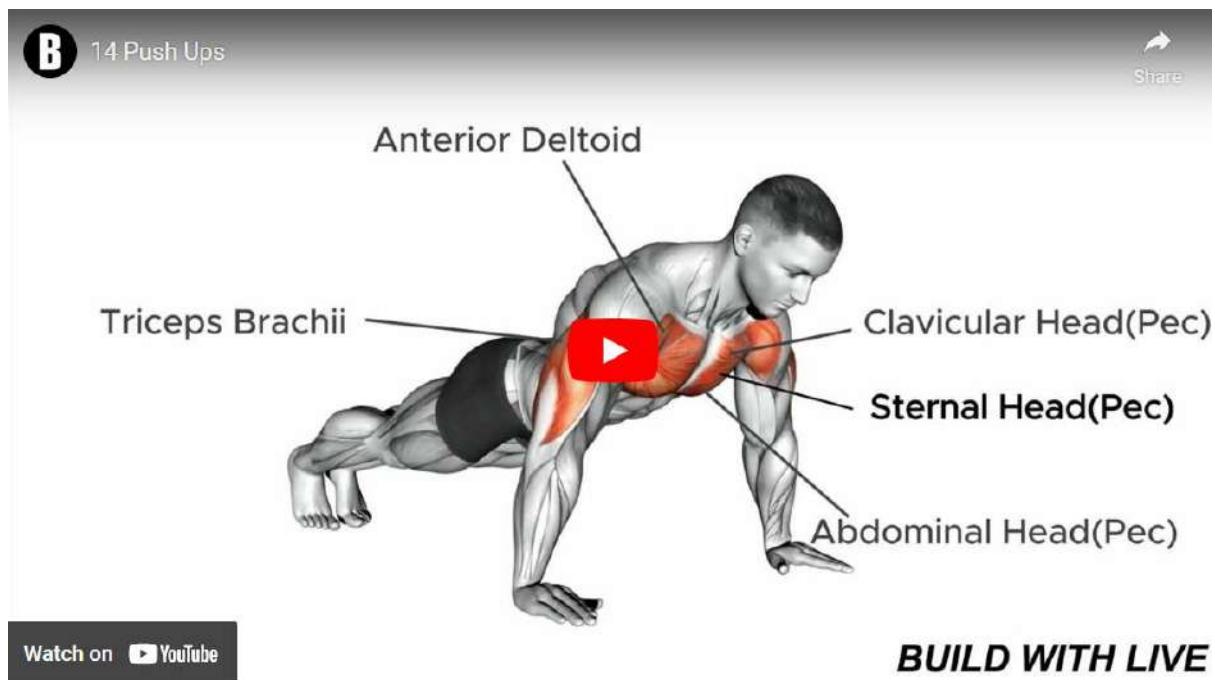
How to Do

1. Find a suitable padded space or exercise mat. Lay down on the floor with a pair of dumbbells at your sides. Your back should be flat against the floor with your knees at 90-degree angles.
2. Bring the dumbbells out to your sides. Use a double overhand grip (palms facing forwards).
3. Your arms should be directly out to your sides while maintaining contact with the ground. Your elbows should be at 90-degree angles with the dumbbells directly above them.
4. Inhale and engage your core. Exhale and press the dumbbells up by extending your elbows. Pause briefly before they touch at the top position.
5. Inhale and flex your elbows to bring the dumbbells back to the starting position.

Tips

- Use a padded area or mat to improve exercise comfort.
- Avoid letting your elbows bounce off the floor at the bottom position.

14. Push-Ups



<https://youtu.be/ugMvj2mMo4E>

How to Do

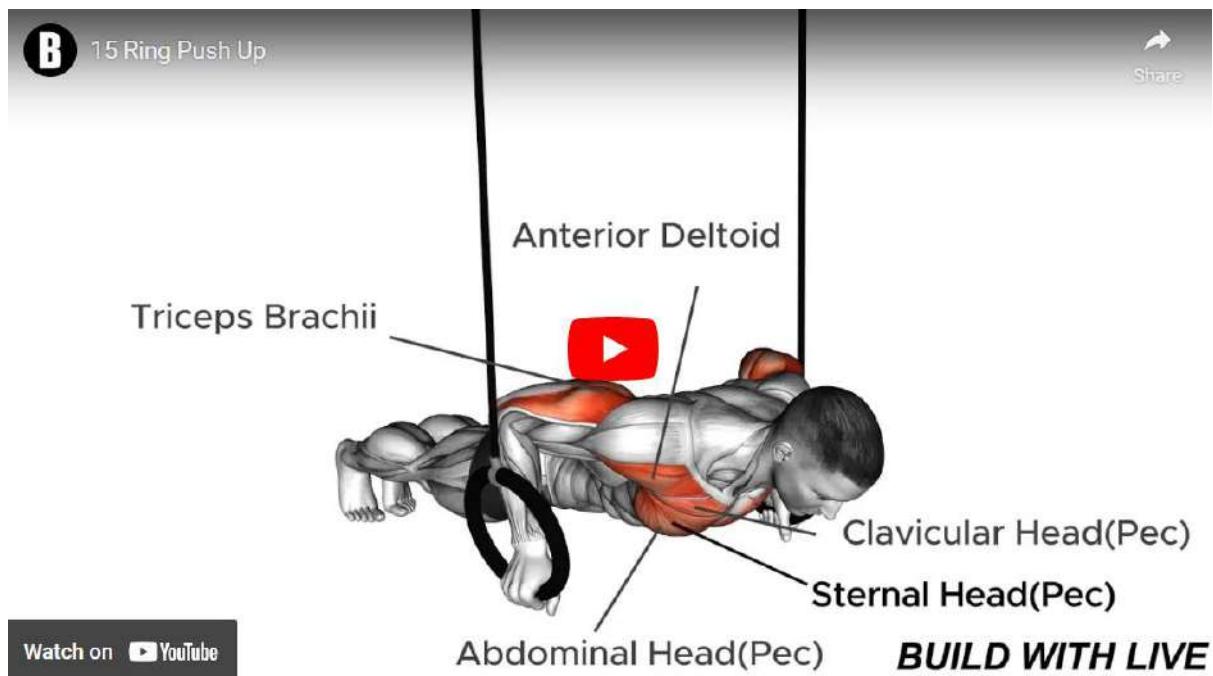
1. Start in a plank position: Place your hands on the ground, slightly wider than your shoulders. Your toes should be set up so that you can balance on your hands and toes.
2. Align your body: Ensure your body forms a straight line from your head to your heels. This alignment is crucial for an effective push-up.
3. Engage your core: Tighten your abdominal muscles to keep your body rigid throughout the exercise. This engagement is key to maintaining proper form.
4. Lower your body: Bend your elbows to slowly lower yourself towards the floor. Aim to get your chest close to the ground without touching it.
5. Push up: Exhale as you push back up to the starting position. Focus on using your chest and arm muscles to lift your body.

Tips

- Keep your body straight throughout the movement so that your head is in line with your spine.
- Engage your core to maintain form.

- Focus on a full range of motion.
- Modify by dropping to your knees if needed.
- Breathe in on the way down and out on the way up.

15. Ring Push-Up



<https://youtu.be/vVwVEMiHZ14>

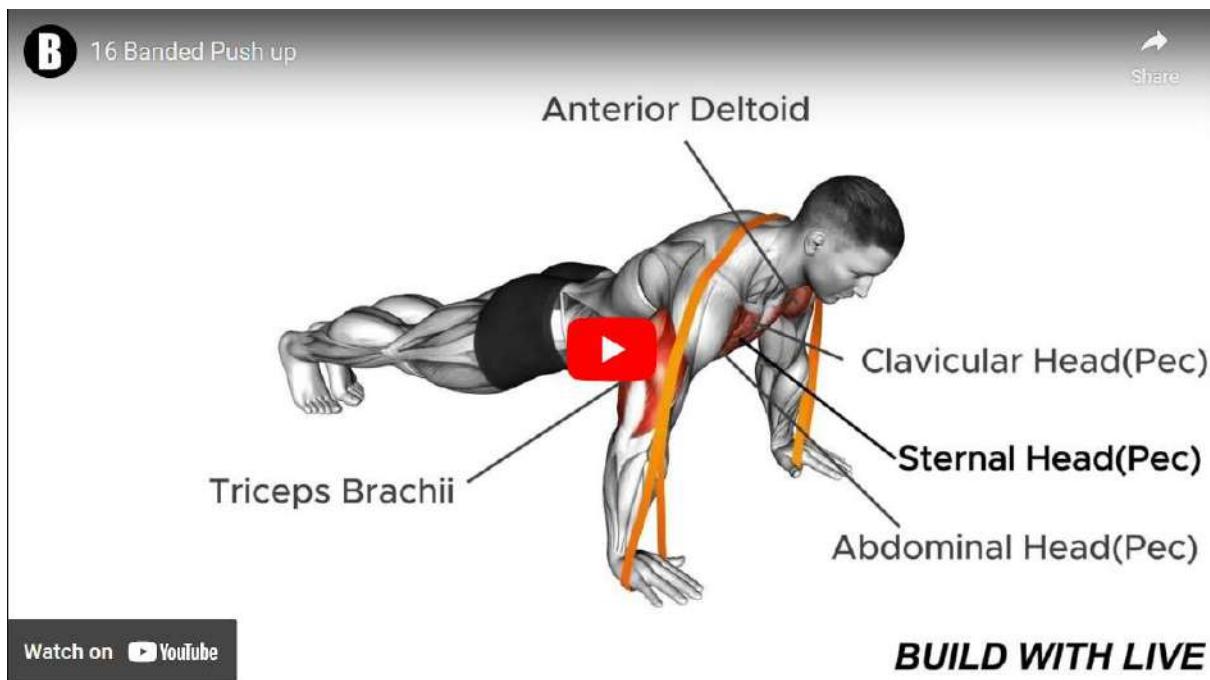
How to Do

1. Locate a ring set up for the exercise.
2. Adjust the height to a little lower than the hips while standing.
3. Clasp the rings in a neutral grip with palms facing you.
4. Shift your feet back to enter a high plank position. Keep your back flat.
5. Position your hands holding the rings on either side of your shoulders. This is your starting position.
6. Inhale and lower yourself down slowly.
7. Pause at the bottom of the movement.
8. Exhale, pushing your hands down into the rings to return to the starting position.
9. Repeat for desired reps and sets.

Tips

- Use the visual cue of pressing the hands down into the ring grips as much as possible. This will increase tension on the rings to improve stability and balance while performing the exercise. It can also be productive in boosting muscular engagement and coordination.
- Ring height can determine the difficulty level of the exercise. The lower the rings, the more challenging the exercise. The higher the rings, the less weight load due to gravity.

16. Banded Push-Up



<https://youtu.be/uw2qU9xPuwM>

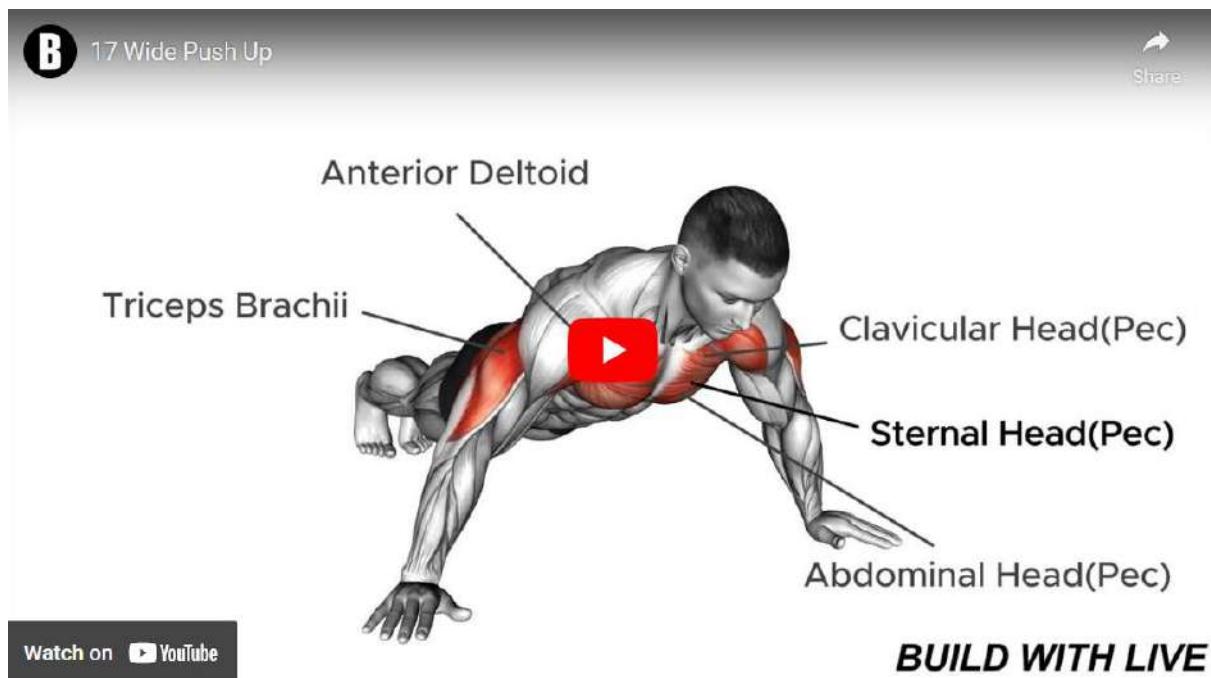
How to Do

1. Get a loop band, and while holding it on two sides, wrap it around the back of your shoulders.
2. Get down on your knees first with the band already wrapped around your back and ready to go.
3. Extend both hands fully and place them on the floor; the band will be stretched out.
4. Lift your knees off the floor and perform the push-ups like you would normally, resisting the tension of the band.
5. Repeat the desired number of reps based on your goals.

Tips

- Start with a thin band to get a feel for it, and increase the thickness if you find it easy.
- Work against the band in a controlled manner, and don't allow the band to pull you down too fast.
- Keep your abdominal muscles engaged for the entire set.
- Inhale as you go down and exhale as you push up away from the floor.

17. Wide Push-Up



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https://youtu.be/0xaMemRKg_E

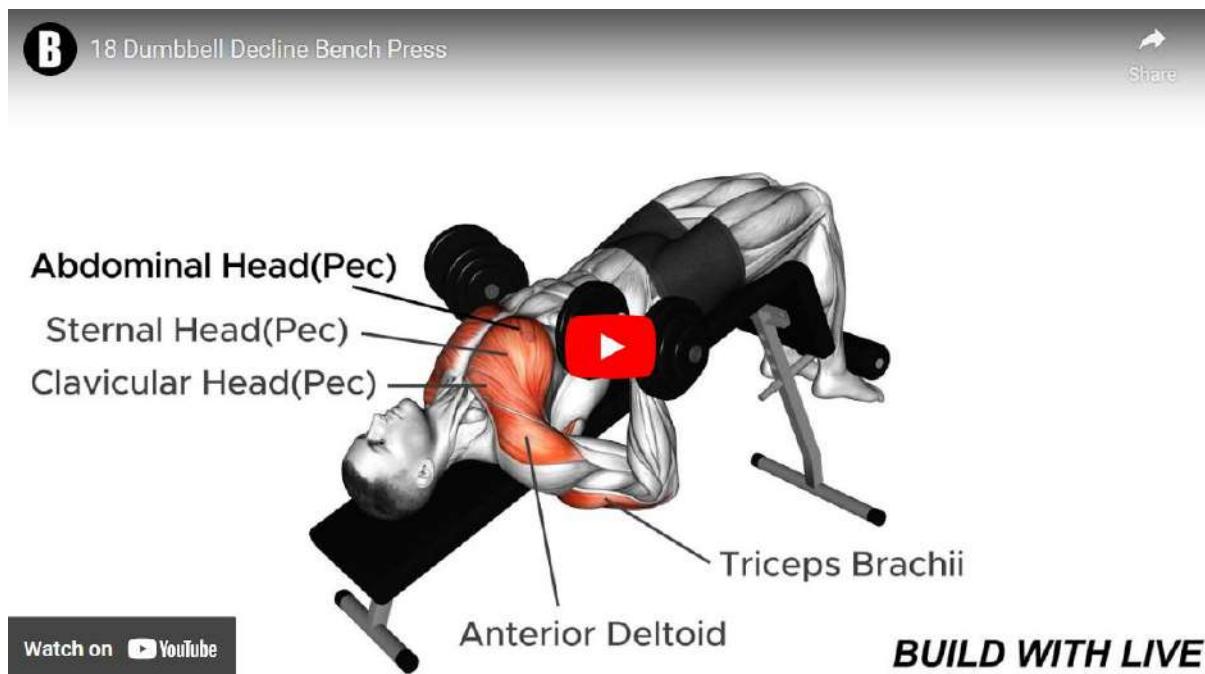
How to do

1. Kneel with your knees and hands contacting the floor. You should be on all fours. Place your hands slightly wider than shoulder-width apart with your hands at a small angle outwards.
2. Kick both legs behind you until they're in a straight position. Your feet should be together, with the balls of your feet touching the ground.
3. Your hands should be directly under your shoulders. Form a straight line from your head to your heels. This is the correct starting position.
4. Inhale and engage your core. Exhale and bend at your elbows, lowering your body to the floor.
5. Pause briefly before your chest touches the floor. Exhale and extend your elbows to push back to the starting position.

Tips

- Ensure that your hips don't sag throughout the movement. This straight line ensures targeted muscle activation.
- Think about the muscles that you're working. This mind-muscle connection helps to improve muscle activity and muscle growth.

18. Dumbbell Decline Bench Press



<https://youtu.be/2Ou-J10eYm8>

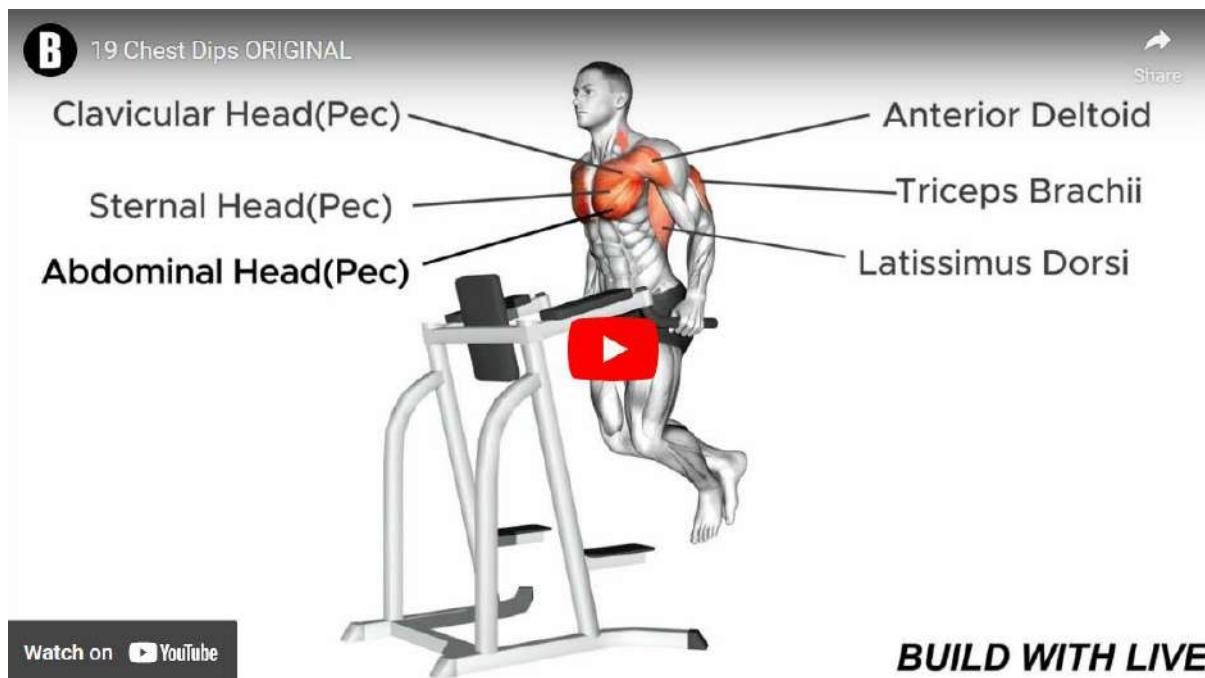
How to Do

1. Set an adjustable decline bench to an angle of -15 to -30 degrees from the horizontal position. Place a suitable pair of dumbbells at the front of the bench, one on each side.
2. Reach down to pick up the dumbbells with your back facing the bench. Bring your hips back and flex your knees while keeping a neutral back position.
3. Sit on the bench with the dumbbells in your hands. Hook your legs into the leg holds and place the dumbbells on your knees.
4. Come back until your back is against the bench pad. Bring the dumbbells to a lower chest height. Your upper arms should be parallel to the floor with your elbows at 90-degree angles directly out to your sides.
5. Inhale and engage your core. Exhale and extend your arms to bring the dumbbells together. Pause briefly at the top position before they touch.
6. Inhale and flex your elbows to bring the dumbbells back to the starting position.

Tips

- Use a 15–30-degree bench angle to ensure targeted muscle focus.
- Bring the dumbbells down in a straight line. They should be in line with your lower chest.

19. Chest Dip



https://youtu.be/VHnP_KgyWAw

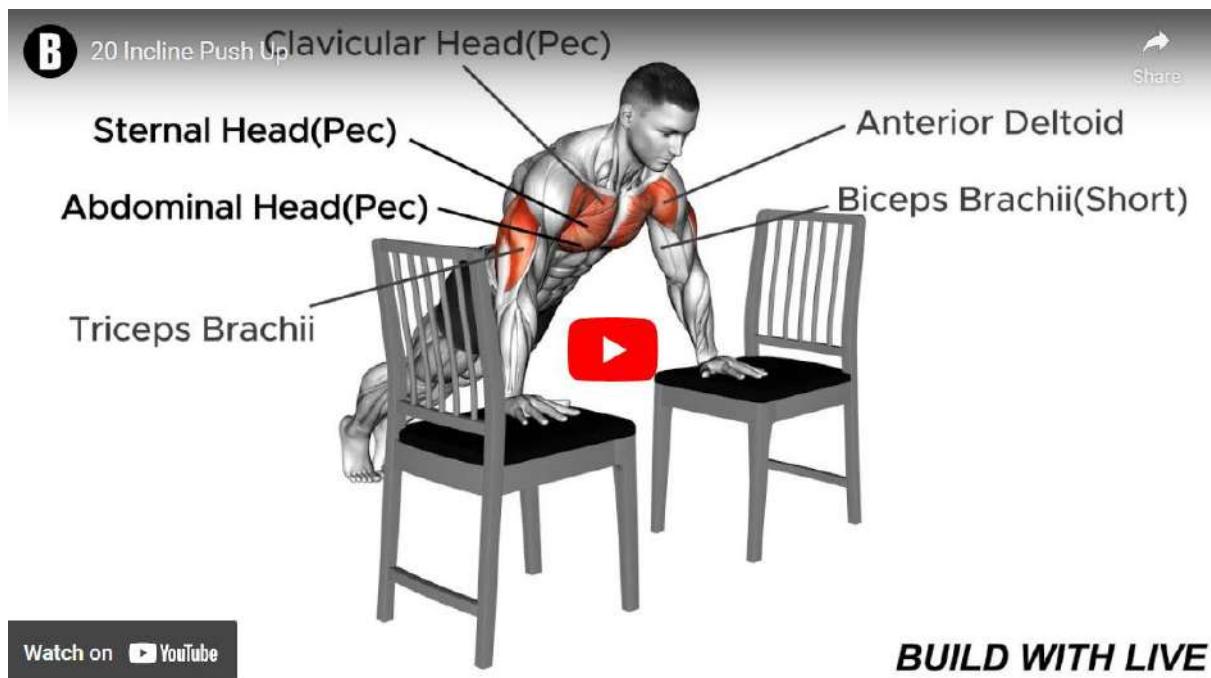
How to do

1. Stand next to a set of parallel dip bars. Ensure you're facing forward with your chest up.
2. Grasp the dip bars with a double overhand grip. Your hands should be in line with your torso. Use a raised surface for help if needed.
3. Inhale and engage your core. Extend your elbows to take the weight of your body. Raise and cross your knees to maintain balance.
4. Exhale and flex your elbows to lower your body towards the floor. Keep your chest up with your elbows tucked in.
5. Pause briefly at the bottom position as your upper-arms reach a parallel position.
6. Inhale and extend your elbows to return to the starting position.

Tips

- Keep your chest up with your head neutral throughout. This ensures that the abdominal heads are the primary movers.
- Use a raised surface to assume the starting position if needed. This helps to keep balance.

20. Incline Push-Up



<https://youtu.be/sWUZ76Kb8Zw>

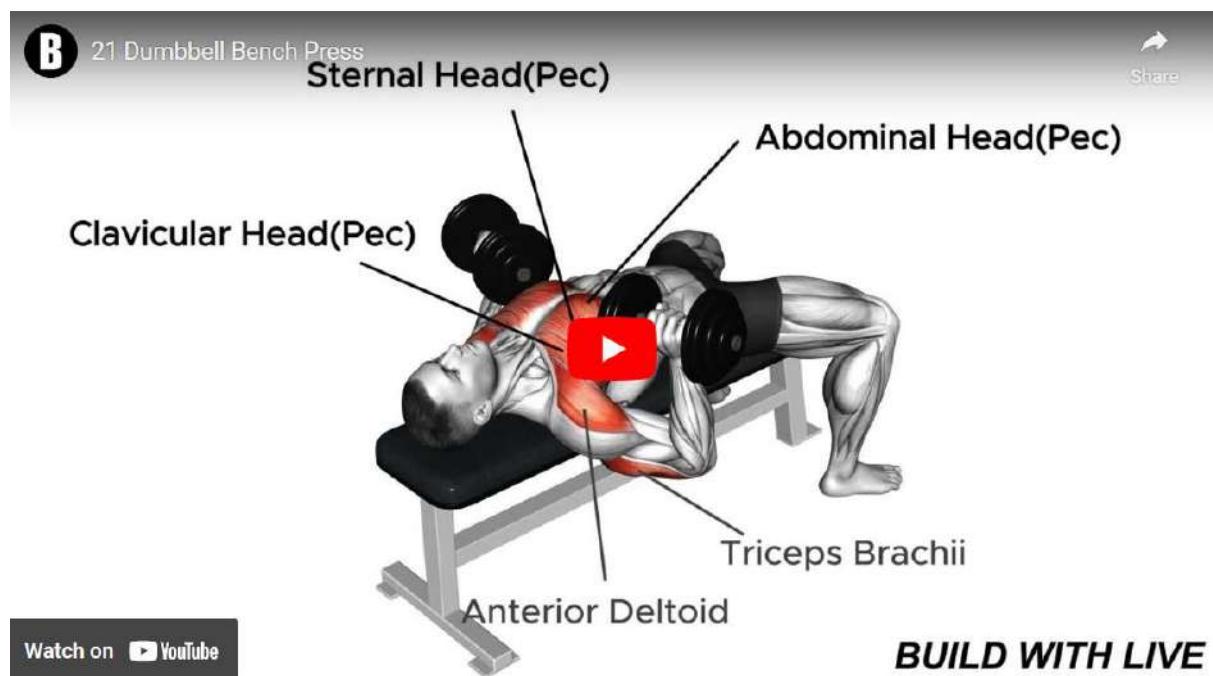
How to Do

1. Find a raised surface such as a chair, bench, table, or plyometric box. Ensure you set it up in a suitable space.
2. Place your hands on the edge of the surface using a shoulder-width arm position. Your arms should be extended in a straight line.
3. Bring your legs back until you're in a high plank position. Stay on the balls of your feet with a neutral back.
4. Inhale and engage your core. Exhale and bend your elbows, slowly lowering towards the raised surface.
5. Pause briefly as you reach the raised surface. Extend your elbows to come back to the starting position.

Tips

- Make sure that you use a stable raised surface. This helps to avoid possible injury risk.
- Vary the height to increase or decrease the exercise difficulty.

21. Dumbbell Bench Press



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<https://youtu.be/wQMrO4mEqRs>

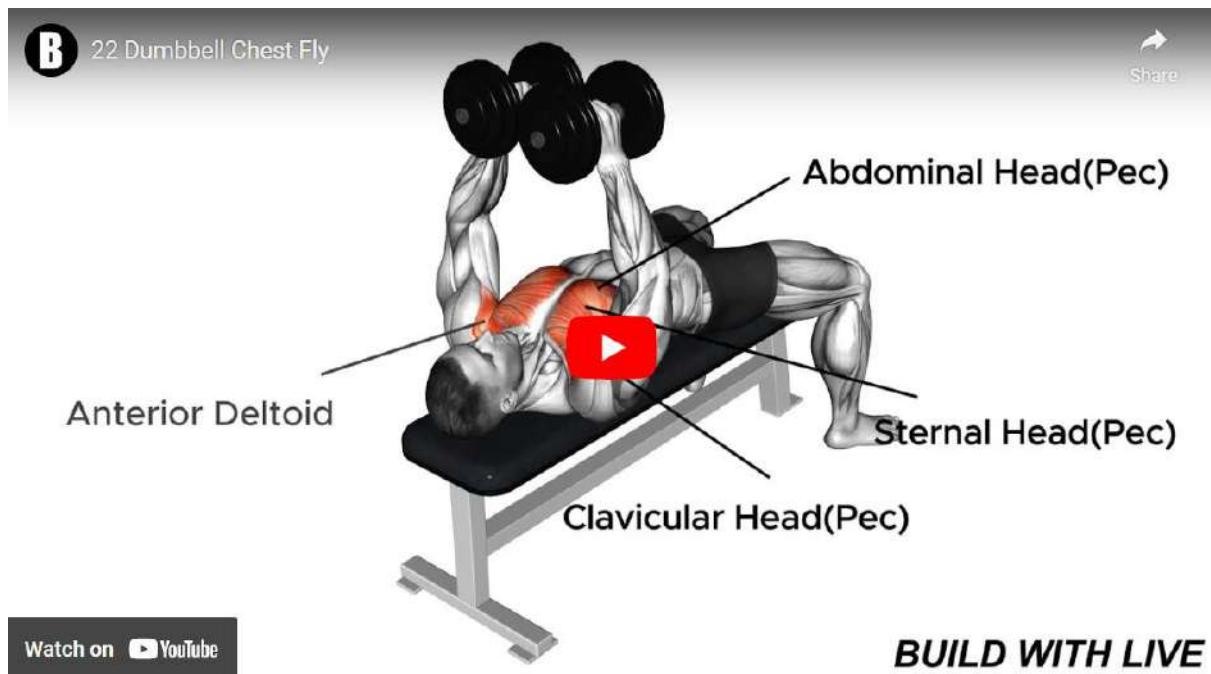
How to Do

1. Set up a bench in a suitable area. Place a pair of dumbbells in front of the bench, one on each side.
2. Stand in front of the bench with your back facing it. Reach down for the dumbbells by bringing your hips back and bending your knees. Keep a neutral back position with your chest up.
3. Bring the dumbbells to your knees as you sit on the bench. Lie down with your back flat against the bench. Bring the dumbbells in line with your shoulders with your upper arms parallel to the floor.
4. Inhale and engage your core. Exhale and press the dumbbells up by extending your elbows. Pause briefly before the dumbbells touch at the top position.
5. Inhale and flex your elbows to return the dumbbells to the starting position.

Tips

- Avoid bringing your feet off the ground as you press. This provides a stable lifting position.
- The bottom position should be when your upper arms are parallel to the floor. This is the correct range of motion.

22. Dumbbell Chest Fly



<https://youtu.be/fdIDcBIQ6-w>

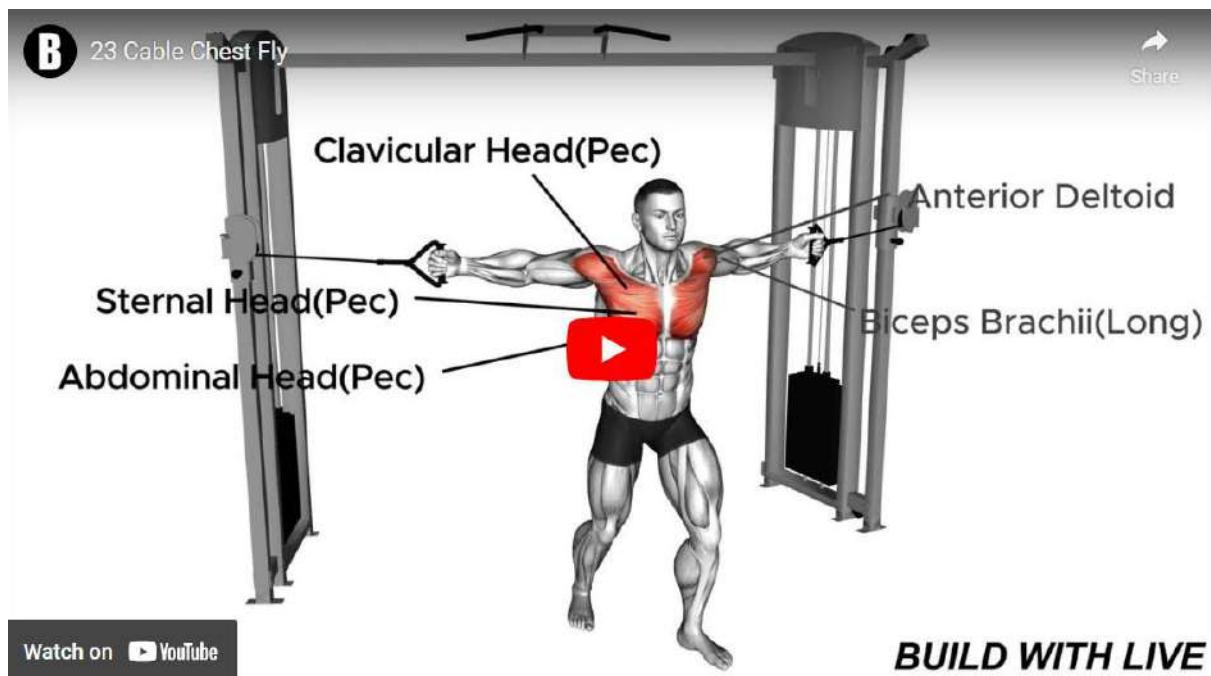
How To Do

1. Set a bench at a flat angle. Place a suitable pair of dumbbells at the front of the bench, one on either side.
2. With your back to the bench, pick up the dumbbells by bending your knees and pushing your hips back. Keep your back neutral with your chest up.
3. Sit on the bench while placing the dumbbells on your knees. Lie back and bring the dumbbells so they're directly in line with your chest. The dumbbells should be directly to the sides with your elbows extended to just below 90 degrees from your midline.
4. Inhale and engage your core. Exhale and bring the dumbbells together while maintaining the same elbow angle. Pause briefly before they touch at the top position.
5. Inhale and bring them back to the starting position using the opposite arc motion.

Tips

- Keep your elbows at the same angles while performing each fly using an arc motion.
- Avoid bouncing the dumbbells together as you reach the top position.

23. Cable Chest Fly



<https://youtu.be/-4FBG4hnR3M>

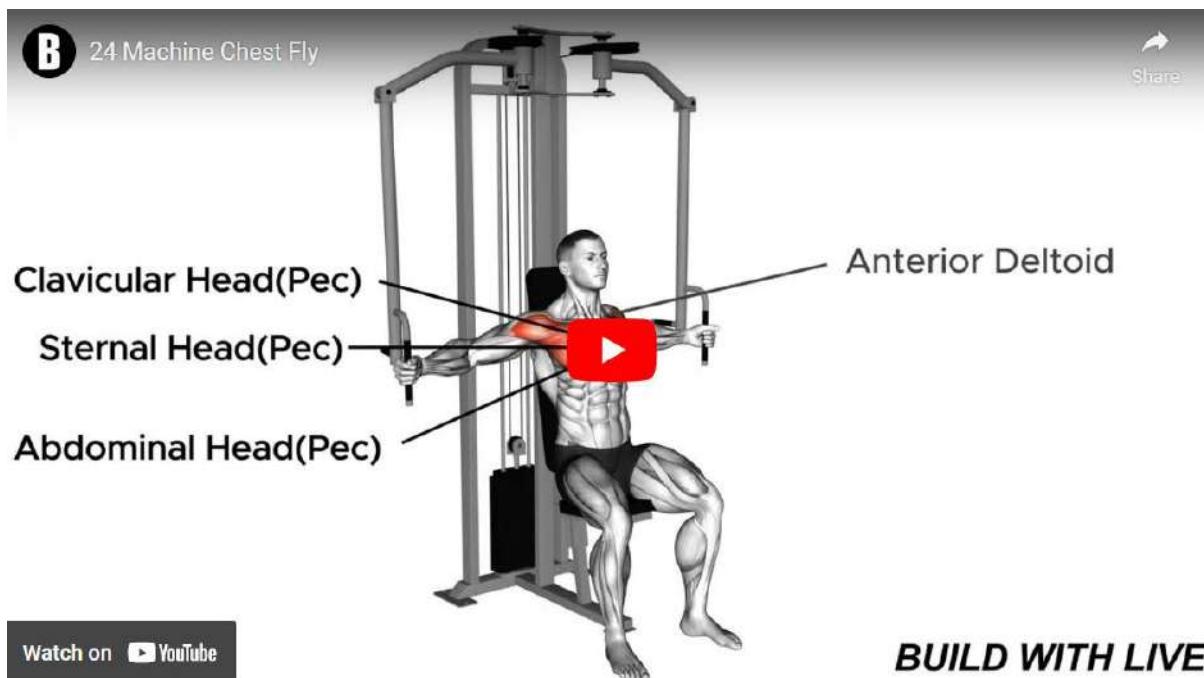
How to Do

1. Set both cable pulleys at shoulder height and attach the handles. Choose your ideal weight.
2. Grab one handle with your right hand. Then, stretch the cable until you can grab the other one in your left hand.
3. Step forward, using a staggered stance (one foot in front of the other) for stability.
4. Extend your arms out beside you, keeping a slight bend in your elbows to avoid straining the joint. Use a neutral grip (palms facing forward)
5. Lean forward slightly at the hips, inhale, and engage your core.
6. Exhale and slowly bring the handles together in front of your chest.
7. Keep the movement slow and controlled, squeezing your chest muscles as your arms move.
8. Hold the end position for one second, and squeeze your chest muscles.
9. Inhale and slowly return your arms to the starting position.
10. Repeat for the desired reps and sets.

Tips

- **Avoid letting the handles touch at the peak of your chest fly to maintain tension on the chest muscles.**
- **Don't lock your elbows at any point; keep a slight bend to protect the joint.**
- **During the lowering phase, ensure that your arms don't extend beyond your shoulders, as this could strain the shoulder joint.**

24. Chest Fly (Machine Version)



https://youtu.be/ZM1dpcL_41Q

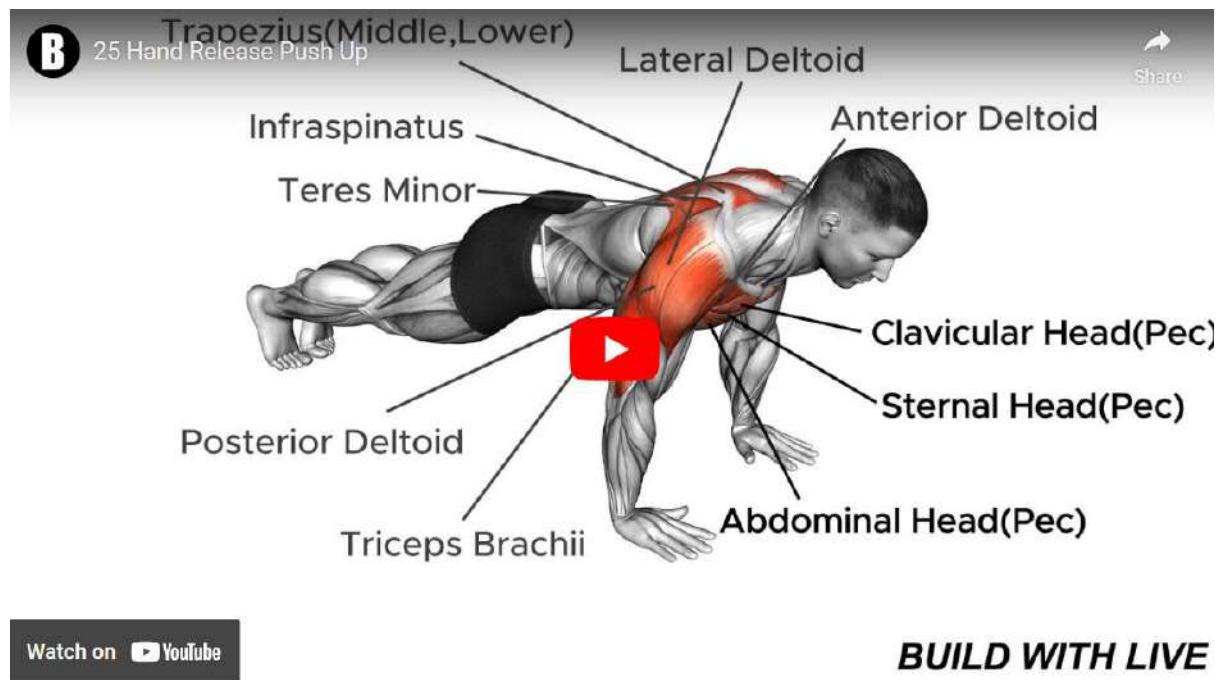
How to Do

1. Sit on the chest fly machine with your back flat against the pad.
2. Grip the handles with your palms facing inward, and arms slightly bent.
3. Exhale and push the handles together, engaging your chest muscles.
4. Inhale as you slowly return to the starting position, maintaining control and a slight bend in your elbows.

Tips

- Ensure your back is firmly against the machine's bench, and your feet are flat on the ground. Maintain a slight bend in your elbows, and focus on squeezing your chest muscles as you bring the handles together.
- Use a controlled and deliberate motion when opening and closing your arms. Avoid jerking or using momentum, as this can strain your shoulders and reduce the effectiveness of the exercise.
- Aim to achieve a full stretch at the bottom of the movement and a solid contraction at the top. This ensures that you're targeting the entire chest effectively and maximizing muscle engagement.

25. Hand-Release Push-Up



<https://youtu.be/XstUUeyg2V0>

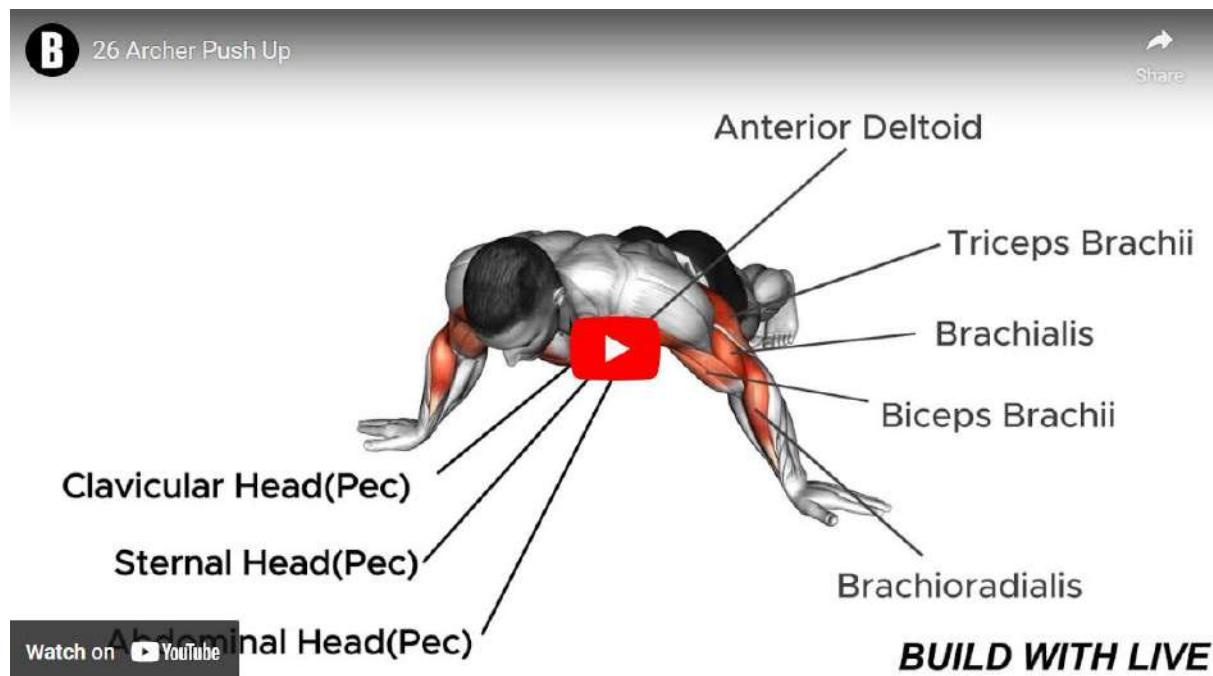
How to Do

1. Set up in a tabletop position on hands and knees.
2. Lift off your knees to enter a high-plank position on your hands and feet. This is your starting position.
3. Inhale, lowering down to the floor.
4. Keep the back straight and the core engaged.
5. Allow the body to rest on the ground at the bottom.
6. Release the hands from the ground, straightening arms out to the side.
7. Bring the hands back in, positioning them back on the ground.
8. Exhale as you press back up to return to the starting position.
9. Repeat for desired reps and sets.

Tips

- **Maintain tension in the muscles at all times. Keep the spine neutral and the core engaged.**
- **Do not lift the head at the bottom of the movement. Focus on maintaining a neutral spine and tucking in the chin.**

26. Archer Push-Up



<https://youtu.be/fOAI16j9ycw>

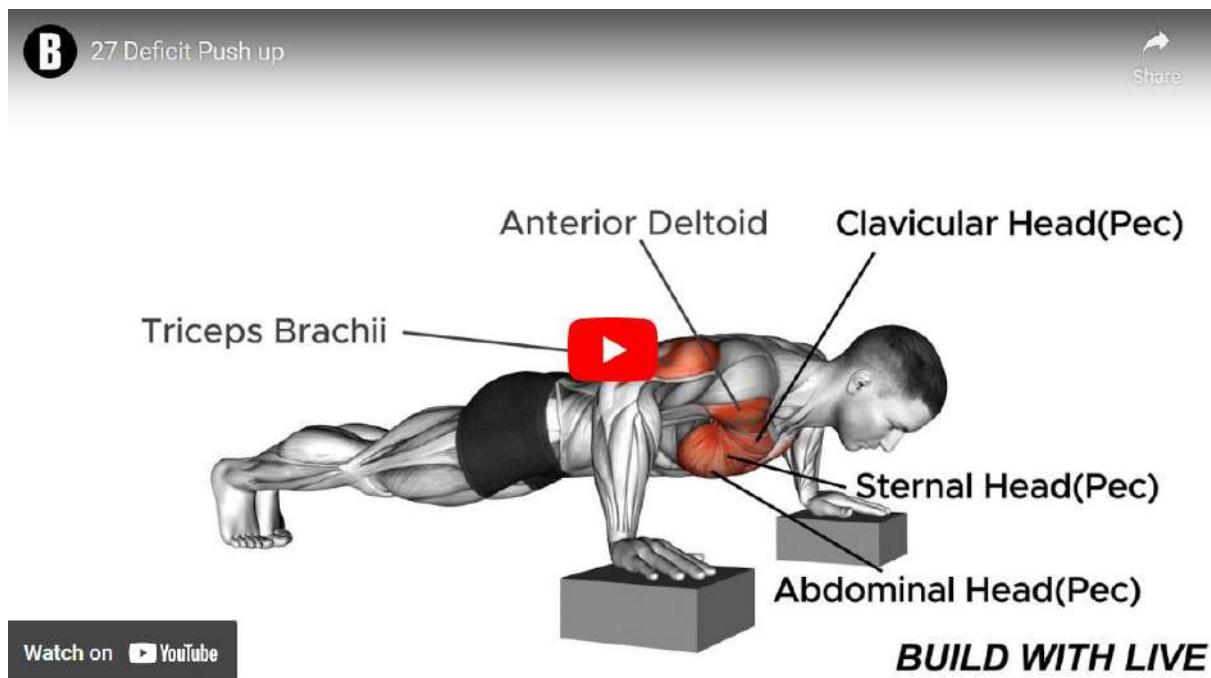
How to Do

1. Place your hands far apart from each other, about double the width of the chest.
2. Begin by lowering towards one side, bending only one arm as you go down.
3. The opposite arm will extend fully, only providing a bit of support for balance.
4. Shift the weight of the body from one arm to the other in a smooth motion.
5. Continue shifting the weight from one arm to the other until you finish all the repetitions.

Tips

- Rotate your wrist forward and to the side as you move from one hand to the other. This will ensure the wrist is comfortable and in the right position for the pressing motion.
- Keep your obliques and glutes engaged to support your body.
- Control each transition from one arm to the other slowly.

27. Deficit Push-Up



https://youtu.be/w_eylXUg0zc

How to Do

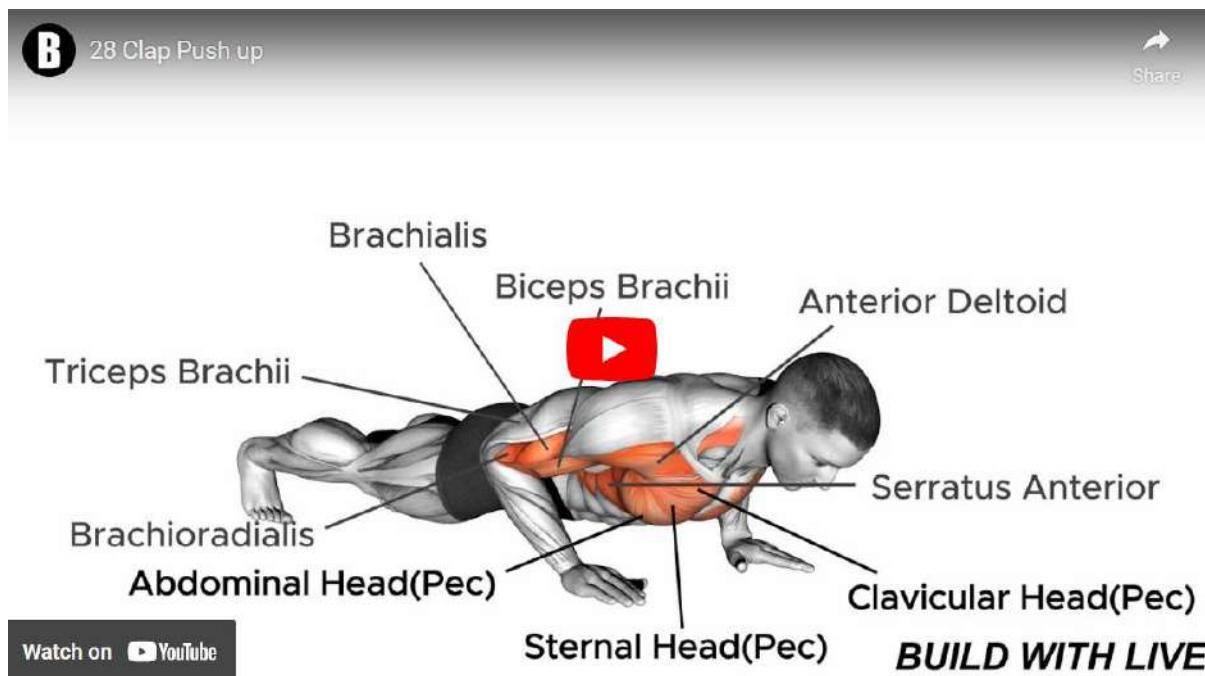
1. Position two blocks about shoulder-width distance from each other.
2. Place your hands on the blocks.
3. Enter a high plank position on your hands and feet.
4. You should have a straight back and a neutral spine. This is your starting position.
5. Inhale and slowly lower down to the floor.
6. Aim to get as low as possible without breaking form.
7. Pause at the bottom.
8. Exhale, pressing into the blocks to drive up to return to the starting position.
9. Repeat for desired reps and sets.

Tips

- Other pieces of equipment can be used to replace the blocks for the deficit push-up. Dumbbells, push-up handles, and plates are all effective alternatives to consider using if you're limited on equipment.

- Do not let the elbows flare out to the sides. Allow them to drive back and up as you lower into the deficit push-up.

28. Clap Push-Up



<https://youtu.be/taOHAMgRZUg>

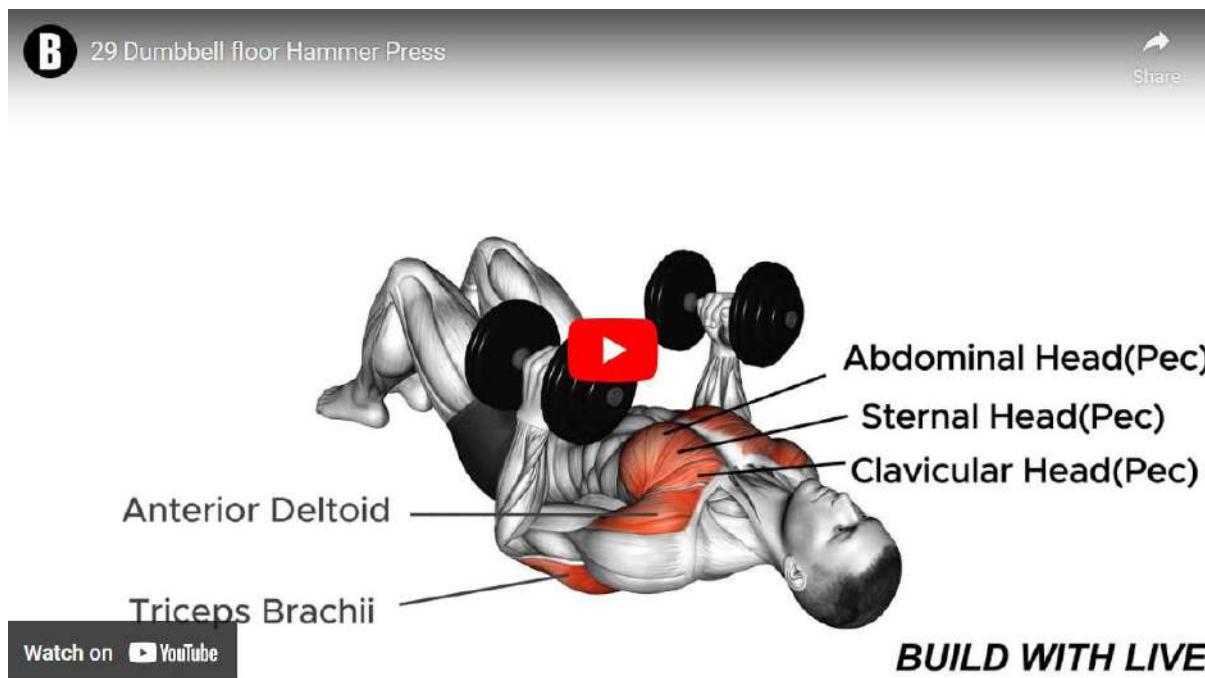
How to Do

1. Assume a normal push-up position on the floor. Your hands should be under your shoulders with your legs extended. There should be a straight line from your heels to your head.
2. Inhale and engage your core. Exhale and flex your elbows until your body comes close to the ground.
3. Pause briefly before powerfully extending your elbows. Allow your hands to come off the floor, performing a clap as your body rises. Bring your hands back to the same position and inhale as your elbows flex to absorb the impact.

Tips

- Bend your elbows slightly as you land on your hands to absorb some of the impact.
- Make sure that your hands come back down to the same positions to maintain balance.

29. Dumbbell Floor Hammer Press



<https://youtu.be/WqWsiXU3VVA>

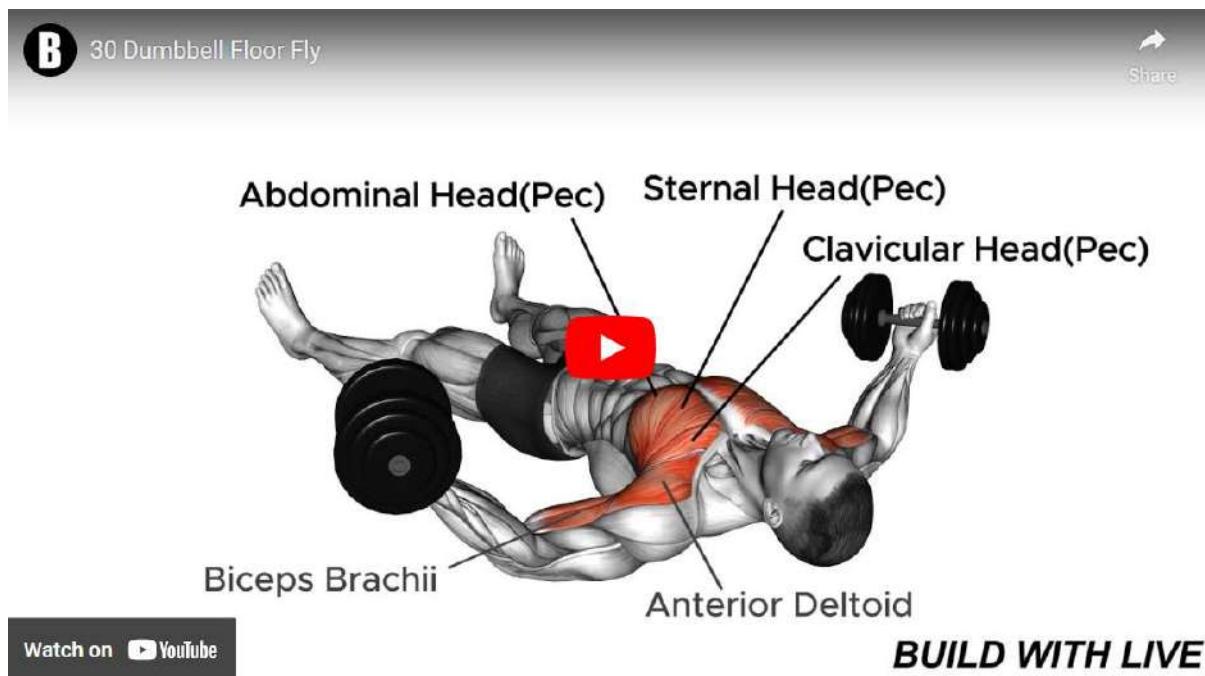
How to Do

1. Lie on the ground with a pair of dumbbells by your sides. Bring your feet towards your body so your legs are at a 90-degree angle.
2. Bring the dumbbells up in line with your torso. Your arms should be at 90-degree angles with your elbows tucked into your body. Your upper arms should be against the ground.
3. Inhale and engage your core. Rotate your palms so they're facing each other.
4. Exhale and press the dumbbells straight up.
5. Pause briefly at the top position as your elbows extend. Inhale and bring them back to the starting position under control.

Tips

- Keep your elbows tucked in throughout the pressing movement. This ensures targeted muscle engagement.
- Avoid rotating the dumbbells as you press. Your hands should stay in a neutral position.

30. Dumbbell Floor Fly



<https://youtu.be/LjhffNG0dM>

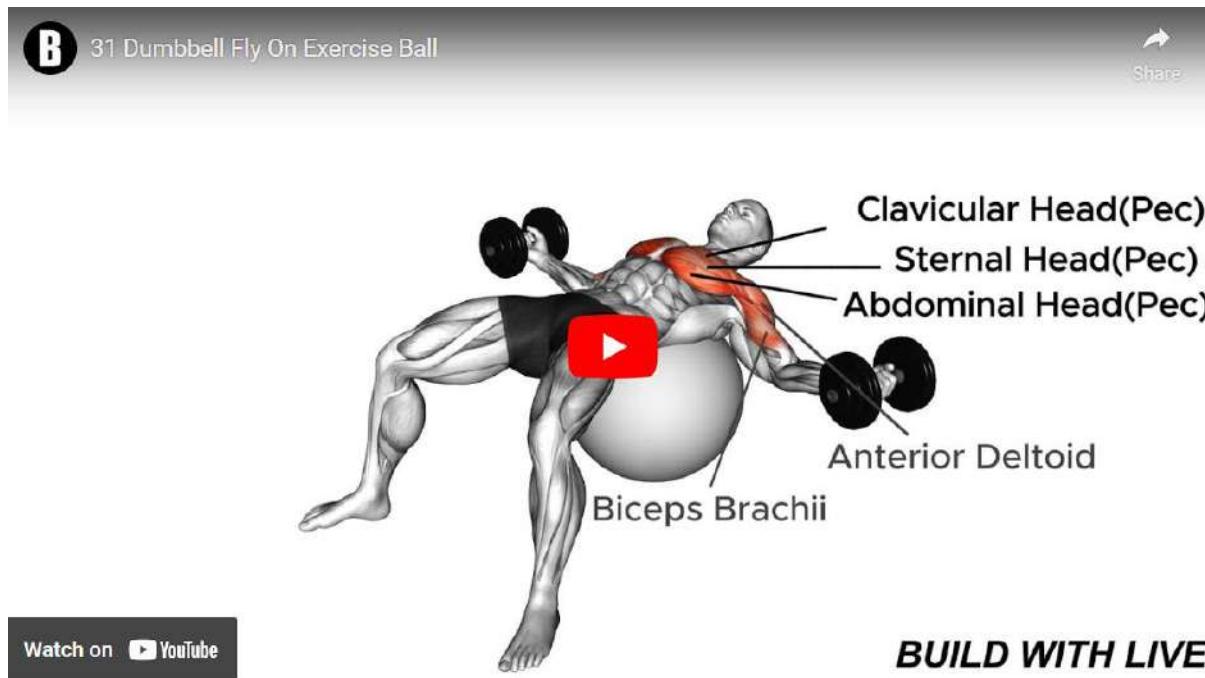
How to Do

1. Lie down with your back against the floor. Your legs should be straight out at a slight angle.
2. Grasp a pair of dumbbells using a neutral grip, palms facing each other. Bring the dumbbells out to your sides while maintaining a slight elbow angle. Your upper arms should be against the ground.
3. Inhale and engage your core. Exhale and bring the dumbbells together using an arc motion. Keep the same elbow angle.
4. Pause briefly just before the dumbbells touch at the top position. Inhale and bring them back to the starting position under control.

Tips

- Your elbows should stay at the same angle throughout the fly movement. This keeps focus on the primary movers.
- Keep your lower back against the floor. This limits potential back strain.

31. Dumbbell Fly on Exercise Ball



Watch on YouTube

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<https://youtu.be/qDzyLnF3-XQ>

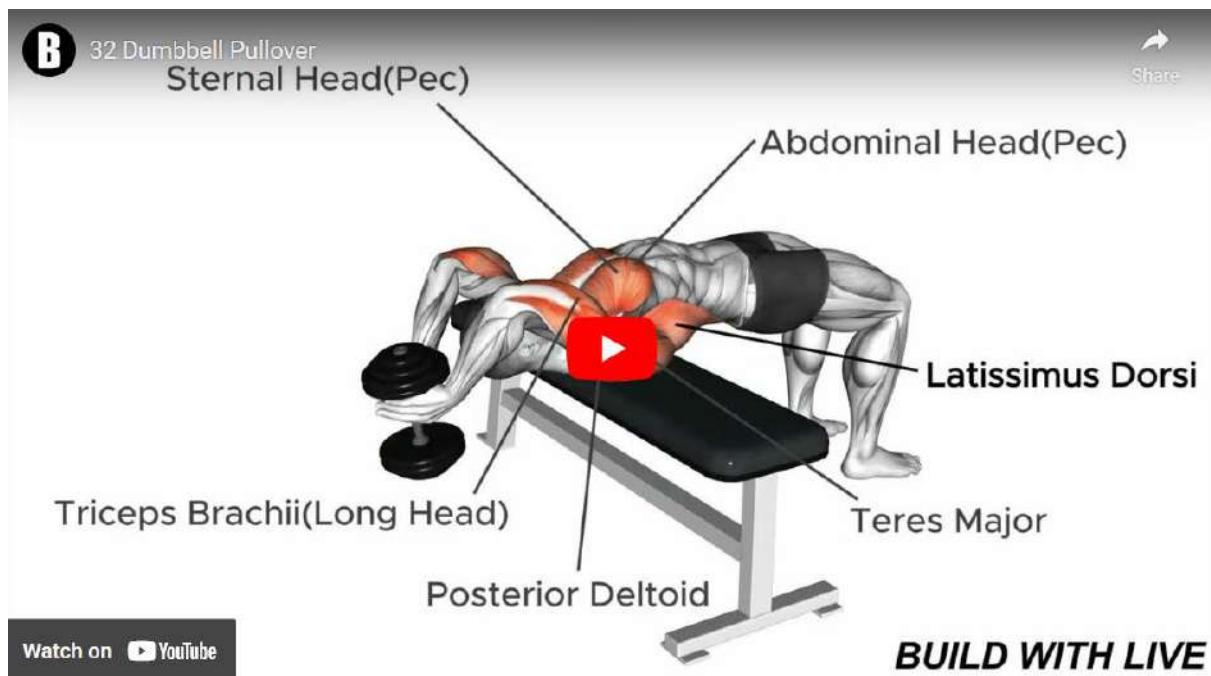
How to Do

1. Sit on an exercise ball with the dumbbells resting on your knees. Use a neutral grip with your palms facing each other.
2. Inhale and engage your core. Walk your feet forward while allowing the exercise ball to come up your back. Pause once your lower back is in the middle of the exercise ball. Keep your feet firmly against the floor for added stability.
3. Bring the dumbbells out to your sides while maintaining a slight elbow angle. Your arms should be directly out to your sides.
4. Exhale and bring the dumbbells together using an arc motion. Maintain the same elbow angle throughout.
5. Pause briefly as you reach the top position. Inhale and bring the dumbbells back down to the starting position under control.

Tips

- Ensure your core is engaged throughout the movement. This helps to stay balanced on the exercise ball.
- Find a stable position before you begin the fly movement. Use the technique cues above to keep the exercise ball against your lower back.

32. Dumbbell Pullover



https://youtu.be/L_N11vA5feA

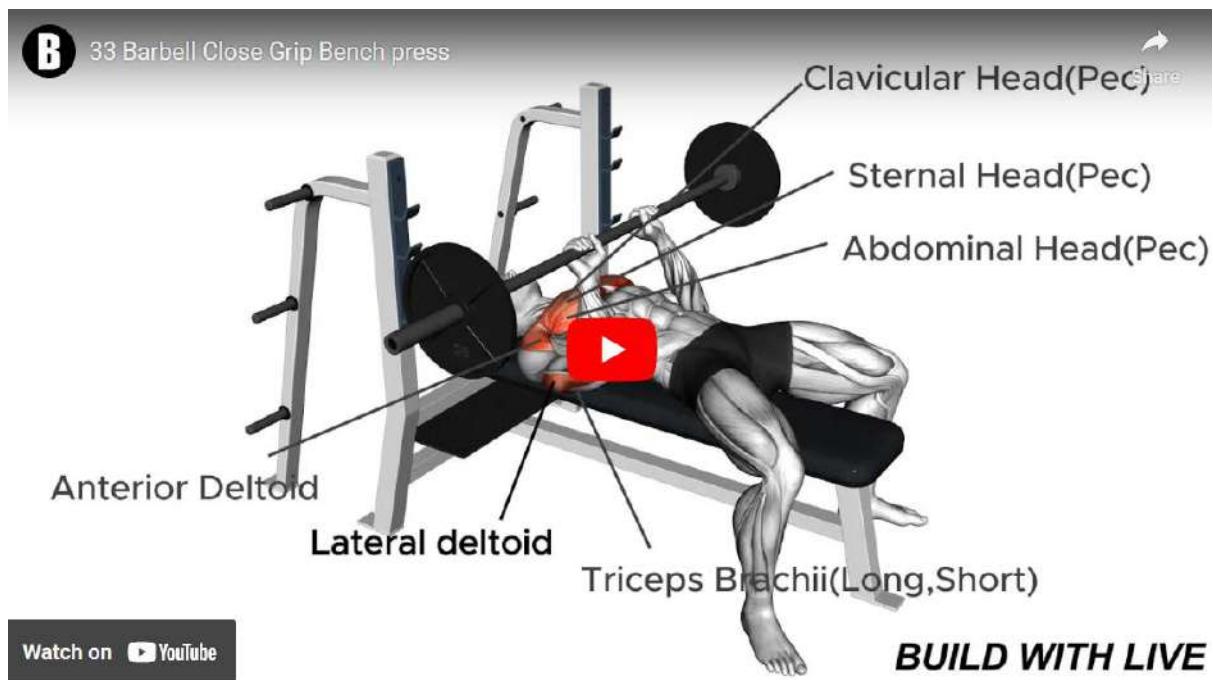
How to Do

1. Set up a flat bench in a suitable space. Grasp a dumbbell from the dumbbell rack and sit at the side of the bench. You should be directly in the middle.
2. With your back against the bench, extend your legs until your knees are at right angles. Hold the dumbbell at your chest with your hands resting on the top dumbbell head.
3. Bring your upper back onto the side of the bench while driving your hips forward. Your feet should be on the ground with your knees at 90-degree angles. Extend your arms so the dumbbell is directly above your chest.
4. Inhale and engage your core. Exhale and bring the dumbbell behind your head while keeping a slightly bent elbow position.
5. Pause briefly as the dumbbell comes behind your head. Inhale and bring the dumbbell back to the starting position under control.

Tips

- Use a bench or a suitable raised surface. Your legs should be at 90-degree angles with your upper legs parallel to the floor.
- Keep your core engaged to maintain a stable lifting position.

33. Barbell Close-Grip Bench Press



<https://youtu.be/TA-Rc4IYQKs>

How to Do

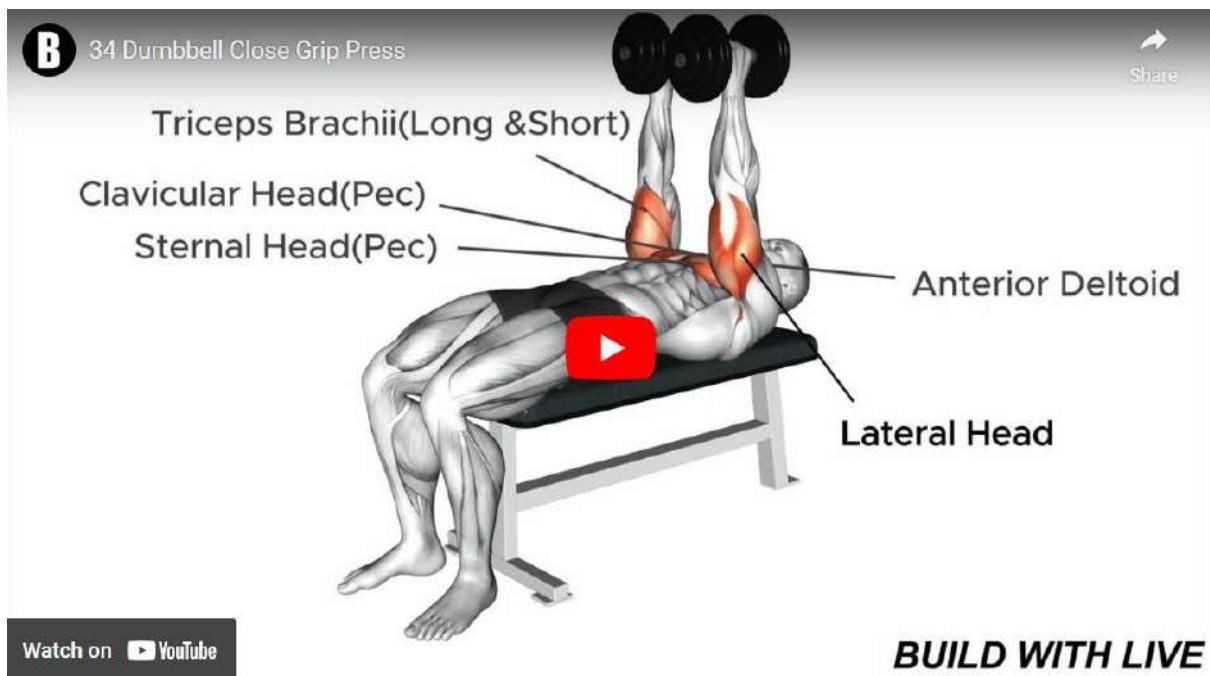
1. Place a barbell on the bench press rack. Load the weights that align with your fitness level.
2. Sit on the end of the bench and lie back so the barbell is directly over your eye-line.
3. Position your feet flat on the floor, shoulder-width apart.
4. Grasp the barbell using an overhand grip. Your hands should be chest-width apart so your arms align with your shoulders.
5. Push the barbell off the rack and bring it over your chest. Inhale and engage your core.
6. With your elbows tucked to your side, bend your elbows and lower the barbell to your chest.
7. Once it reaches the chest, hold for a count to engage the muscles maximally.
8. Exhale and press the barbell back up until your arms are straight, returning to the starting position.
9. Repeat for the desired reps and sets.

Tips

- Start with a lighter weight at first to gain control and confidence. This will help you maintain proper form and avoid injury.

- Keep your elbows tucked to your sides, and concentrate on extending at the elbow as you press the barbell. This will stop your shoulders from taking over and improve triceps activation.
- Focus on engaging your core throughout the movement to stabilize the spine.

34. Dumbbell Close-Grip Press



<https://youtu.be/diq7fwtbmhl>

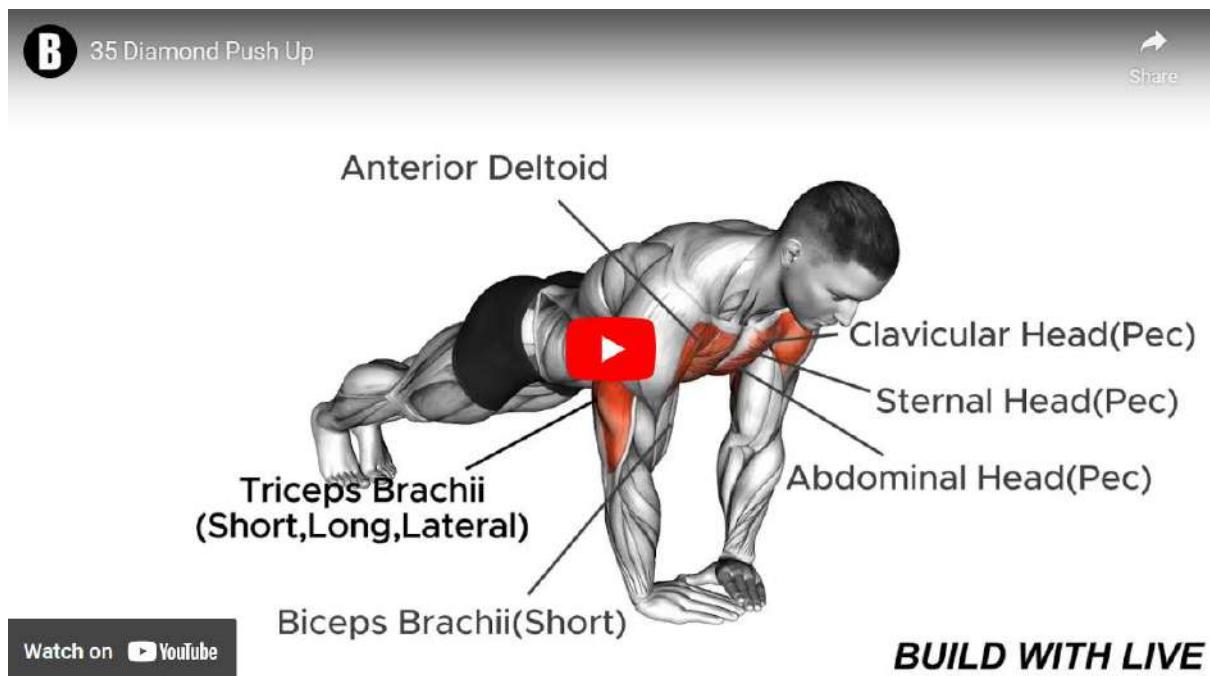
How to Do

1. Set up next to a flat bench. Grasp a pair of dumbbells from the rack and sit on the front of the bench with your back facing it. The dumbbells should be on your knees.
2. Come back until your back is firmly against the backrest. Bring the dumbbells to your chest while keeping your elbows tucked into your body. The dumbbells should be together.
3. Inhale and engage your core. Exhale and press the dumbbells up by extending your elbows. Your elbows should stay tucked in throughout.
4. Pause briefly as you reach the top position. Inhale and flex your elbows to bring the dumbbells back to the starting position.

Tips

- Keep your elbows tucked in throughout each repetition to ensure the correct movement pattern.
- Use a neutral grip with your palms facing inwards.

35. Diamond Push-Up



<https://youtu.be/5yrrpt7Z4bE>

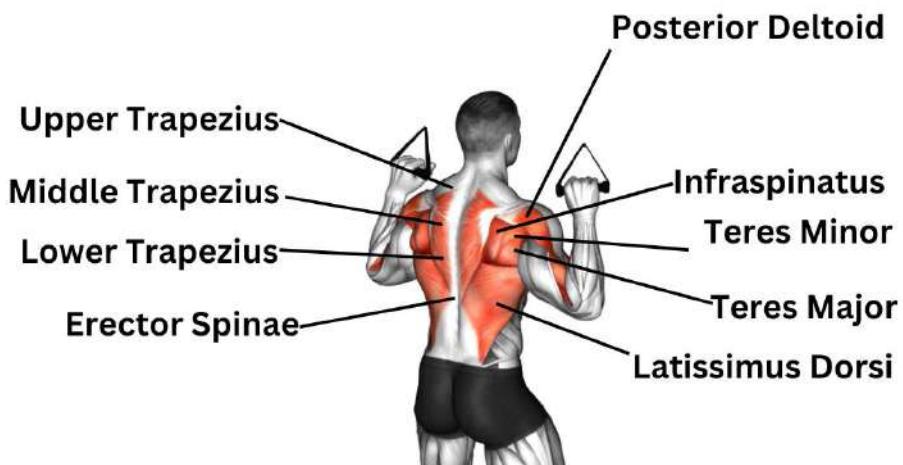
How to Do

1. Set up next to a suitable padded area or mat. Come down onto all fours with your hands and knees contacting the ground.
2. Bring your legs back behind you until they are in a straight position. Ensure that your hands are directly below your shoulders. They should form a triangle or diamond shape in the middle of your body.
3. Inhale and engage your core. While keeping the same hand position, exhale and flex your elbows. Lower your body to the floor under control.
4. Pause briefly at the bottom position. Extend your elbows to come back to the starting position.

Tips

- Adopting the diamond hand position means your arms should stay tucked into your body. Keep them in the same position throughout.
- Keep a controlled movement pattern to maintain stability.

6. BACK



Anatomy of the Back Muscles

Our back muscles are some of the largest in the body. Below we discuss the key muscles worked for the exercises above. This will help you understand which muscles you are working, allowing you to select the exercises based on your training goal.

1. Latissimus Dorsi

Large, triangular shaped muscles located just below your shoulder blades. They extend along your spine down to your pelvis.



2. Upper Trapezius

Triangular shaped muscles located between your neck and shoulder blades.



3. Middle Trapezius

Muscles located in the middle of your back between your upper and lower trap.



4. Lower Trapezius

Small, triangular shaped muscles located below your middle traps and between your lats.



5. Teres Major

Thick muscle at the lower back of your shoulder blade.



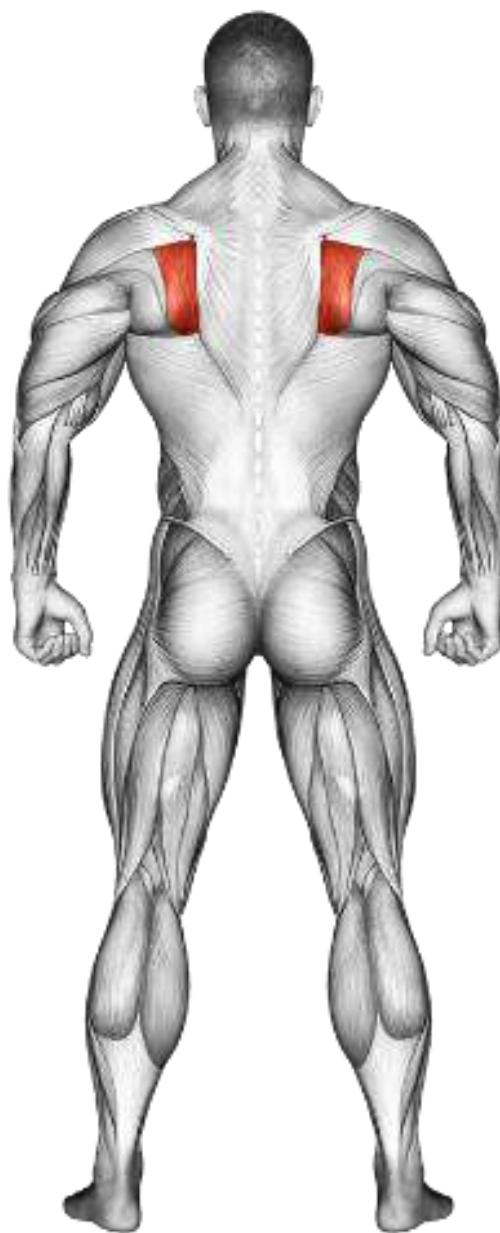
6. Teres Minor

Small muscle at the back of your shoulder blade.



7. Infraspinatus

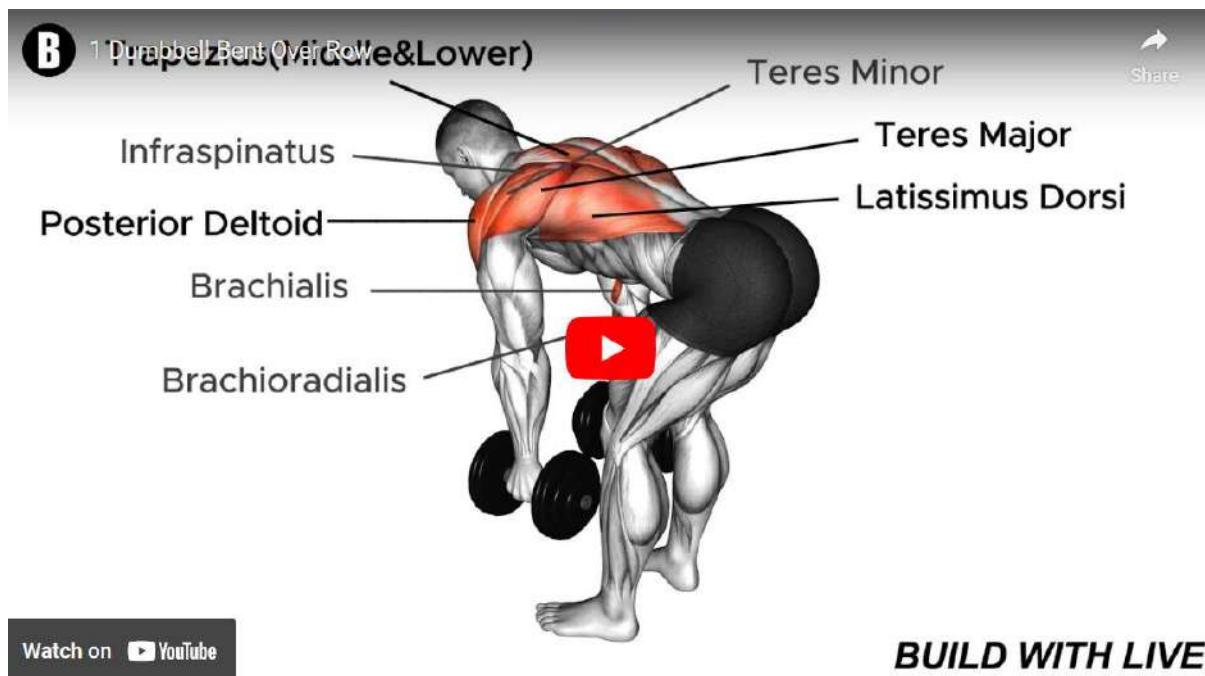
Triangular muscle covering the back of your shoulder blade.



Exercises list of Back

- 1. Dumbbell Bent-Over Row**
- 2. Barbell Row**
- 3. T-Bar Rows**
- 4. Dumbbell Head supported Row**
- 5. Single-Arm T-Bar Row**
- 6. Dumbbell Single-Arm Bent-Over Row**
- 7. Renegade Row**
- 8. Incline Dumbbell Row**
- 9. Inverted Row**
- 10. Barbell Seal row**
- 11. Dumbbell Upright Row**
- 12. Lat pulldown**
- 13. Cable Row**
- 14. Resistance Band Lat Pulldown**
- 15. Single -Arm Cable Pulldown**
- 16. Cable Face pull**
- 17. Dumbbell Incline Y Raise**
- 18. Dumbbell Reverse Fly**
- 19. Standing Cable Lat Pulldown**
- 20. Seated Wide Grip Cable Row**
- 21. Dumbbell pullover**
- 22. Dumbbell Shrug**
- 23. Barbell Shrug**
- 24. Dumbbell Scapular External Rotation**
- 25. Hyperextension**
- 26. Dumbbell Deadlift**
- 27. Dumbbell Romanian Deadlift**
- 28. Bodyweight Single Leg Deadlift**
- 29. Pull-Ups**
- 30. Chin-Ups**
- 31. Close Grip Chin-Up**
- 32. Assisted Pull-Up**
- 33. Wide-Grip Pull-up**

1. Dumbbell Bent-Over Row



<https://youtu.be/tEmRVGLRzc>

How to Do

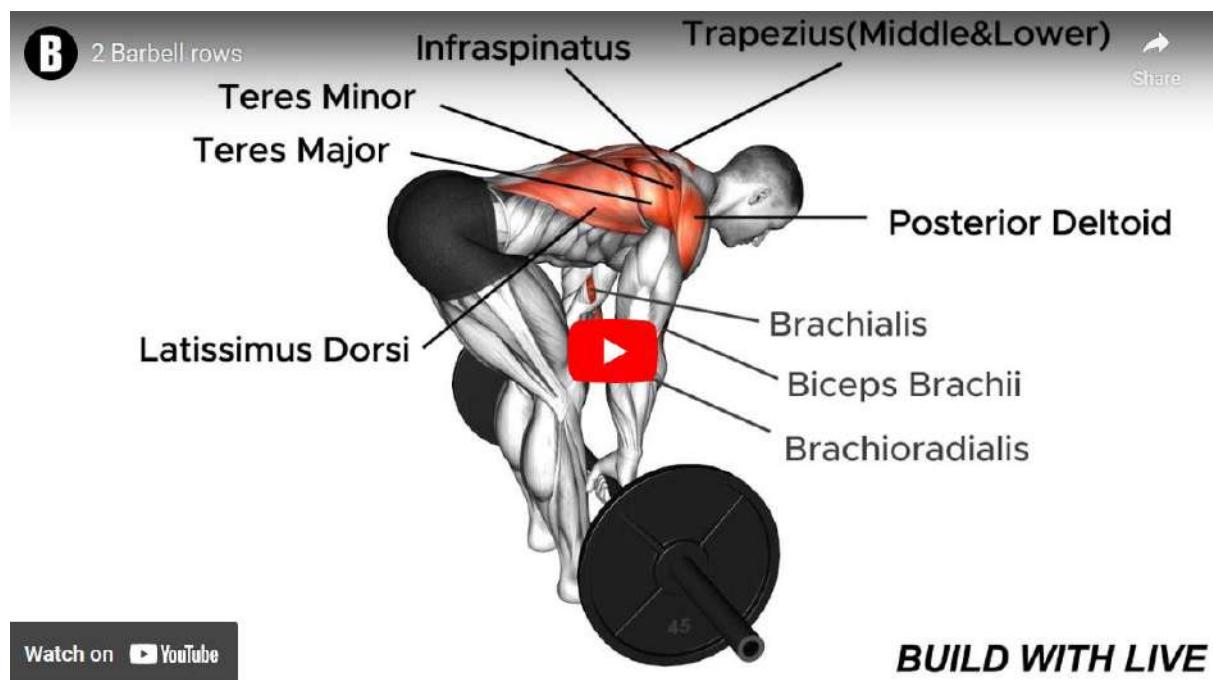
1. Hold a dumbbell in each hand with a neutral grip (palms facing each other).
2. Bend forward at the waist, keeping your back flat and core engaged. Your torso should be almost parallel to the floor.
3. Allow the dumbbells to hang straight down from your shoulders with your arms fully extended.
4. As you inhale, focus on drawing your elbows up, pulling the dumbbells toward your hips. Squeezing your shoulder blades together while keeping your elbows close to your body.
5. As you exhale, slowly lower the dumbbells back to the starting position with control.
6. Repeat as necessary.

Tips

- Keep your spine neutral and avoid rounding your back. This helps to prevent strains while also ensuring proper lat engagement.
- Tighten your core throughout the lifting and lowering phases of the movement to stabilize your torso. Avoid using momentum to lift the weights as it can decrease lat engagement.

- Only perform as many reps as possible while maintaining proper form. Performing bent-over rows poorly can cause muscle tweaks in the upper or lower back.

2. Barbell Rows



<https://youtu.be/QnVh5AvfPxc>

How to Do

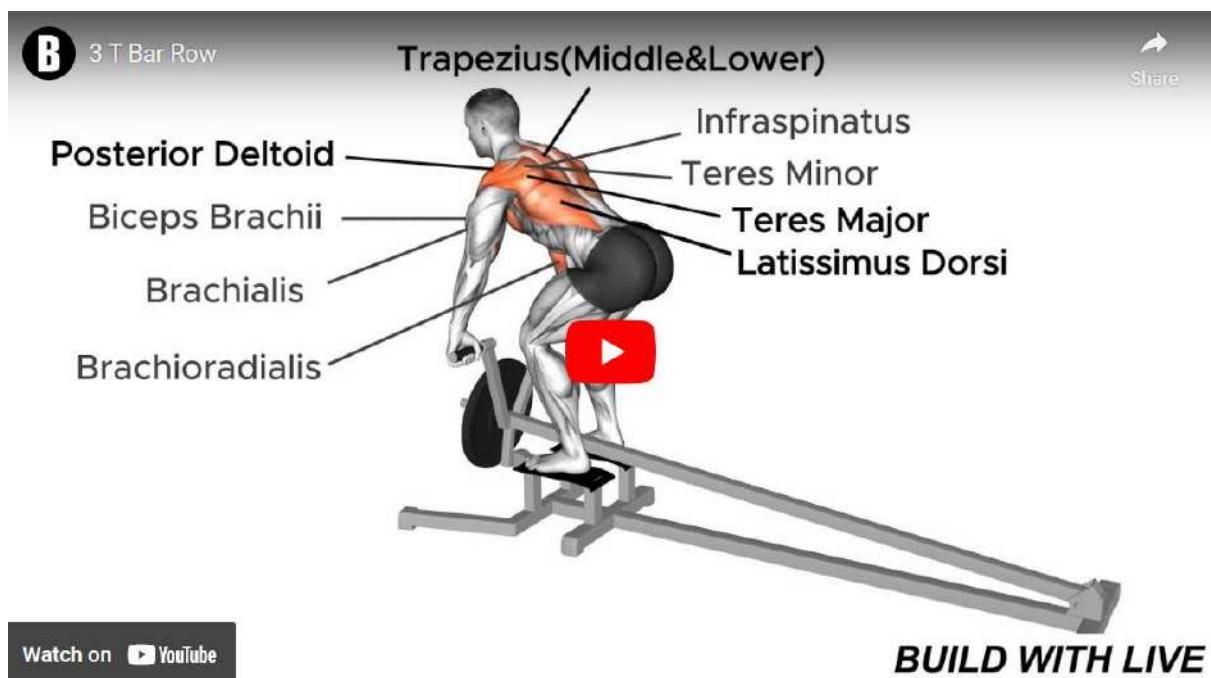
1. Begin by standing with your feet shoulder-width apart and a barbell on the floor in front of you.
2. Bend at your hips and knees to lower your upper body until it's almost parallel to the ground, keeping your back straight and chest up.
3. Bend your knees enough to allow you to grip the barbell with an overhand grip (palms facing down), hands slightly wider than shoulder-width apart.
4. Lift the barbell off the ground by straightening your hips and knees, keeping your back flat and arms fully extended.
5. With the barbell in your hands, retract your shoulder blades and keep your chest up as you begin the movement.
6. Exhale as you pull the barbell towards your lower ribcage by bending your elbows and driving them back.
7. Squeeze your upper back muscles, especially your lats, at the top of the movement, and hold for a brief pause.
8. Lower the barbell back down to the starting position in a controlled manner, inhaling as you extend your arms.
9. Repeat the barbell rows for the desired number of repetitions while maintaining proper form and control.

10. Engage your core throughout the exercise to stabilize your spine and prevent excessive arching or rounding of your back.

Tips

- **Keep your back straight and chest up throughout the movement to avoid rounding your spine, ensuring proper engagement of your back muscles and reducing the risk of injury.**
- **Hold the barbell with an overhand grip slightly wider than shoulder-width apart to target your back effectively and promote balanced muscle engagement.**
- **Start with a weight that allows you to complete with good form, gradually increasing the resistance as you become more comfortable with the exercise.**

3. T-Bar Row



<https://youtu.be/TWlyN7iF02E>

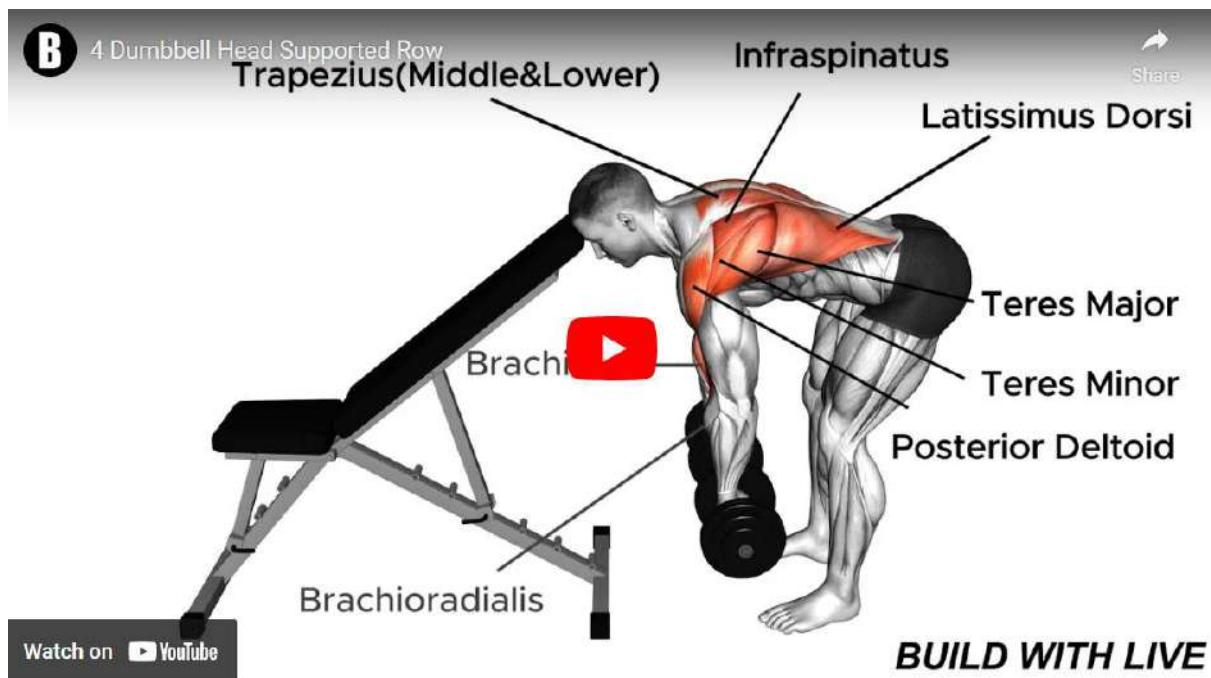
How to Do

1. Begin by placing a T-bar row machine or landmine attachment in a secure position with a barbell loaded with the desired weight.
2. Straddle the barbell, standing with your feet shoulder-width apart.
3. Bend at your hips and knees to lower your upper body until it's roughly parallel to the ground, keeping your back straight and chest up.
4. Reach down and grip the handles or the barbell with both hands, palms facing each other, and your arms fully extended.
5. Ensure your back is flat and your head is in line with your spine.
6. Initiate the movement by pulling the barbell upward toward your hip, bending your elbows and retracting your shoulder blades.
7. Exhale as you lift the barbell and focus on using your back muscles, especially your lats, to perform the pull.
8. Squeeze your back muscles at the top of the movement, holding for a brief pause.
9. Lower the barbell back down to the starting position in a controlled manner, inhaling as you extend your arms.
10. Repeat the T-Bar Row for the desired number of repetitions while maintaining proper form and control.
11. Engage your core throughout the exercise to provide stability and prevent swaying or arching of the back.

Tips

- Keep your core engaged throughout the exercise to stabilize your spine.
- Avoid using excessive momentum or swinging; concentrate on using your back muscles.
- Experiment with different grip widths to target various areas of your back.

4. Dumbbell Head Supported Row



<https://youtu.be/5v-9DJhOPw>

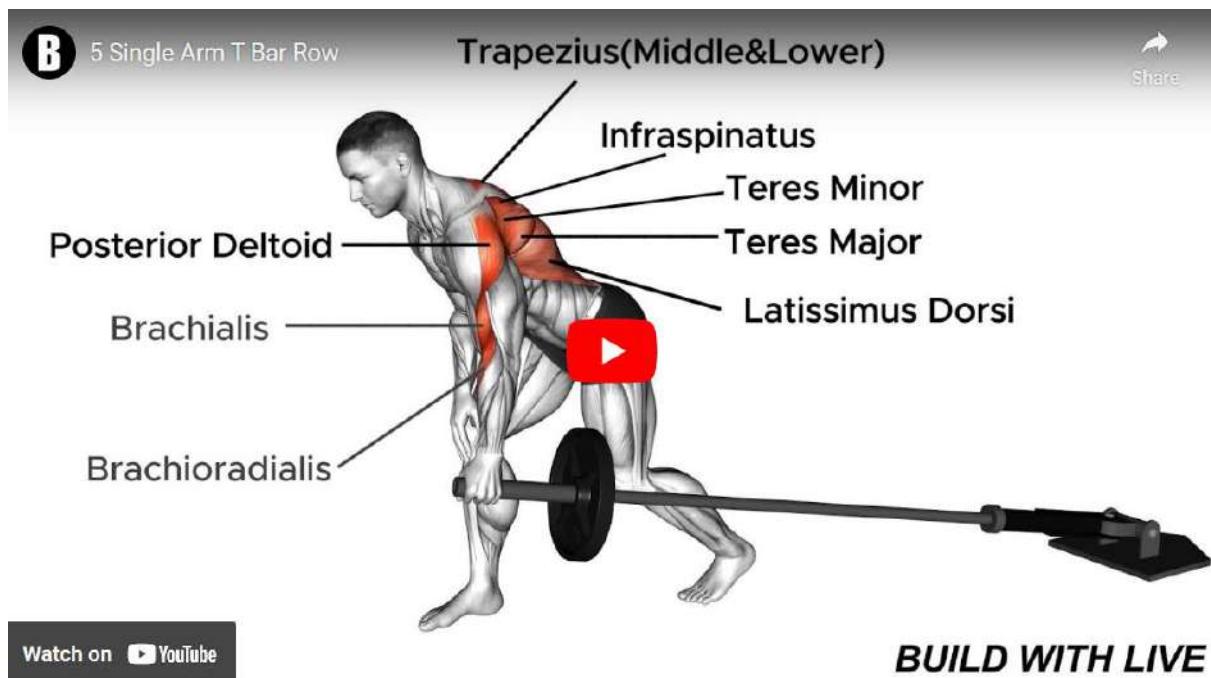
How To Do

1. Adjust your bench to a 45-degree angle, and place a pair of dumbbells at the head of the bench on the floor.
2. Stand at the head of the bench and position your feet shoulder-width apart.
3. Lean forward at the hips, and rest your head on the head of the bench.
4. Reach down and grab your dumbbells using an overhand grip and allow them to hang directly below your shoulders.
5. Inhale and engage your core muscles.
6. Exhale and row the dumbbells up to your body with your elbows out to the side.
7. Once the dumbbells reach chest height, gradually lower them to the starting position.

Tips

- If it is your first time performing the movement, we recommend using a lighter weight. This will help you familiarize yourself with the movement, and the demand the weight places on your head and neck.
- Keep your core engaged for the duration of the movement. This will keep your torso rigid and distribute the weight across the spine.

5. Single-Arm T-Bar Row



<https://youtu.be/0rrgH2dzF-E>

How to Do

1. Set up your landmine with a weight plate and secure it with a barbell safety collar.
2. Stand to one side of the barbell beside the weight plate.
3. Lean down, grab the end of the barbell with an overhand grip, and stand up.
4. Set your feet up in a split stance, with your leg closest to the barbell back, and your opposite leg forward.
5. Lean forward at the hips and allow your arms to hang directly below your shoulder.
6. Inhale and engage your core muscles.
7. Exhale and row the barbell toward your hip until your hand brushes the side of your ribs.
8. Once it reaches this position, lower it to the starting position

Tips

- **Keep your core engaged and your back straight for the duration of the set. This will improve stability, and lifting capacity.**
- **Focus on pulling your elbow back. This will improve your ability to target your upper back muscles.**

6. Dumbbell Single-Arm Bent-Over Row



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How to Do

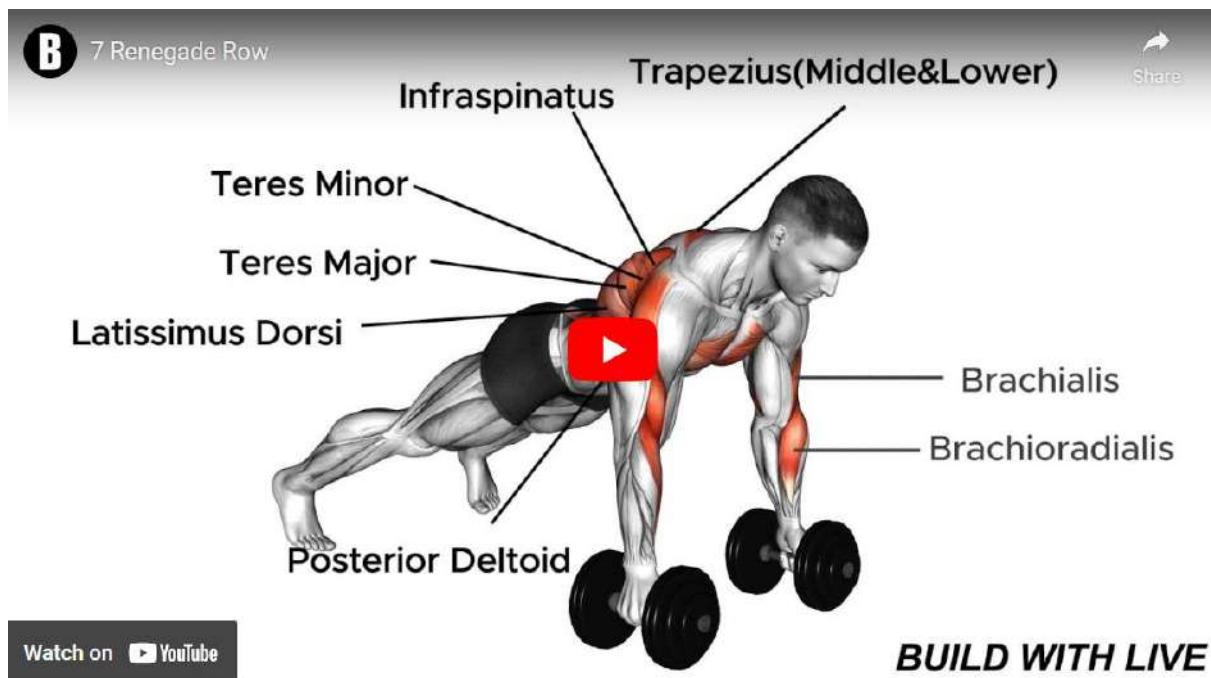
1. Set up a bench on a flat position and stand beside it.
2. Place one knee and the same-side hand on a bench for support. Keep your back flat and parallel to the floor.
3. In your free hand (opposite to the knee on the bench), hold a dumbbell with your arm extended straight down.
4. Engage your core muscles to keep your torso stable throughout the movement.
5. As you inhale, draw your elbow up, pulling the dumbbell toward your hip. Keep your elbow close to your body and focus on squeezing your shoulder blade as you lift.
6. Slowly and with control, lower the dumbbell back to the starting position.
7. Repeat as necessary before switching sides.

Tips

- To maximize the strength-building potential of bent-over rows, take the movement through its full range of motion. This will involve using a weight light that you can use correctly.

- Focus on continuing to engage your core during both the lifting and lowering phases of the movement. This will prevent unwanted torso twisting, which can impact latissimus dorsi engagement.
- During the eccentric (lowering) phase of the movement, move slowly and with control. This is essential to increasing time under tension and can enhance muscle growth.

7. Renegade Row



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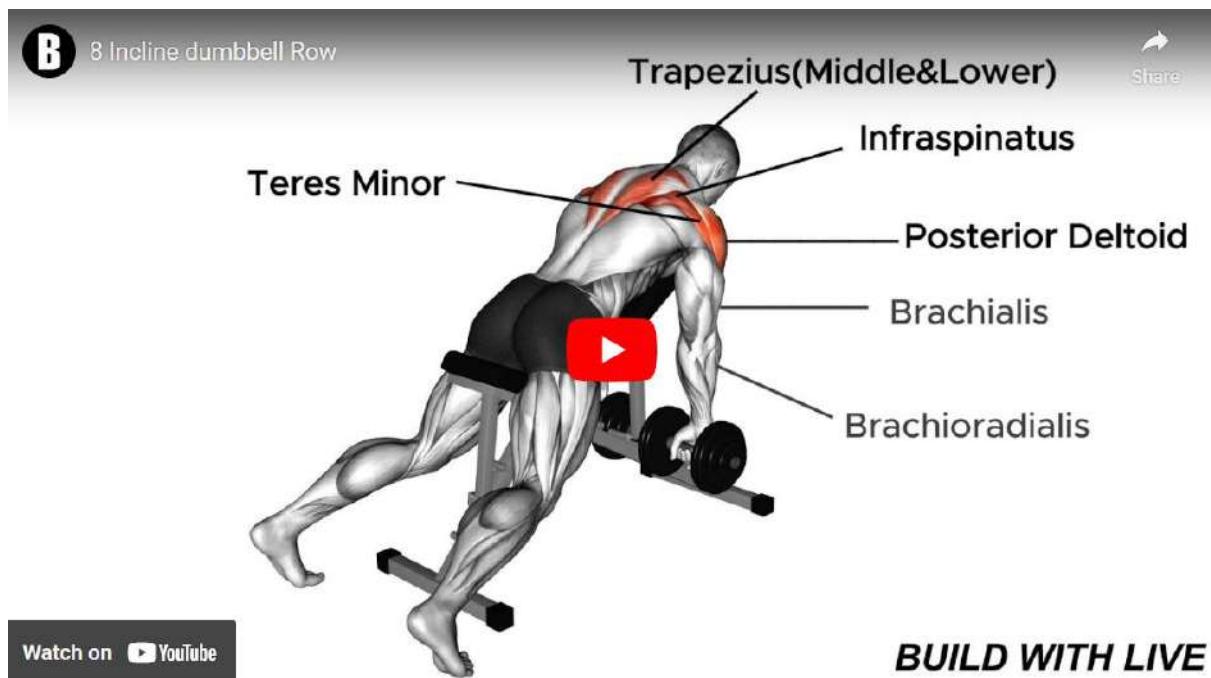
How to Do

1. Place two dumbbells on the floor, shoulder-width apart. Hold the handles with your hands while keeping your body in a straight line from head to heels.
2. Tighten your abs and glutes to maintain a strong plank position. Doing so will help prevent your hips from sagging or rotating.
3. As you inhale, pull one dumbbell toward your ribcage by driving your elbow back. Keep it close to your body and try to avoid rotating your torso.
4. As you exhale, slowly lower the dumbbell back to the ground with control, keeping your body stable.
5. Perform the same movement with the opposite arm while maintaining a stable plank.
6. Performing one row on each side is considered a single rep.
7. Repeat as necessary, alternating arms each time.

Tips

- Because of the plank position, you will not be able to lift as heavy as a traditional row. Instead, aim to use half the weight you would normally for traditional bent-over rows.
- Keeping the weights closer together will make it easier to perform renegade rows. As strength increases, you can draw the weights farther apart.
- Ensure that you use a hex dumbbell, as these have flat sides. This will prevent them from rolling away during use and causing potential wrist injury.

8. Incline Dumbbell Row



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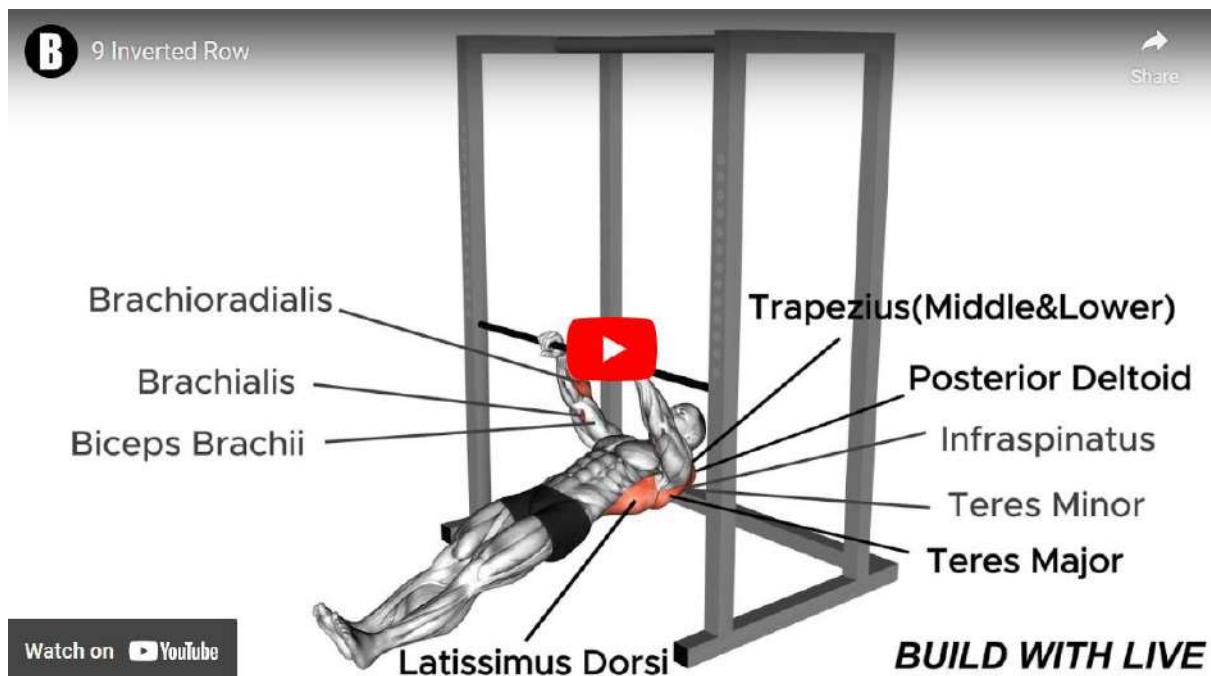
How to Do

1. Adjust an incline bench to about a 30–45 degree angle and lie face down on it. Your chest should feel fully supported with your feet on the floor for added stability.
2. Grip a dumbbell in each hand with your arms fully extended toward the floor. Ensure that your palms are facing each other (neutral grip).
3. Inhale as you pull the dumbbells upward toward your hips by driving your elbows back. Try to keep them close to the bench.
4. At the top of the movement, squeeze your shoulder blades together to engage the lats and upper back muscles.
5. As you exhale, slowly lower the dumbbells back to the starting position with control.
6. Repeat as necessary.

Tips

- **Maintain contact with your chest against the bench throughout the movement. This will help to reduce momentum to better isolate your back muscles.**
- **Lower the dumbbells slowly to ensure you feel the stretch in your lats and keep tension on the muscles.**
- **Try to keep your neck in line with your spine to avoid unwanted strain on the neck.**

9. Inverted Row



<https://youtu.be/8wgrIC8f56g>

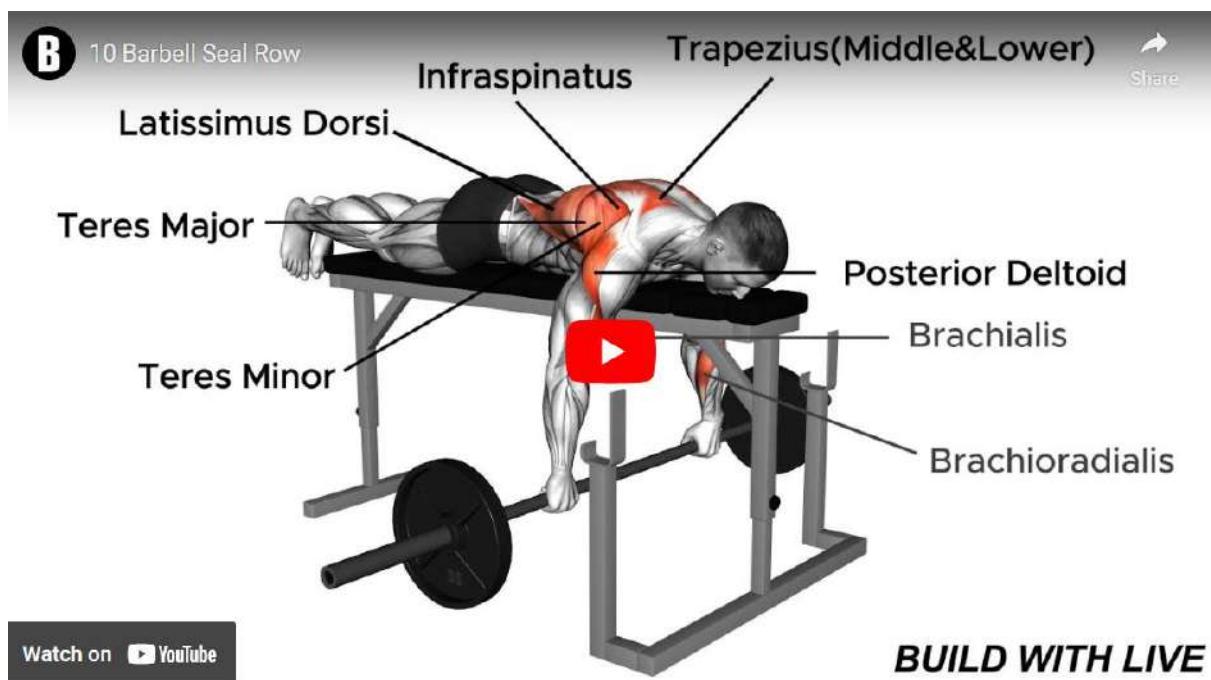
How to Do

1. Set up a bar at waist height on a squat rack or use a suspension trainer like TRX and adjust it to an appropriate height.
2. Stand facing the bar or suspension trainer, and position your feet hip-width apart.
3. Reach forward and grasp the bar or handles with an overhand grip (palms facing away from you) slightly wider than shoulder-width apart.
4. Walk your feet forward, leaning back and extending your arms, so that your body is at a slight angle.
5. Keep your body straight from head to heels, engage your core, and maintain a neutral spine.
6. Initiate the movement by pulling your chest towards the bar or handles, bending your elbows, and squeezing your shoulder blades together.
7. Exhale as you perform the row, focusing on using your back muscles, particularly your lats.
8. Squeeze your back muscles at the top of the movement and hold for a brief pause.
9. Lower your body back down in a controlled manner, inhaling as you extend your arms.
10. Repeat the Inverted Row for the desired number of repetitions while maintaining proper form and control.
11. Engage your core throughout the exercise to stabilize your spine and prevent excessive arching of your back.

Tips

- Focus on maintaining a straight line from your head to your heels throughout the exercise.
- Keep your body under control and avoid swinging or using momentum to complete the movement.
- If the exercise is too challenging, you can start with a higher bar or use an incline bench to make it easier.

10. Barbell Seal Row



<https://youtu.be/rx1F3TBOCqw>

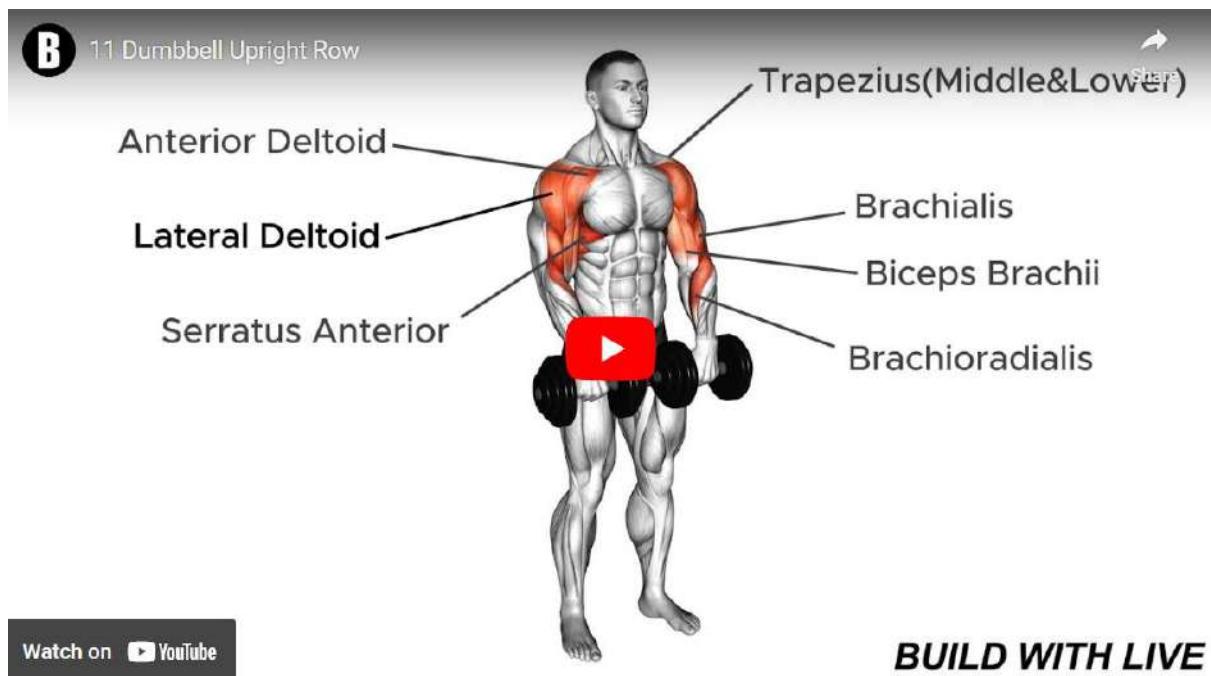
How to Do

1. Set up your barbell below the bench with weight plates, and fasten them with barbell safety collars.
2. Lie face down on the bench so your chest is directly over the barbell.
3. Grab the barbell using an overhand grip, shoulder-width apart.
4. Inhale and engage your core.
5. Exhale, and pull the barbell off the floor until the barbell meets the bench.
6. Once it reaches this position, gradually lower it to the floor.

Tips

- Focus on pulling back with your elbows. This will improve your ability to engage your latissimus dorsi and engage your upper back muscles.

11. Dumbbell Upright Row



<https://youtu.be/2uAvKaRqdI8>

How to Do

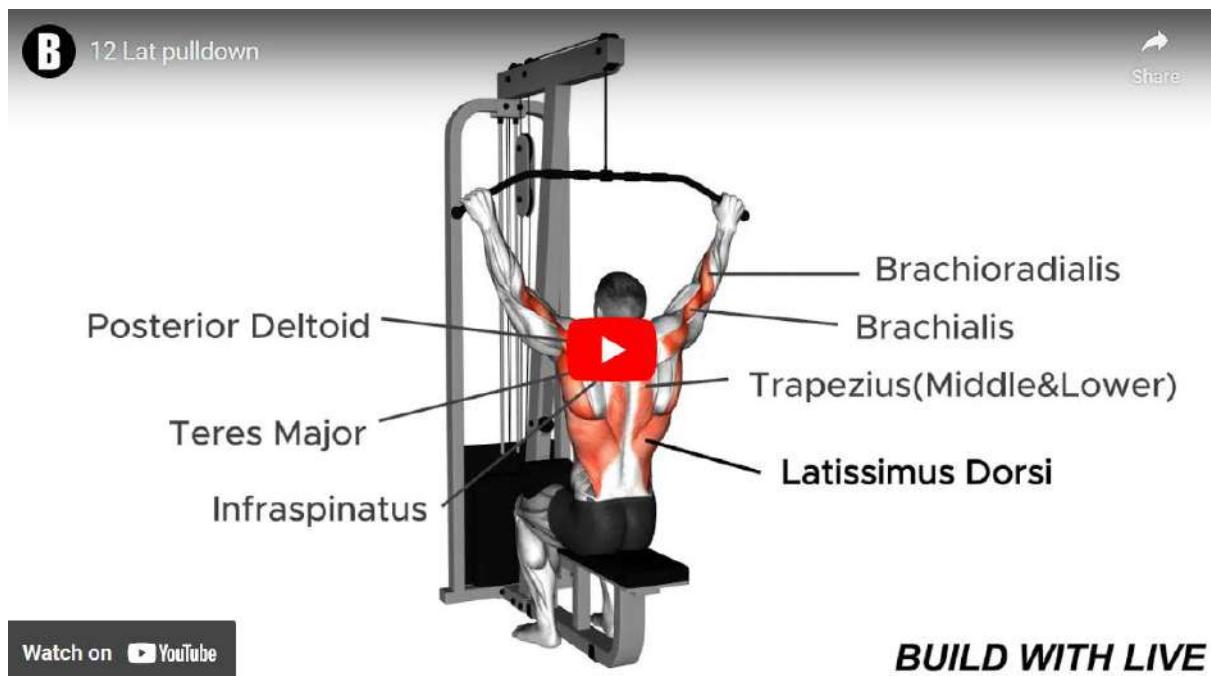
1. Stand with your feet shoulder-width apart.
2. Hold a dumbbell in each hand with an overhand grip, palms facing your thigh.
3. Extend your arms in front of you and keep your back straight, and chest tall.
4. Inhale, then lift the dumbbells by driving your elbows up and outward.
5. Lift until the dumbbells reach just below your chin.
6. Pause at the top of the movement.
7. Slowly return to the starting position by lowering the dumbbells to your thighs.
8. Repeat for the desired reps and sets.

Tips

- Keep the dumbbells close to your body at all times. Lift them vertically along your body, almost brushing your stomach.

- Keep your elbows higher than your wrist on the top
- Avoid lifting the dumbbells too high, as this can strain your shoulders. Bring them just below your chin.
- Keep your elbows just below or at shoulder height, while pushing them out to the sides.
- Start with light weights and gradually progress to heavier ones as you get stronger.
- Avoid rounding the shoulders, keep them neutral.

12. Lat Pulldown



<https://youtu.be/MMgVzTxI6uM>

How to Do

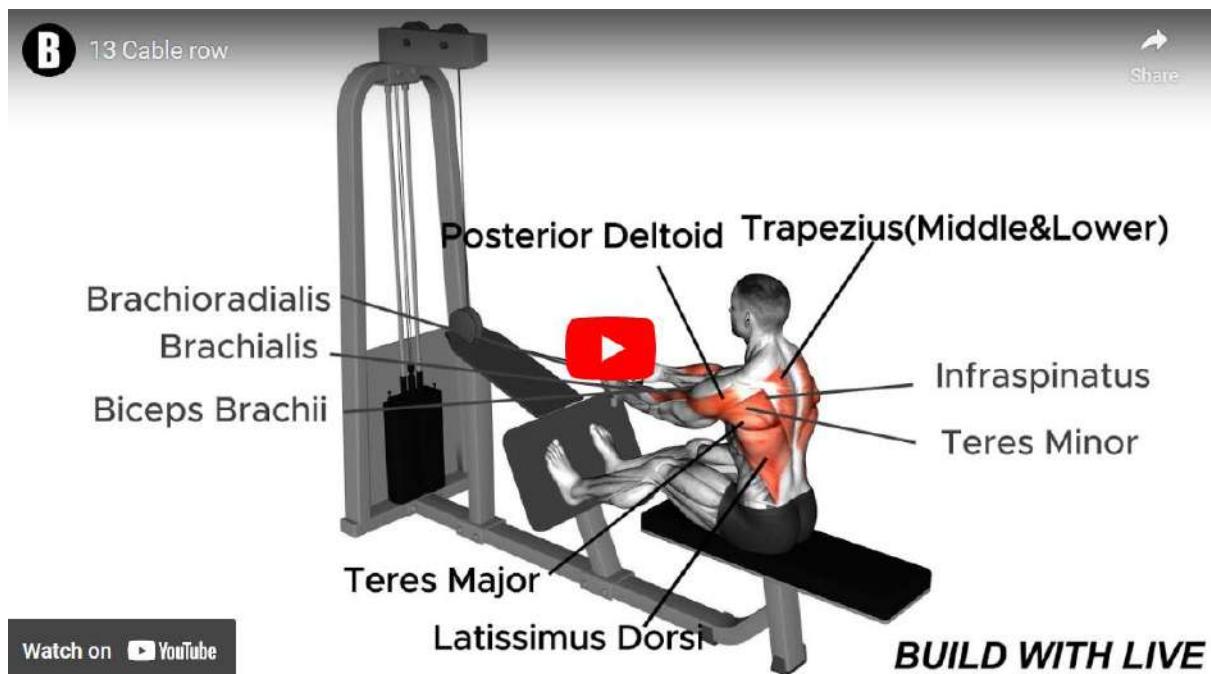
1. Sit down on the lat pull-down machine and adjust the thigh pads to secure your legs.
2. Grasp the wide bar attachment with an overhand grip, hands slightly wider than shoulder-width apart.
3. Pull the bar down towards your chest by engaging your lats and squeezing your shoulder blades together.
4. Slowly release the bar back to the starting position, allowing your arms to extend fully.
5. Repeat for the desired number of repetitions, focusing on maintaining proper form and control throughout the movement.

Tips

- Sit upright with a tall posture and avoid leaning back excessively to ensure proper engagement of the lat muscles.
- Keep your shoulders down and back, avoiding shrugging, to maximize the activation of the lats and minimize the involvement of the traps.

- Pull the bar down towards your chest in a controlled manner, focusing on squeezing your shoulder blades together at the bottom of the movement.

13. Cable Row



<https://youtu.be/RZVYBvbgUWk>

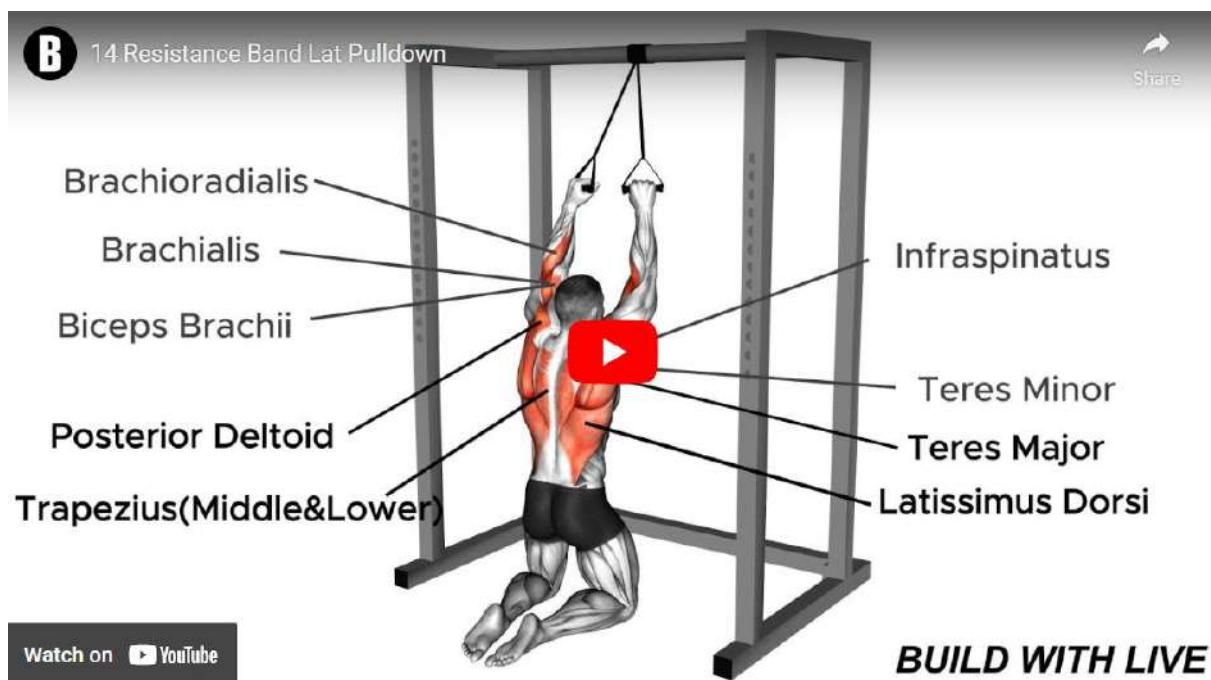
How to Do

1. Begin by setting up a cable row machine with a V-bar attachment and selecting an appropriate weight.
2. Sit on the bench or platform, facing the machine, and place your feet on the footrests, keeping your knees slightly bent.
3. Reach forward and grasp the V-bar with both hands, palms facing each other, and your arms fully extended.
4. Sit up straight with a slight arch in your lower back, and pull your shoulder blades back and down.
5. Initiate the movement by pulling the V-bar towards your lower ribcage, bending your elbows and squeezing your shoulder blades together.
6. Exhale as you perform the row, focusing on using your back muscles, especially your lats.
7. Squeeze your back muscles at the end of the movement, holding for a brief pause.
8. Slowly release the V-bar and extend your arms to return to the starting position, inhaling as you do so.
9. Repeat the Cable Row for the desired number of repetitions while maintaining proper form and control.
10. Engage your core throughout the exercise to stabilize your spine and maintain a neutral posture.

Tips

- **Maintain proper posture throughout the exercise, avoiding rounding or arching your back.**
- **Exhale as you pull the handle towards your abdomen and inhale as you return to the starting position.**
- **Focus on the mind-muscle connection, feeling your upper back muscles working.**

14. Resistance Band Lat Pulldown



<https://youtu.be/khPq2ilwL3M>

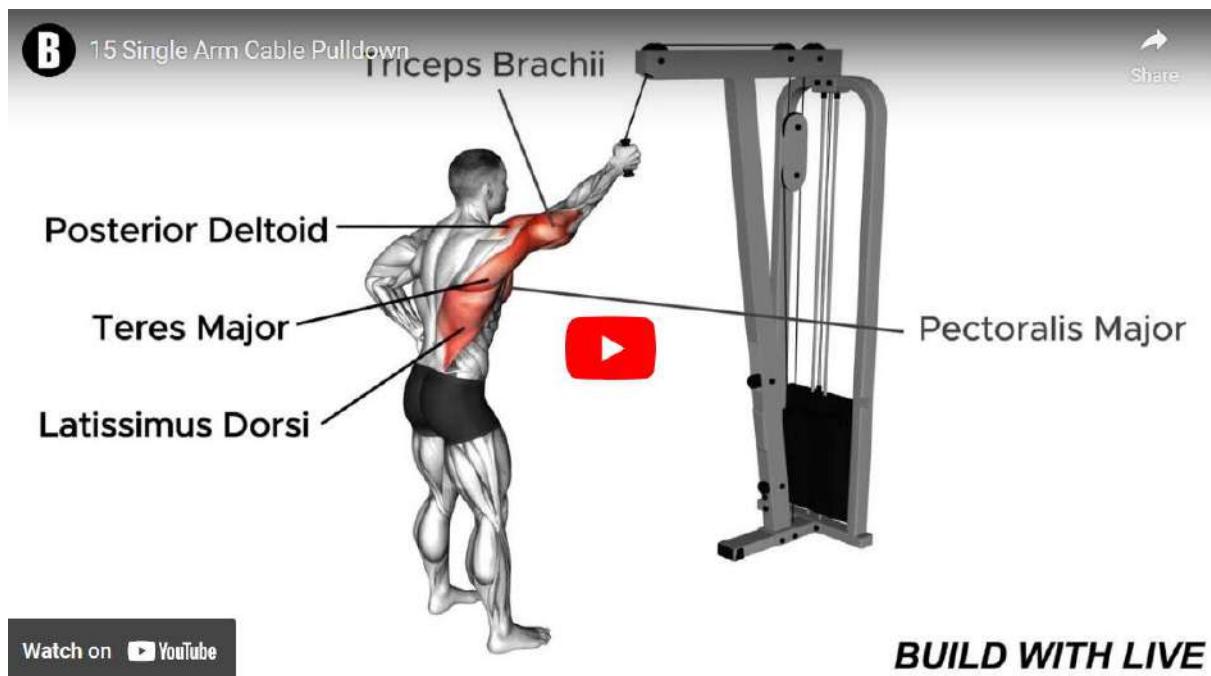
How to Do

1. Secure a resistance band with a high anchor point, such as a pull-up bar or sturdy hook.
2. Sit on the floor or kneel in front of the anchor point, facing it.
3. Reach up and grasp the resistance band with both hands, palms facing away from you, and hands positioned wider than shoulder-width apart.
4. Keep your arms fully extended, and engage your core for stability.
5. Initiate the movement by pulling the resistance band down towards your chest, bending your elbows, and squeezing your shoulder blades together.
6. Exhale as you perform the pulldown, focusing on using your latissimus dorsi (lats) to drive the movement.
7. Squeeze your back muscles at the bottom of the movement and hold for a brief pause.
8. Slowly release the resistance band and allow your arms to extend to return to the starting position, inhaling as you do so.
9. Repeat the Resistance Band Lat Pulldown for the desired number of repetitions while maintaining proper form and control.
10. Engage your core throughout the exercise to stabilize your spine and prevent excessive movement.

Tips

- Focus on using your lats to perform the movement, rather than relying on your biceps or shoulders.
- Maintain proper posture throughout the exercise to protect your lower back.
- Exhale as you pull the handles down and inhale as you return to the starting position.
- Ensure that the resistance band is securely anchored and in good condition to prevent accidents.

15. Single-Arm Cable Pulldown



<https://youtu.be/ZU7oViEBbdI>

How to Do

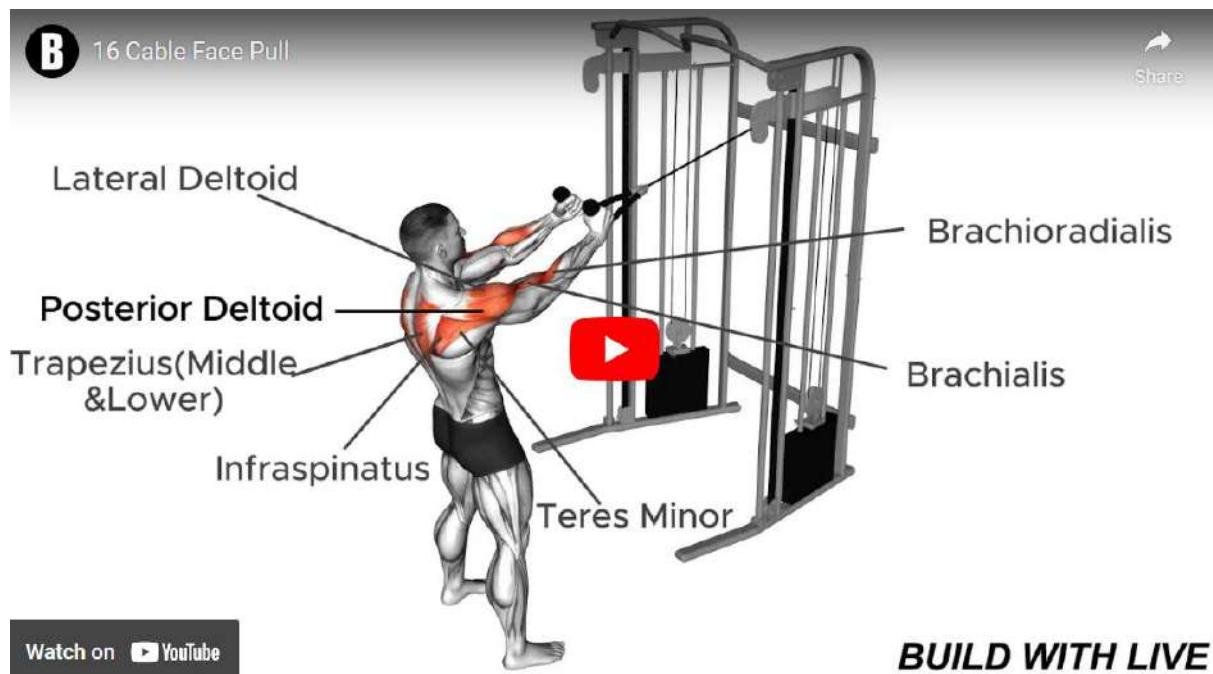
1. Begin by setting up a cable machine with a high pulley attachment and attaching a single-grip handle.
2. Stand facing the machine and adjust the weight to an appropriate resistance level.
3. Grip the handle with one hand, palm facing down, and position yourself a few steps away from the machine to create tension in the cable.
4. Take a staggered stance, with one foot slightly in front of the other for balance.
5. Start with your arm fully extended and your hand slightly above shoulder height.
6. Engage your core and keep your back straight as you initiate the movement by pulling the handle down towards your hip, and bending your elbow.
7. Focus on using your latissimus dorsi muscle (lats) to perform the pull, squeezing your shoulder blades together at the bottom of the movement.
8. Once your hand is near your hip, hold the position for a brief pause to maximize the contraction.
9. Slowly release the handle back to the starting position, allowing your arm to fully extend while maintaining control.
10. Repeat the single-arm cable pulldown for the desired number of repetitions, then switch to the other arm.

11. Maintain proper form and control throughout the exercise, and keep your core engaged for stability.

Tips

- **Sit upright with your back straight and core engaged to stabilize your spine and prevent excessive leaning or swinging during the movement.**
- **Concentrate on contracting your latissimus dorsi muscle as you pull the handle down, ensuring a full range of motion to engage and strengthen the target muscles effectively.**
- **Use a weight that allows you to perform with proper form, gradually increasing the resistance as you progress.**

16. Face Pull



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<https://youtu.be/qLRpEMcFZzE>

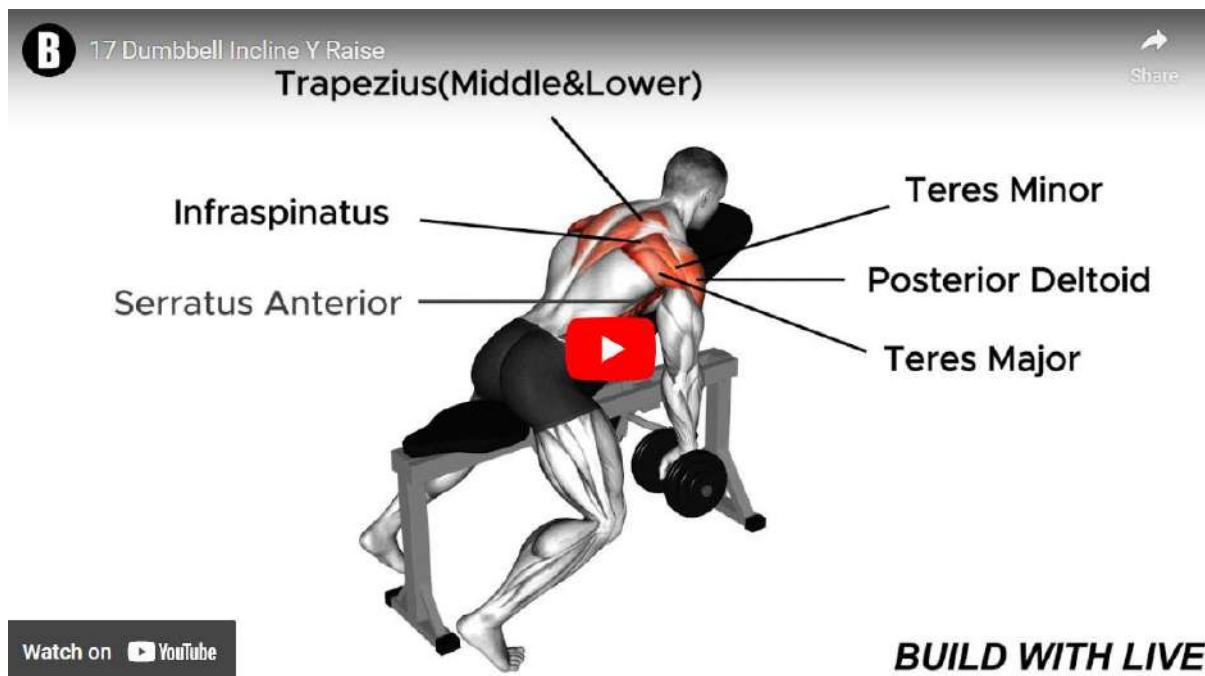
How to Do

1. Attach a rope to a high pulley of a cable machine.
2. Grip each end of the rope with palms facing in.
3. Step back, arms extended, maintaining tension on the cable.
4. Pull the rope towards the face, elbows high and out.
5. Slowly return to the starting position, controlling the resistance.

Tips

- Squeeze your shoulder blades together at the end of the pull to fully engage the upper back muscles.
- Keep your spine neutral and avoid leaning back or using momentum, ensuring the movement is driven by your upper back.
- Perform both the pulling and releasing phases slowly and with control to maximize muscle engagement and reduce injury risk.

17. Dumbbell Incline Y Raise



<https://youtu.be/SZOh6zDbSlI>

How to Do

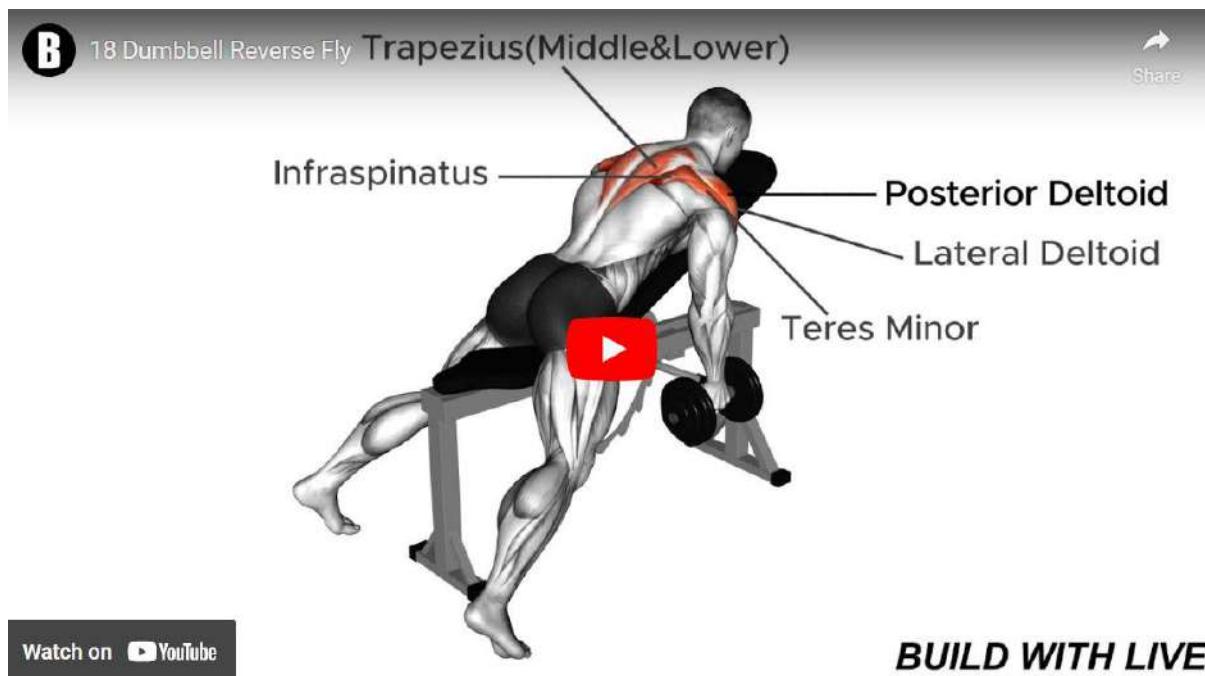
1. Set up your incline bench at a 45-degree angle.
2. Place your dumbbells on the floor at the head of the bench.
3. Lie face down on the bench and position your toes firmly on the floor.
4. Pick up the dumbbells with an overhand grip, and allow them to hang below your shoulders.
5. Inhale and activate your abdominal muscles.
6. Exhale and raise the dumbbell in front of your body until your arms are in line with your body.
7. Then lower the dumbbells back to the starting position.

Tips

- We suggest using a lighter weight as the movement targets smaller muscle groups. This will help improve trapezius muscle activation, enhancing results.
- Focus on correct breathing techniques and bracing your core for the duration of the set. This will increase torso rigidity and create a solid base.

- Avoid raising your shoulders toward your ears in this exercise. If that is occurring, lower the weight.

18. Dumbbell Reverse Fly



Watch on YouTube

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<https://youtu.be/tBqsS7fIFfc>

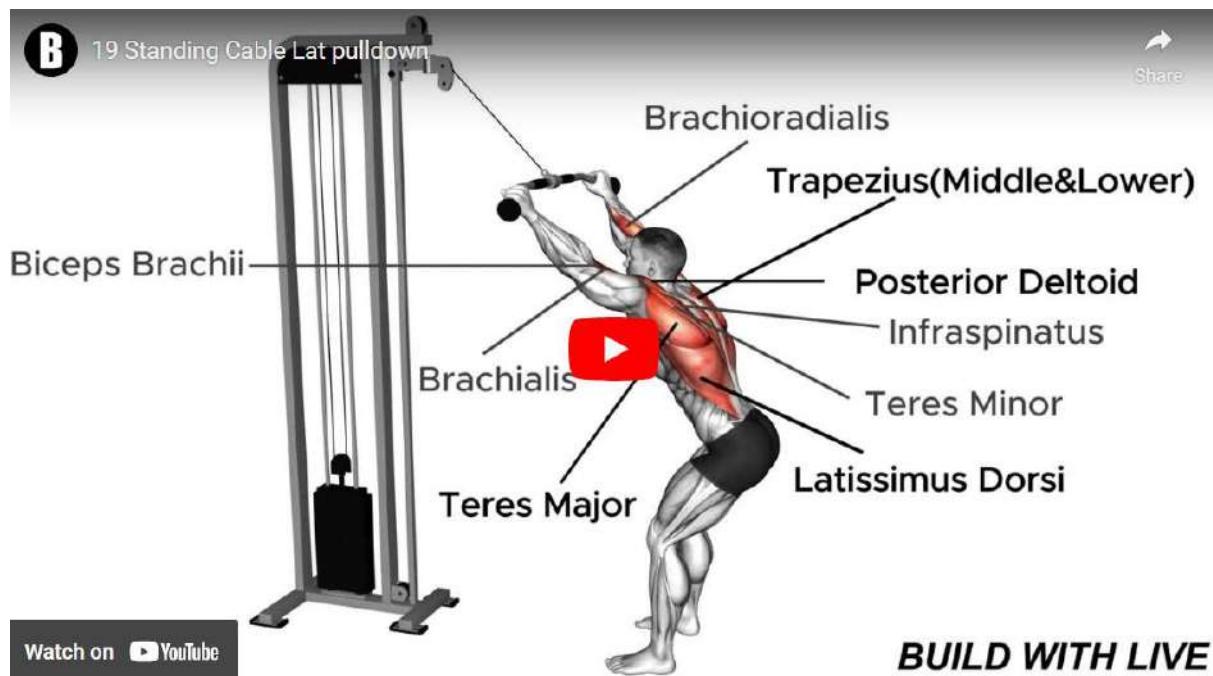
How to Do

1. Begin by placing a bench at a 45-degree angle. Lean forward onto the bench, resting your chest and abdomen resting on the bench. Straddle the bench with your knees soft and the balls of your feet firmly planted on the ground.
2. Grasping the handle of a dumbbell in each hand, exhale and raise both arms to your sides. Shoulder blades should squeeze together, with palms facing toward the ground.
3. Keep your elbows soft but arms extended, and raise the dumbbells to shoulder level. Inhale, then slowly lower the dumbbells back toward the floor.

Tips

- Ensure that you are choosing the proper weight for your sets. A load that is too heavy will cause improper form and put strain on the shoulder joints.
- Remember to keep your shoulder blades retracted during the movement, avoiding your shoulders coming up by your ears.

19. Standing Cable Lat Pulldown



<https://youtu.be/MKCfevqNWTI>

How to Do

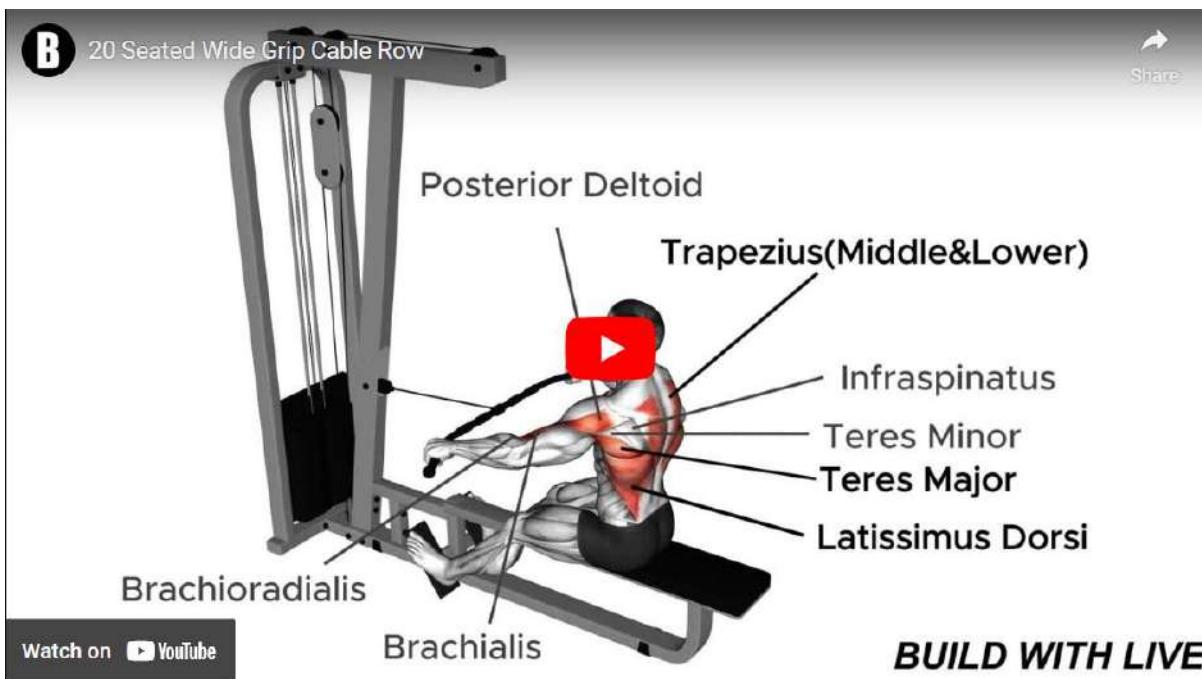
1. Set the cable pulleys up so it's above your head height.
2. Attach a straight bar or a wide-grip handle to it.
3. Grip the bar with both hands with an overhand grip.
4. Face the column bar, and take a big step back to create tension on the cable.
5. Extend your arms fully and hinge at your hips slightly.
6. Inhale as you pull the bar down towards your upper chest by bringing the elbows down and slightly out.
7. Pause at the bottom.
8. Exhale and extend your arms back to the start in a controlled manner.
9. Repeat for the desired reps and set.

Tips

- Make sure you have a secure base, standing with your feet shoulder-width apart. This can prevent you from being off balance.

- **Maintain a strong grip on the bar throughout the exercise.**
- **Squeeze your shoulder blade slightly back and down and you pull the bar.**
- **Keep your torso static, avoid moving up and down.**

20. Seated Wide Grip Cable Row



<https://youtu.be/cZ2cGbLsLcQ>

How to Do

1. Attach a wide bar to the low pulley on the cable machine. Load with appropriate weight for your fitness level and goals.
2. Sit on the bench with your feet on the foot supports. Grasp the bar at the widest grip outside the bend of the bar.
3. Sit up straight, inhale, and engage your core.
4. Exhale, and slowly pull the bar towards your midline. Focus on squeezing the shoulder blades together.
5. Pull back as far as you can, fully flexing your elbows. Hold for one count at the end position for maximum activation.
6. Inhale, and gradually release the bar forward, back to the starting position.
7. Repeat for the desired number of reps and sets.

Tips

- **Maintain control throughout, being careful not to drop the weight at any point.**
- **Keep your core and back engaged to avoid straining the lower back leading to injury.**
- **Focus on pulling back with your elbows and concentrating on squeezing the shoulder blades together. This will improve the mind-muscle connection for optimal results.**

21. Dumbbell Pullover



<https://youtu.be/NLKncSkjnW4>

How to Do

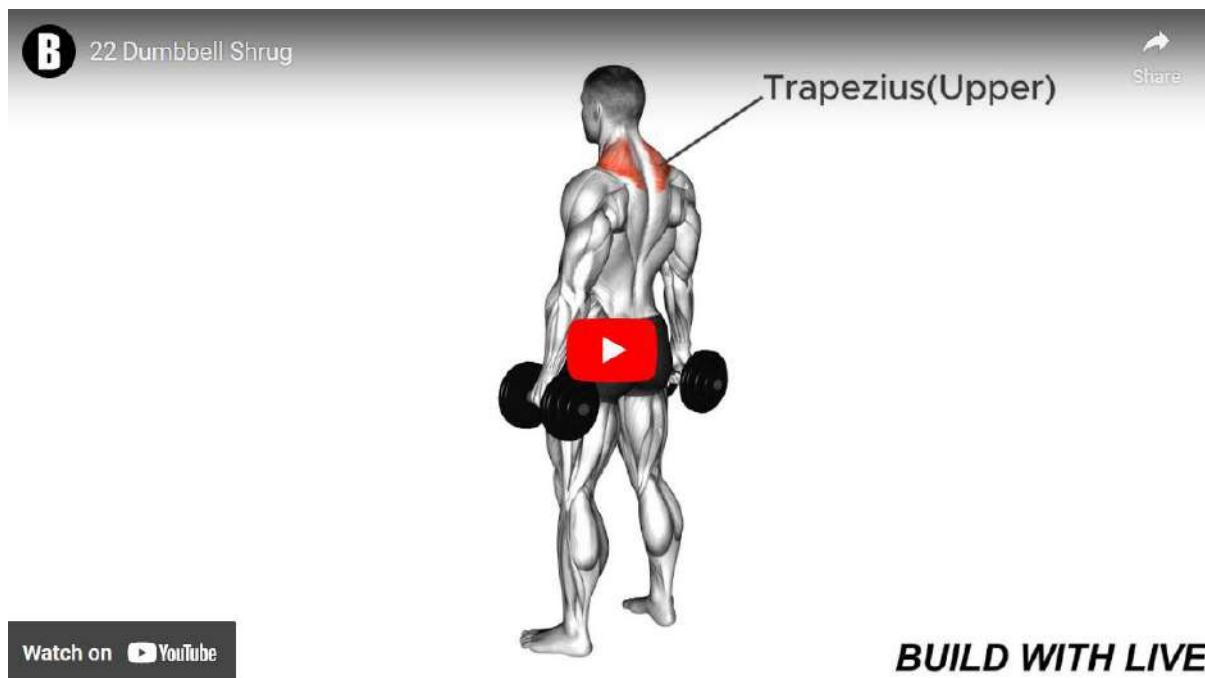
1. Position yourself on a bench, lying on your back with your head and upper back supported. Plant your feet firmly on the floor.
2. Grasp a dumbbell with both hands, holding it above your chest with your arms extended. Maintain a slight bend at the elbows.
3. As you exhale, slowly lower the dumbbell behind your head in an arc, keeping your arms slightly bent. Stop when you feel a deep stretch in your lats and chest.
4. Inhale as you engage your lats and chest to pull the dumbbell back to the starting position above your chest.
5. Repeat as necessary.

Tips

- Lower the dumbbell until you feel a good stretch in your lats and chest. But avoid overstretching to prevent potential shoulder strains.
- Maintain a slight bend in your arms throughout the movement. This not only helps to protect the elbow joints but also enhances tension in the targeted muscles.

- Focus on squeezing your core during the movement to stabilize and prevent excessive arching of your lower back. Excessive arching can lessen muscle activation of the lats.

22. Dumbbell Shrug



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<https://youtu.be/fV1RI14bduo>

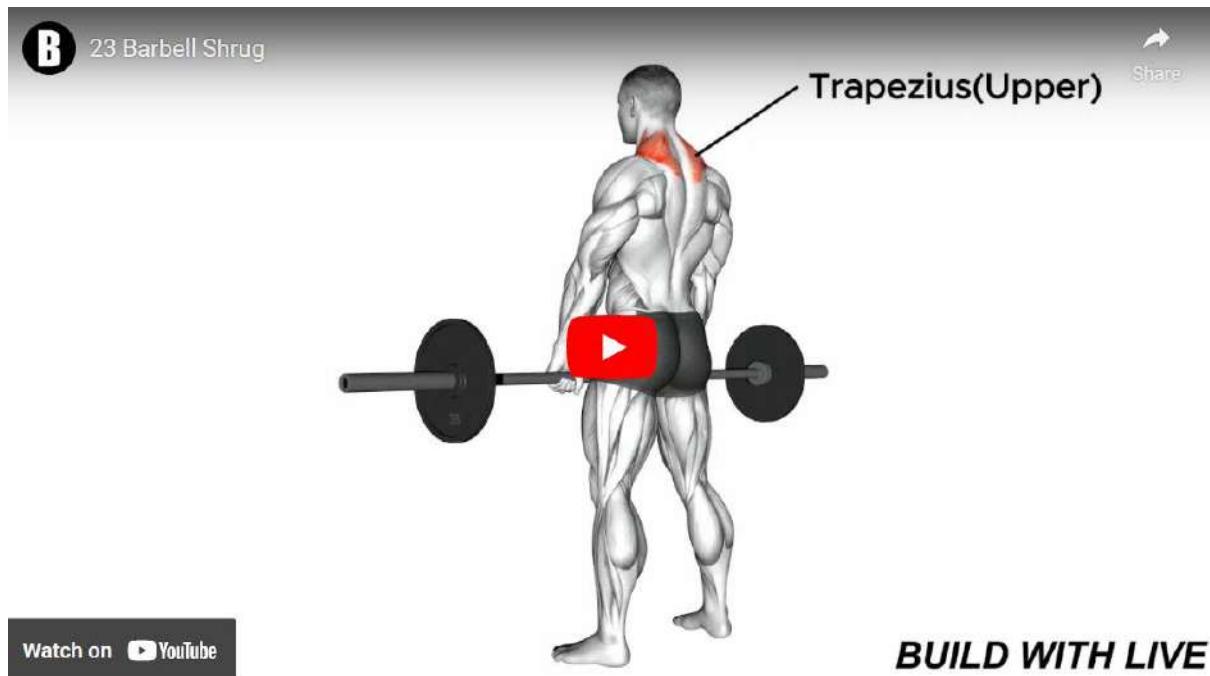
How to Do

1. While standing, grab a dumbbell in each hand using an overhead grip.
2. Position them at the side of your body so your palms are facing your thighs.
3. Plant your feet flat on the floor shoulder-width apart.
4. Breathe in to engage your core muscles.
5. Breathe out, and shrug your shoulders up toward your ears.
6. Then gradually lower your shoulders back to the starting position.

Tips

- Focus on squeezing your trapezius with each repetition. This will improve your mind-muscle connection, improving your results.
- Keep your proud chest upright for the duration of the set. This will improve trapezius muscle engagement.

23. Barbell Shrug



<https://youtu.be/Vg8IP-Gs8Bo>

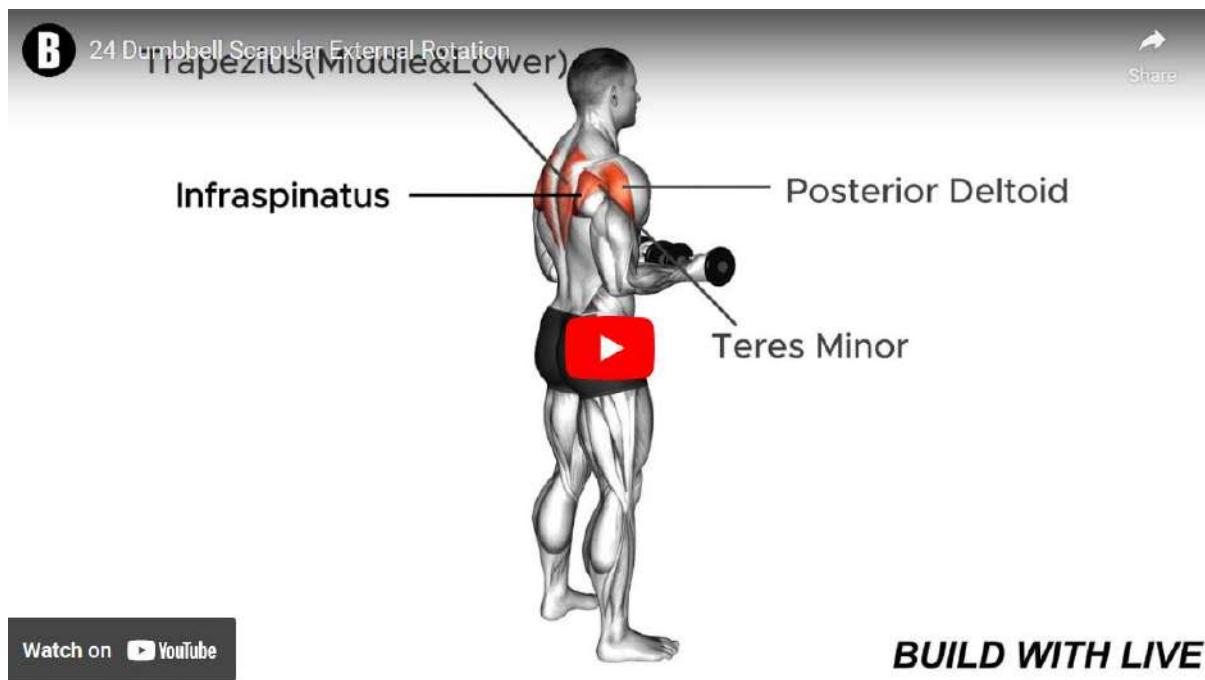
How to Do

1. Using a squat rack, adjust the J-hooks to waist height.
2. Place the barbell on the J-hooks, add your weight plates, and fasten them in place using barbell safety collars.
3. Stand in front of the barbell, lean forward, and using an overhand grip pick it up from the rack.
4. Take one step back from the rack, position your feet shoulder-width apart, and make a proud chest.
5. Inhale and engage your core. Exhale and lift your shoulders toward your ears.
6. Once your shoulders are at the top, pause briefly, then lower them to the starting position.

Tips

- If the weight on the barbell exceeds your grip strength, consider using weight-lifting wraps. This will allow you to lift weights suited to your trapezius strength.

24. Dumbbell Scapular External Rotation



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<https://youtu.be/oRngnfOH6Q8>

How to Do

1. Begin standing with feet shoulder-width apart. Bring your shoulder blades down and back while engaging the core. Grasp the handles of two dumbbells and bend your elbows to a 90-degree angle. Your palms should be facing the ceiling.
2. Maintaining a tight core, exhale and rotate your arms out to the sides. Keep your arms by your sides and squeeze your shoulder blades together. Inhale and bring your arms back to the starting position.

Tips

- Ensure your shoulder blades stay down and back while not rising toward the ears.
- This exercise doesn't require heavy weight to be effective. Start low and slow, and build as desired.
- Aim to keep your elbows close to your body and your upper arm steady for proper form and technique.

25. Hyperextension



<https://youtu.be/qi-oPbrZzTs>

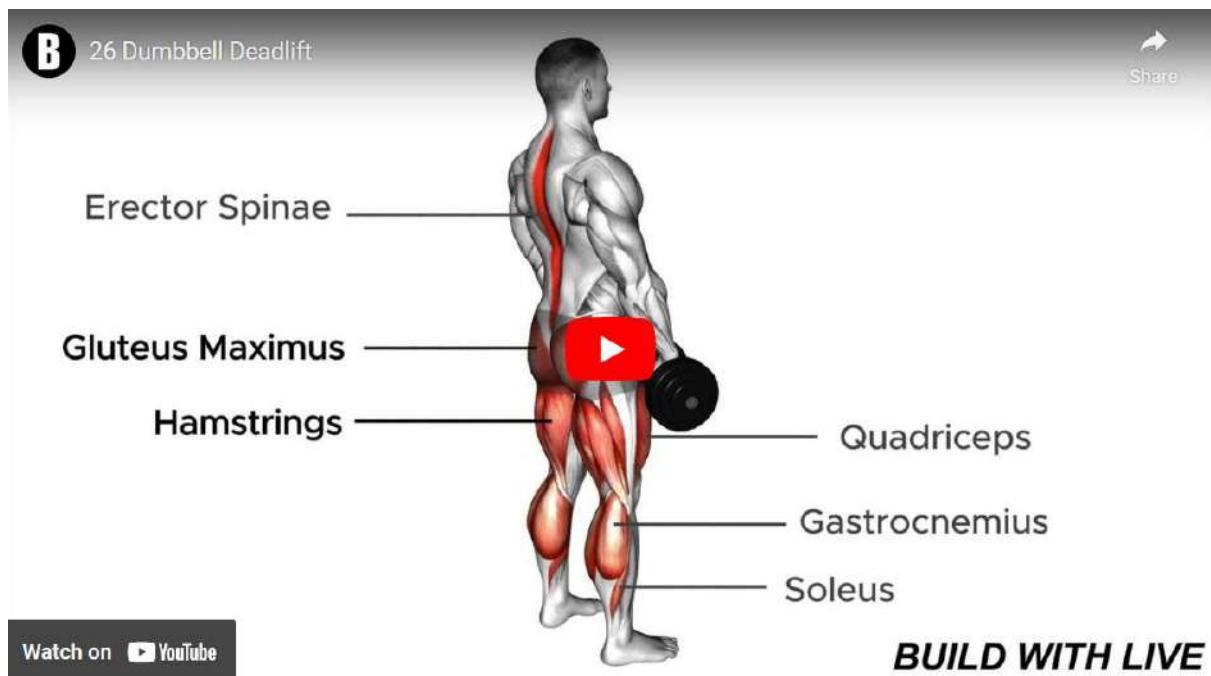
How to Do

1. Position yourself on a back-extension bench with your hips just above the pad. Hook your feet under the footpads.
2. Bring your arms after your head or hold a weight plate against your chest.
3. Hinge at your hips and lower your upper body towards the floor. Focus on keeping your back straight.
4. Engage your lower back and hamstrings to lift your upper body to the starting position.

Tips

- Keep your spine neutral by aligning your head with your spine.
- Avoid arching your back.
- Focus on using your back muscles rather than momentum to return your upper body to the starting position.
- If using a weight, ensure its secure against your chest to maintain proper form.

26. Dumbbell Deadlift



<https://youtu.be/uhn9vYpTd34>

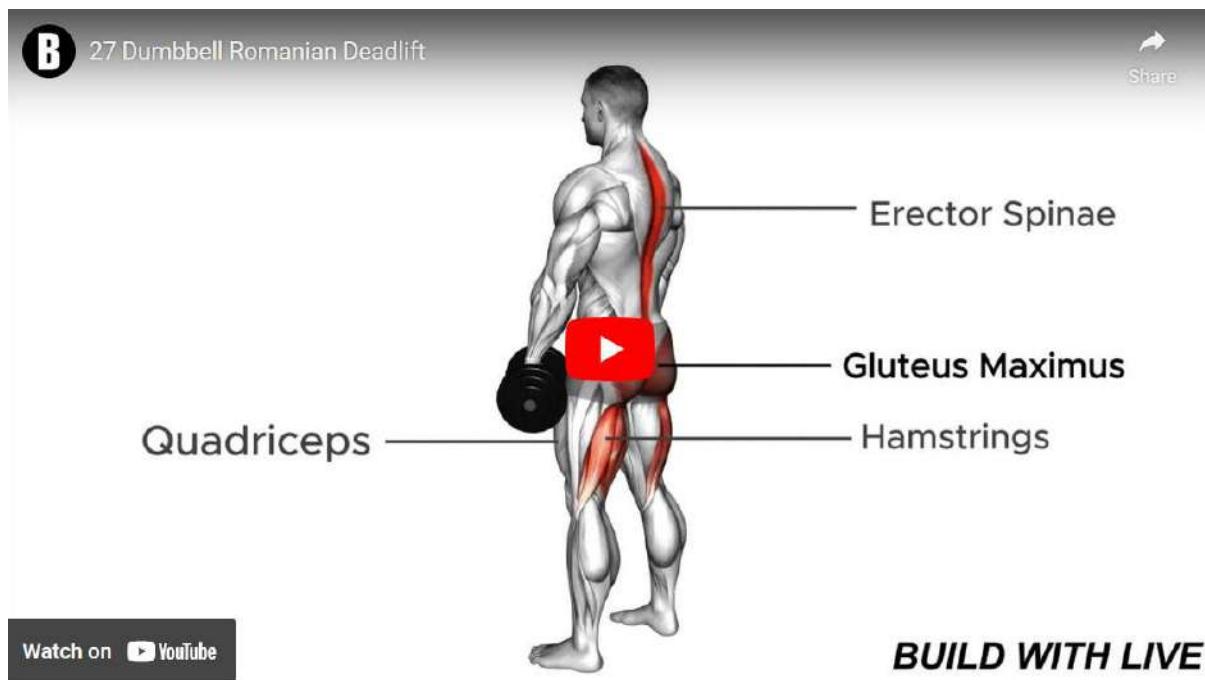
How to Do

1. Standing upright, grab a pair of dumbbells and hold them with an overhand grip at the front of your thighs.
2. Place your feet shoulder-width apart to form a solid base.
3. Gently engage your shoulder blades.
4. Take a breath in and activate your core muscles.
5. Push your hips back while moving forward at your torso and, lower the dumbbell down the front of your legs.
6. Once the dumbbells pass your knees, allow your knee to bend, and continue lowering until the dumbbells reach mid-shin.
7. From here, pull the dumbbells back up by pushing up through your legs to return to the upright position.

Tips

- Maintain an upright chest for the duration of the set. This will help maintain a neutral spine and improve your lifting technique.
- If you feel like you have performed a repetition poorly reset your positioning at the top of each rep. This can be done by forming a proud chest and re-engaging your abdominal muscles.

27. Dumbbell Romanian Deadlift



<https://youtu.be/wVpPHGiFqf8>

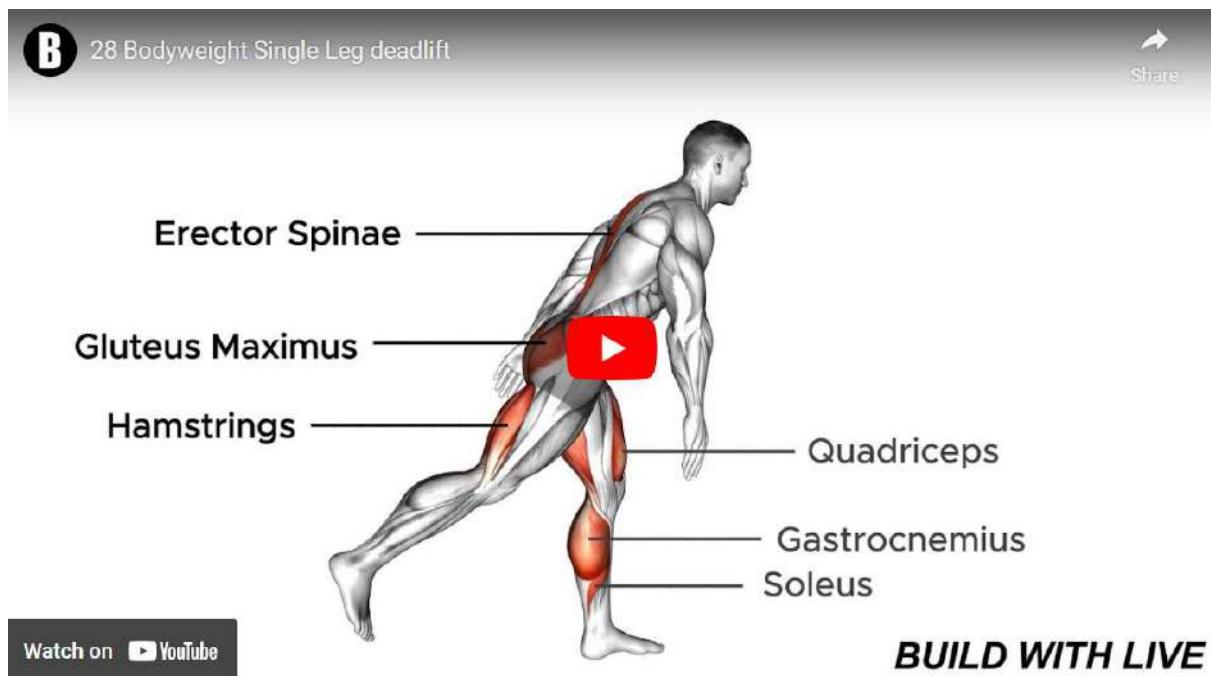
How to Do

1. Grab a pair of dumbbells and hold them at the front of your thighs using an overhand grip.
2. Place your feet shoulder-width apart with a slight bend in your knees.
3. Gently engage your shoulder blades to form a proud chest.
4. Breathe in and engage your core.
5. Exhale, lead back with your hips and lower your torso forward.
6. Lower until your torso is parallel to the floor.
7. Pause for a moment, then lift back to the starting position.

Tips

- Maintain a proud chest for the duration of the set. This will help you keep your erector spinae engaged, improving your lifting capacity.
- Keep your knees unlocked for the duration of the set. This will reduce unwanted pressure on the knee joint and excessive strain on the hamstring muscles.

28. Bodyweight Single-Leg Deadlift



<https://youtu.be/yystZAUgAbs>

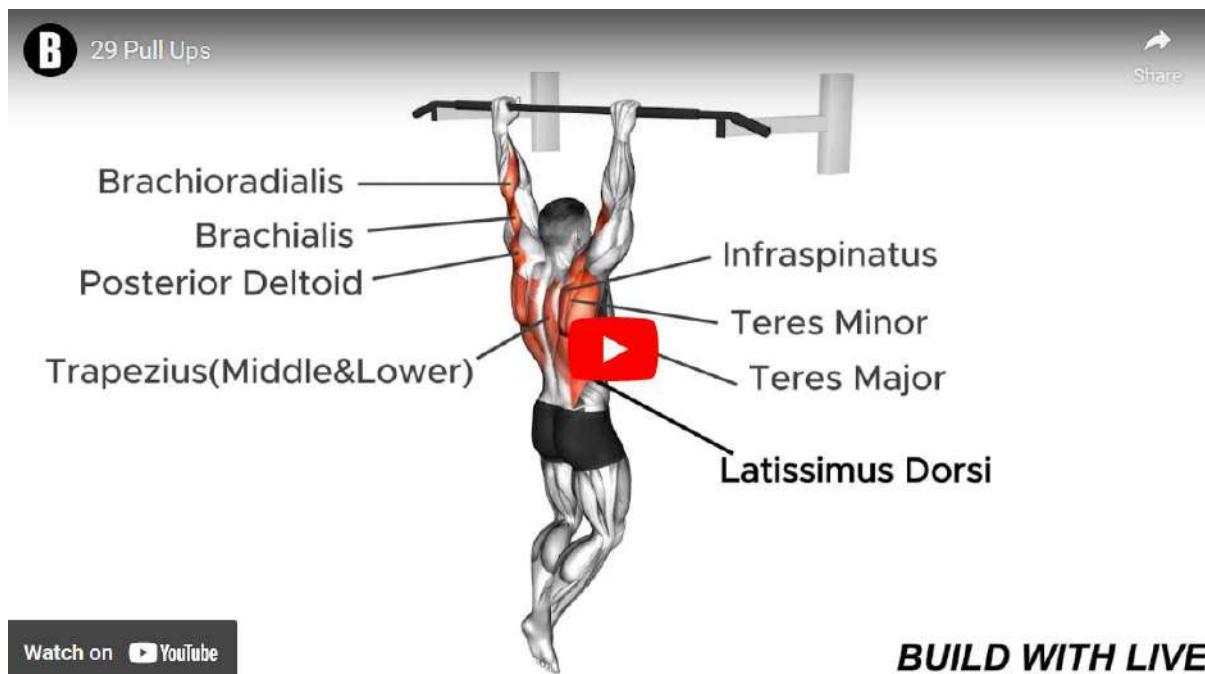
How to Do

1. Standing upright, gently pull your shoulder blades back to make a proud chest.
2. Position your feet shoulder-width apart
3. Breathe in and engage your abdominal muscles.
4. Breathe out, and simultaneously lean forward with your torso and lift your left leg back.
5. Continue to lean forward until your trunk and your leg are parallel to the floor.
6. From here, simultaneously lower your leg and lift your trunk until you return to the upright position.
7. Continue for the designated number of repetitions, then switch to the other side.

Tips

- Concentrate on correct breathing, and reset your core engagement between repetitions. This will improve balance and control.
- During the lowering phase, focus on lifting your back leg as your trunk leans forward. This will improve balance and create a smoother movement.

29. Pull-Ups



https://youtu.be/K_mUsGOKOpc

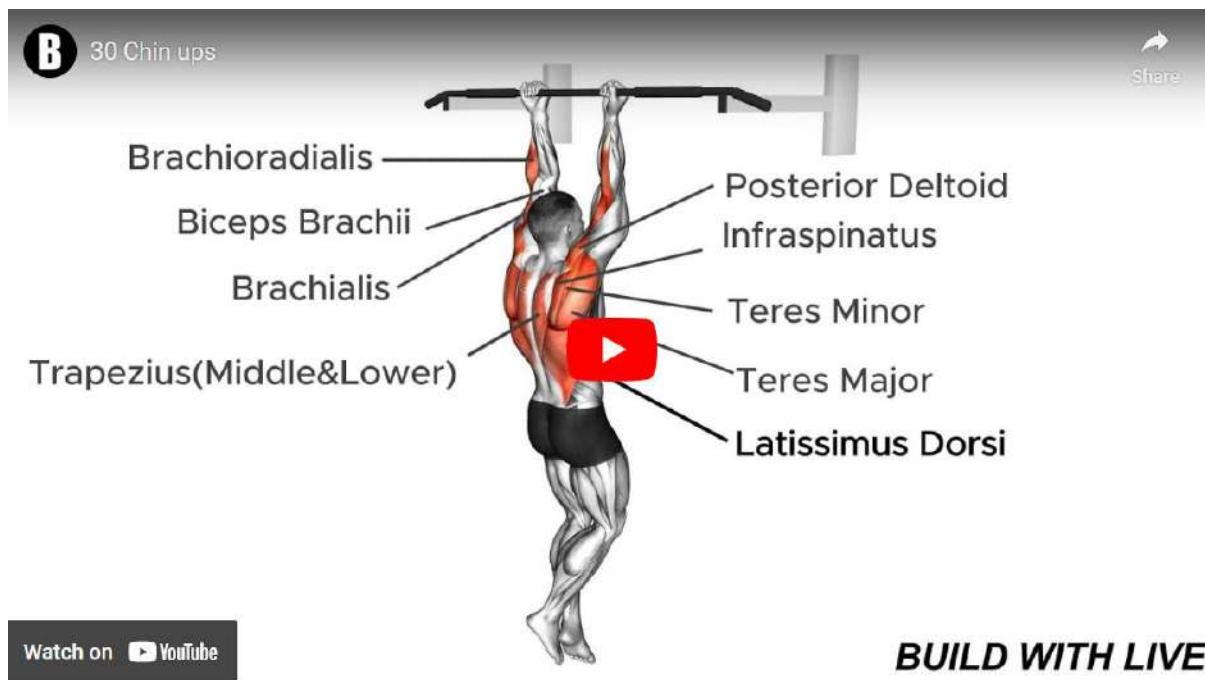
How to Do

1. Find a sturdy horizontal bar, such as a pull-up bar, and ensure it can support your body weight.
2. Stand facing the bar with your feet together and your palms facing away from you (overhand grip).
3. Reach up and grasp the bar with your hands slightly wider than shoulder-width apart.
4. Hang from the bar with your arms fully extended and your shoulders relaxed.
5. Engage your core and pull your shoulder blades down and back to prepare for the movement.
6. Begin the exercise by pulling your body upward toward the bar, exhaling as you do so.
7. Focus on using your back and arm muscles to lift your body until your chin is above the bar.
8. Squeeze your back muscles at the top of the movement and hold for a brief pause.
9. Lower your body back down in a controlled manner, inhaling as you extend your arms.
10. Repeat the pull-up for the desired number of repetitions while maintaining proper form and control.
11. Engage your core throughout the exercise to stabilize your body and prevent swinging.

Tips

- Start with a comfortable grip width and progressively widen it as you become more advanced.
- Avoid swinging or using momentum; focus on controlled movements.
- If you're unable to do a full pull-up initially, work on negatives by jumping up to the top position and lowering yourself slowly.

30. Chin-Ups



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<https://youtu.be/ekblei5qDTg>

How to Do

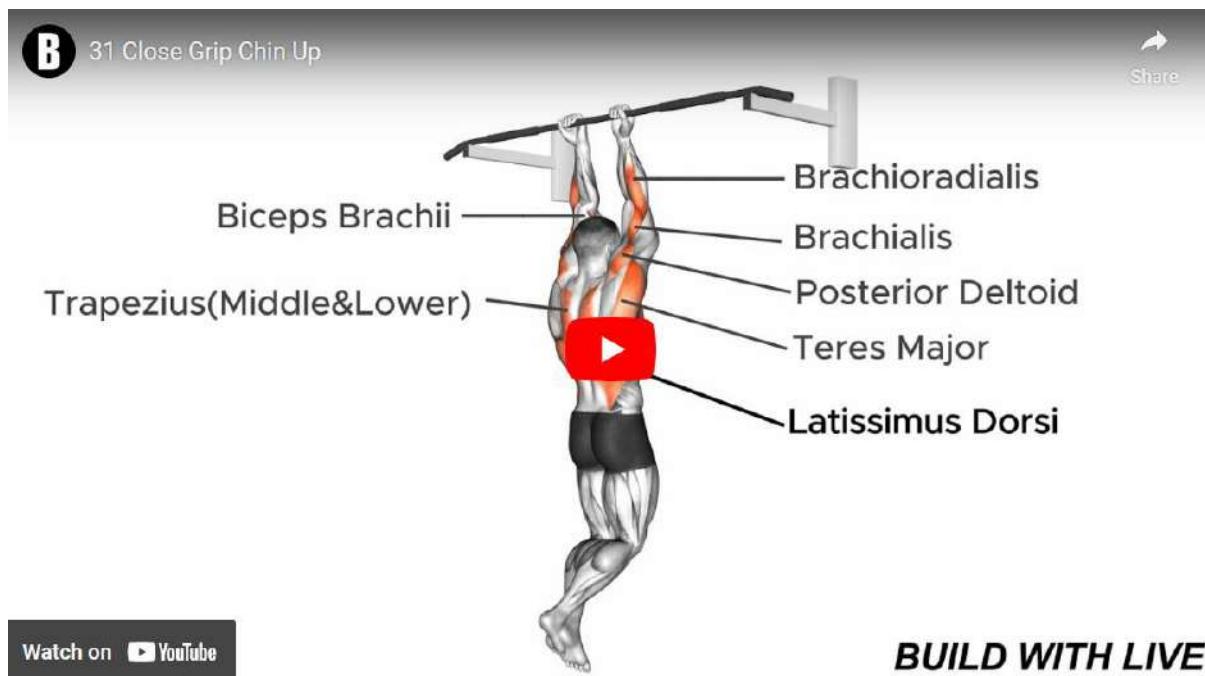
1. Find a sturdy horizontal bar, such as a pull-up bar, and ensure it can support your body weight.
2. Stand facing the bar with your feet together and your palms facing you (underhand grip).
3. Reach up and grasp the bar with your hands shoulder-width apart or slightly narrower.
4. Hang from the bar with your arms fully extended and your shoulders relaxed.
5. Engage your core and pull your shoulder blades down and back to prepare for the movement.
6. Begin the exercise by pulling your body upward toward the bar, exhaling as you do so.
7. Focus on using your back and arm muscles to lift your body until your chin is above the bar.
8. Squeeze your back muscles at the top of the movement and hold for a brief pause.
9. Lower your body back down in a controlled manner, inhaling as you extend your arms.
10. Repeat the chin-up for the desired number of repetitions while maintaining proper form and control.

11. Engage your core throughout the exercise to stabilize your body and prevent swinging.

Tips

- Start with a comfortable grip width and progressively widen it as you become more advanced.
- Avoid swinging or using momentum; focus on controlled movements.
- If you're unable to do a full chin-up initially, work on negatives by jumping up to the top position and lowering yourself slowly.

31. Close Grip Chin-Up



<https://youtu.be/LIYVnL1pGV4>

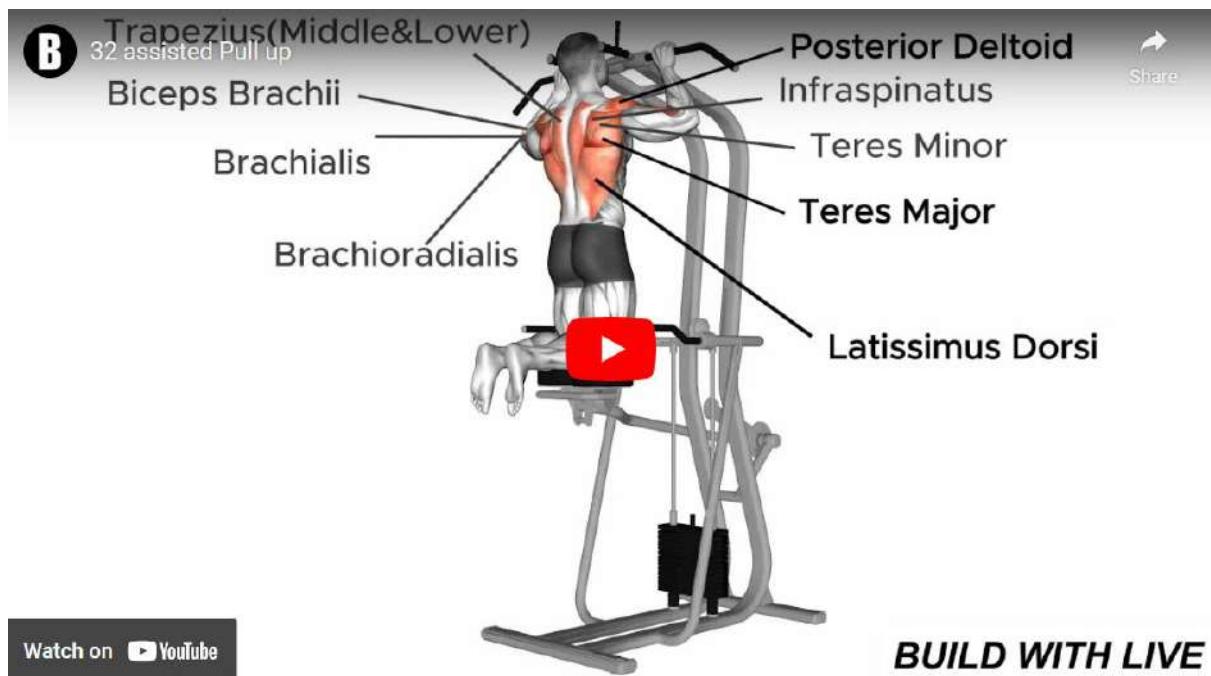
How to Do

1. Grasp a pull-up bar with an underhand grip, hands positioned closer together than shoulder-width apart.
2. Hang from the bar with your arms fully extended and your body straight.
3. Pull yourself up by bending your elbows, bringing your chest towards the bar while keeping your elbows close to your sides.
4. Lower yourself back down to the starting position with control, fully extending your arms.
5. Repeat for the desired number of repetitions, focusing on engaging your back and arm muscles throughout the movement.

Tips

- Maintain a tight grip on the bar with your palms facing towards you, hands positioned slightly closer than shoulder-width apart.
- Keep your elbows close to your sides throughout the movement to emphasize bicep and back engagement.
- Focus on pulling your chest towards the bar, squeezing your shoulder blades together at the top of the movement.

32. Assisted Pull-Up



<https://youtu.be/7awdRVJ64UI>

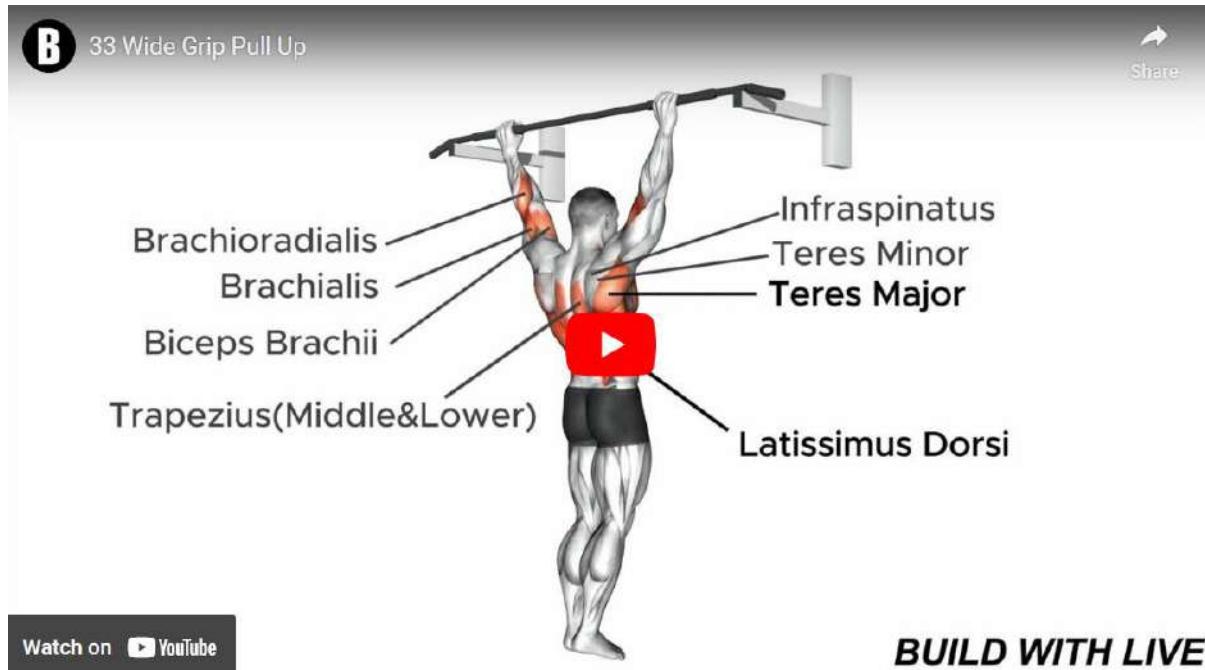
How to Do

1. Stand in front of an assisted pull-up machine. Place your hands by your sides with your chest up and head facing forward.
2. Set the assisted machine to the weight that allows you to achieve proper form.
3. Stand on a suitable raised platform. Grasp the pull-up handles with a shoulder-width grip and double overhand placement.
4. Inhale and engage your core. Step forward onto the assistance platform. Use a standing or kneeling position, depending on the machine.
5. Exhale and pull your body up to the bar until your chin is level. Pause briefly at the top position.
6. Inhale as you lower back to the starting position under control.

Tips

- Ensure you use an assistance weight that allows you to perform the correct rep range with good form.
- Slowly control both phases of the pull-up to ensure targeted muscle activation.
- Don't allow your chin to go higher than the bar height. Instead, bring it just in line.

33. Wide-Grip Pull-Up



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https://youtu.be/npkF_w9_cFc

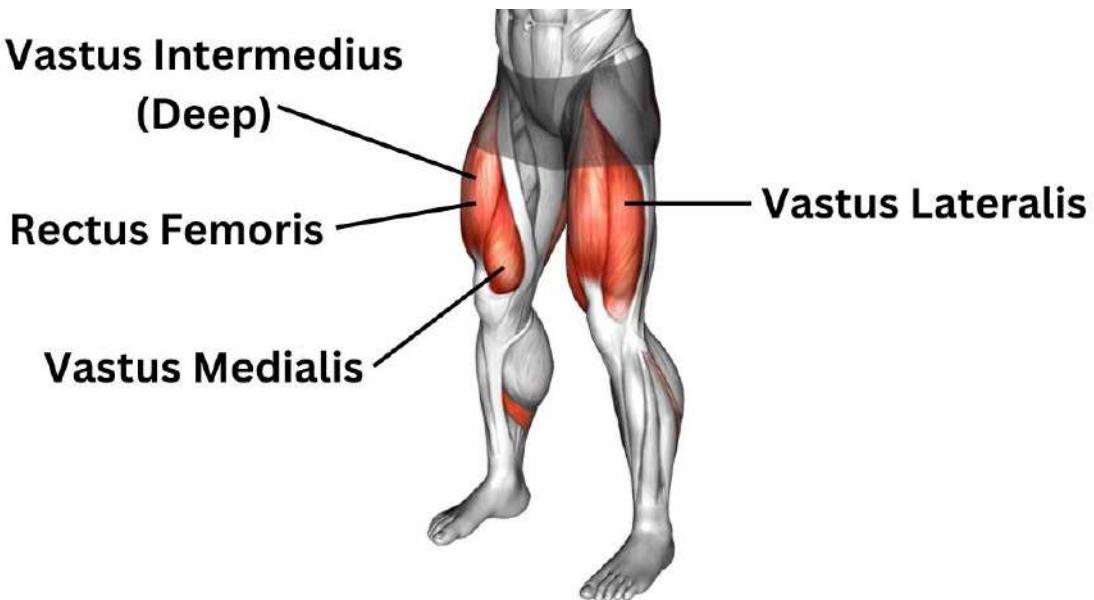
How to Do

1. Stand in front of a suitable pull-up bar with your arms by your sides.
2. Step onto a raised platform and grip the pull-up handles with your hands wider than shoulder-width. Use a double overhand grip, palms facing down.
3. Inhale and engage your core. Come forward off the raised surface and allow your body to dangle.
4. Exhale and pull your body up to the bar. Squeeze your back muscles as you reach the top position.
5. Pause briefly. Inhale and lower back to the starting position under control.

Tips

- Only pull as far as your range of motion allows. To limit potential muscle strains, avoid pulling too high over the bar.
- Try to use a raised platform when performing pull-ups. Avoid jumping up in order to maintain balance.

7. QUADRICEPS



Anatomy of The Quads

The quadriceps, or quads, are a group of four muscles that make up the front of your thigh. These muscles work together to straighten your knee and help flex your hip.

The rectus femoris is the centerpiece, running from your hip bone down to your kneecap. On the outer side of your thigh sits the vastus lateralis, the largest of the quad muscles. It helps keep your knee stable when you move.

On the inner side of your thigh is the vastus medialis, which helps keep your kneecap in place. Underneath these surface muscles lies the vastus intermedius, which adds power when you straighten your leg.

Together, these four muscles give your thigh its shape and strength, allowing you to walk, run, and jump.

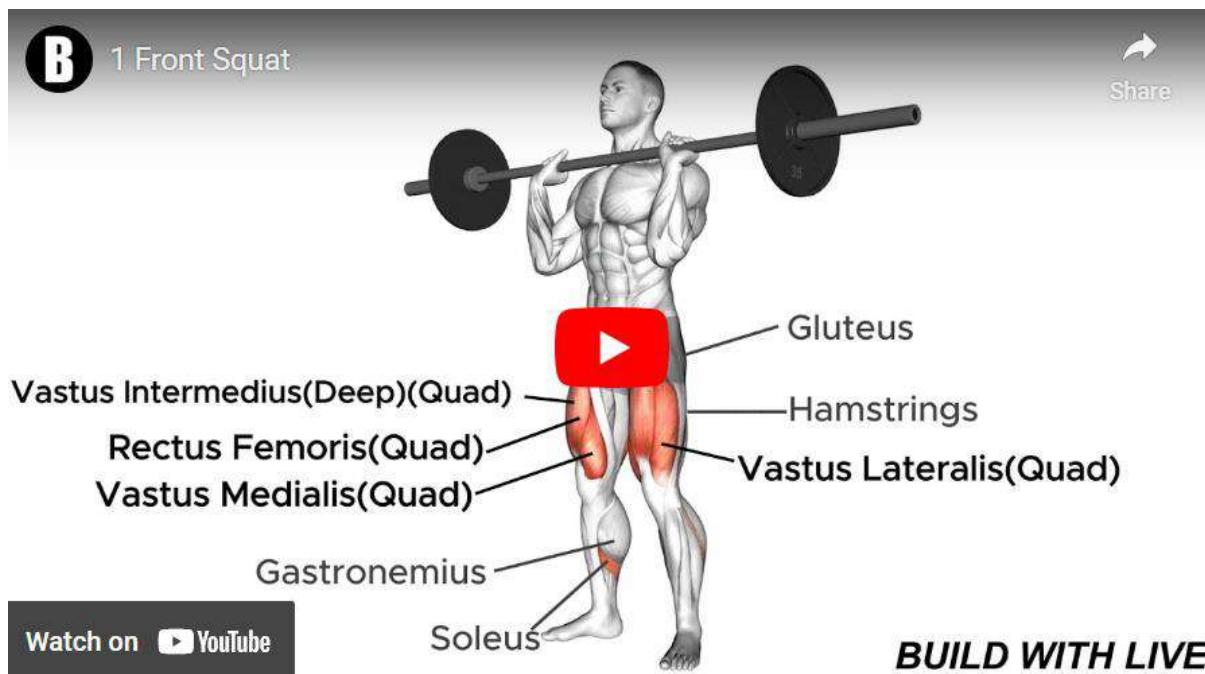
Muscles located at the front portion of your upper legs, below your pelvis and above your knees. Consists of four parts.



Exercises list of Quadriceps

- 1. Front Squat**
- 2. Smith Machine Squat**
- 3. Barbell Back Squat**
- 4. Dumbbell Squat**
- 5. Dumbbell Jump Squat**
- 6. Dumbbell Goblet Squat**
- 7. Dumbbell Sumo Squat**
- 8. Dumbbell Bulgarian Split Squat**
- 9. Dumbbell Split Squat**
- 10. Leg Press**
- 11. Leg Extension**
- 12. Dumbbell Step up**
- 13. Dumbbell Lunge**
- 14. Dumbbell Reverse Lunge**
- 15. Dumbbell Side Lunge**
- 16. Dumbbell Walking Lunge**
- 17. Smith machine Reverse Lunge**

1. Front Squat



<https://youtu.be/l4dyZrZdvPE>

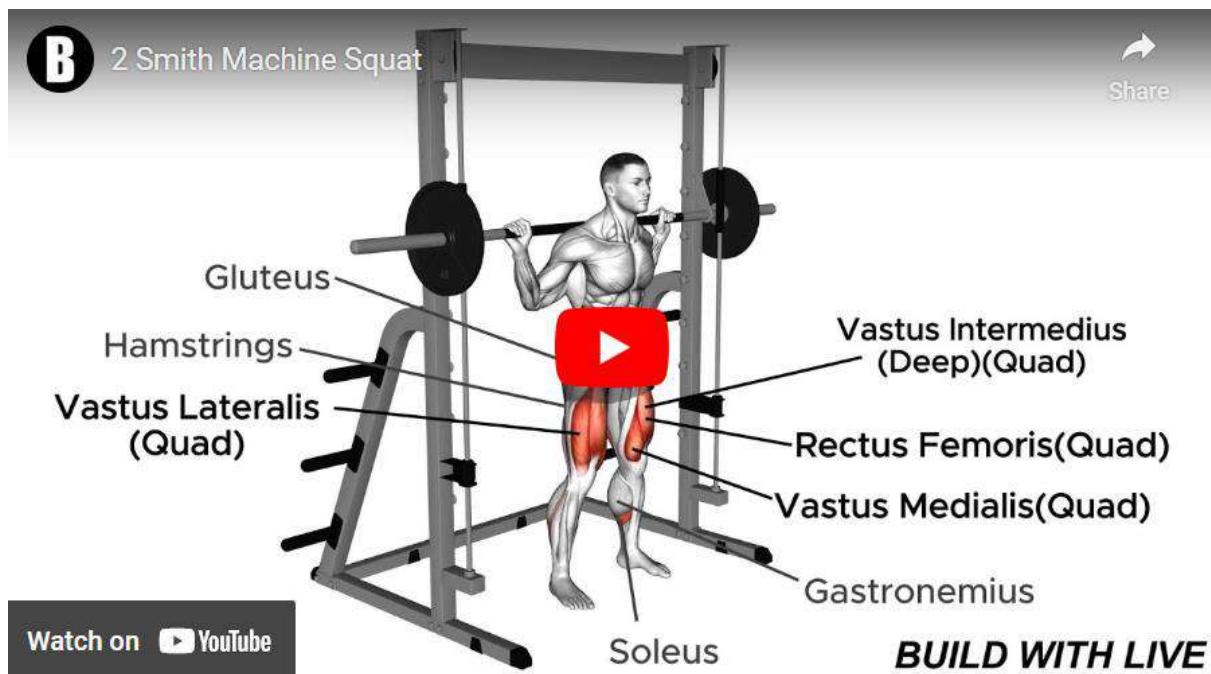
How to Do

1. Place a bar on a squat rack around shoulder height, load it up, and then slot in some safety pins at your bottom squat position.
2. Grasp the bar at a width apart and feet in front of the bar.
3. Flex the elbows and place the bar on the front of the shoulders/upper chest.
4. Place the feet shoulder-width apart and arch at the back slightly to get into the starting position.
5. Brace the core and extend at the knees and hips to drive the bar off the rack.
6. Take two or three steps back and reset your foot position.
7. Take a deep breath and brace at the core to ensure spinal neutrality throughout the movement.
8. Start releasing the breath while driving the weight on the heels, and bend at the knees and hips while getting into your squat position.
9. Take another deep breath and hold it.
10. Drive your weight into the midfoot, extend the knees and hips, then squeeze the glutes followed by releasing the breath.
11. Repeat the movement for the desired amount of reps, then re-rack the bar onto the squat rack.

Tips

- Practice holding the barbell across the front of your shoulders to master the rack position.
- Engage your core throughout the exercise by bracing your abs and maintaining an upright posture.
- Maintain proper knee alignment.

2. Smith Machine Squat



<https://youtu.be/9AUr86o1t-g>

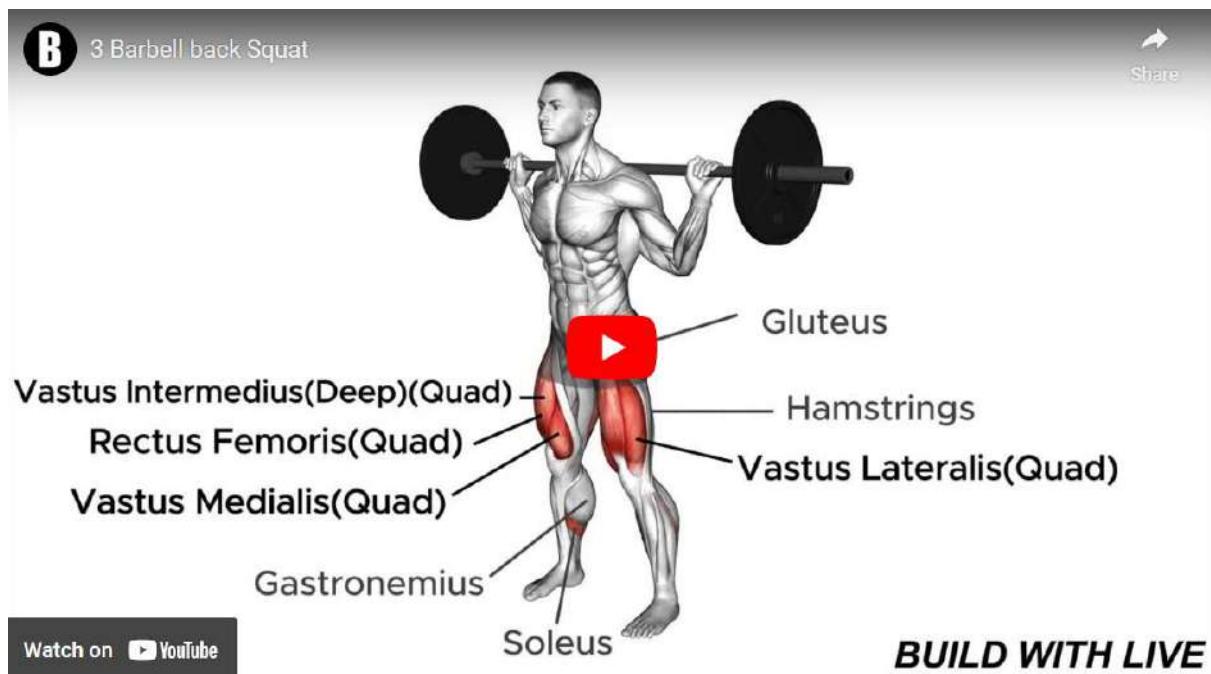
How to Do

1. Adjust the Smith machine bar to shoulder height. Stand with feet shoulder-width apart.
2. Set the appropriate weight for your fitness level and goals.
3. Stand with the bar behind you, resting on your shoulders.
4. Grip the bar with an overhand grip, hands slightly wider than shoulder-width.
5. Inhale and engage your core.
6. Exhale and slowly lower your body while supporting the bar with your shoulders. Focus on keeping your upper back straight and pushing your hips back like sitting on a chair.
7. Lower until your knees are fully flexed with your hips at knee level. Hold for one count while squeezing your glutes and quads.
8. Inhale as you slowly rise back up to the starting position.

Tips

- Keep your back straight and core engaged to prevent back injury.
- Use a manageable weight to maintain correct form and reduce injury risk. If you choose to increase weight, enlist the help of a partner or trainer at the gym.
- Focus on a proper breathing technique. Inhale to engage and lower, exhale as you push back up.

3. Barbell Back Squat



<https://youtu.be/4ziYyoUT3cE>

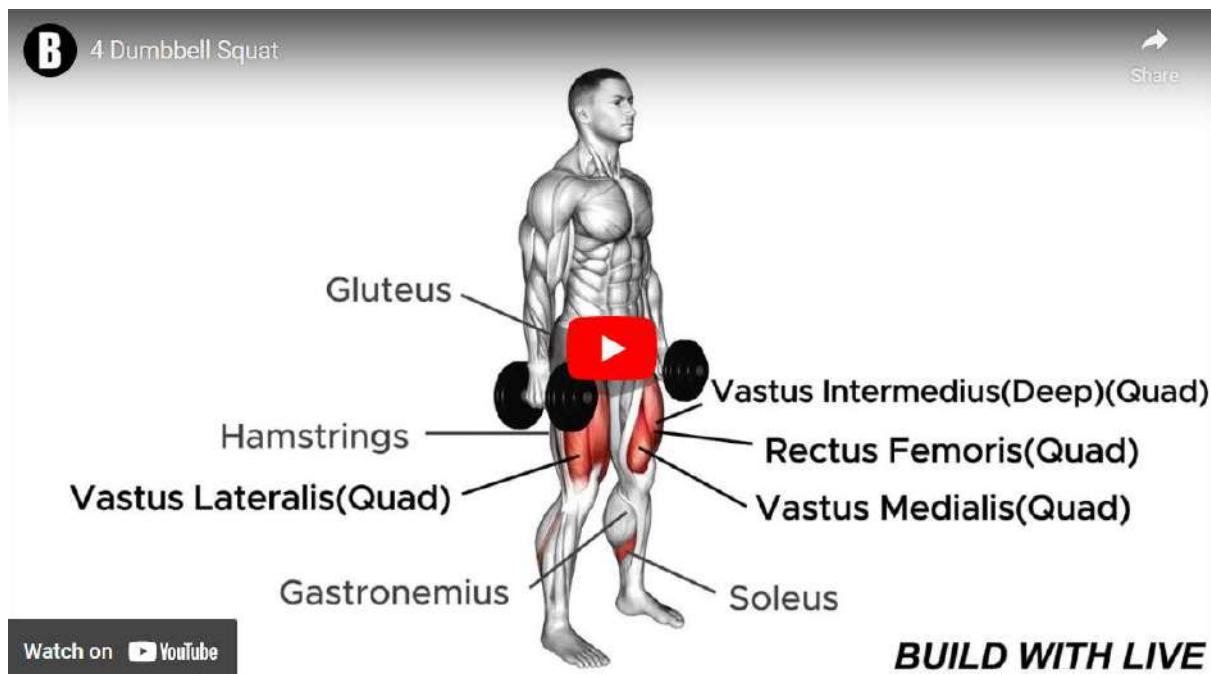
How to Do

1. Place a bar on a squat rack around shoulder height, load it up, and then slot in some safety pins at your bottom squat position.
2. Grasp the bar at shoulder width apart and feet flat in front of the bar.
3. Dip underneath the bar and pin the shoulder blades back to make a base.
4. Place the feet shoulder-width apart and in front of the bar to get into the starting position.
5. Brace the core and extend at the knees and hips to drive the bar off the rack.
6. Take 2-3 steps back and reset your foot position.
7. Take a deep breath and brace at the core to ensure spinal neutrality throughout the movement.
8. Start releasing the breath while driving the weight on the heels, and bend at the knees and hips while getting into your squat position.
9. Take another deep breath and hold it.
10. Press the weight into the midfoot, extend the knees and hips, then squeeze the glutes followed by releasing the breath.
11. Repeat the movement for the desired amount of reps, then re-rack the bar onto the squat rack.

Tips

- Maintain proper form to prevent injury and optimize results.
- Warm up your muscles and joints with dynamic stretches and mobility exercises before starting your session.
- Start with an appropriate weight and gradually increase the weight as your strength and technique improve.

4. Dumbbell Squat



<https://youtu.be/MO5OV9-eUQs>

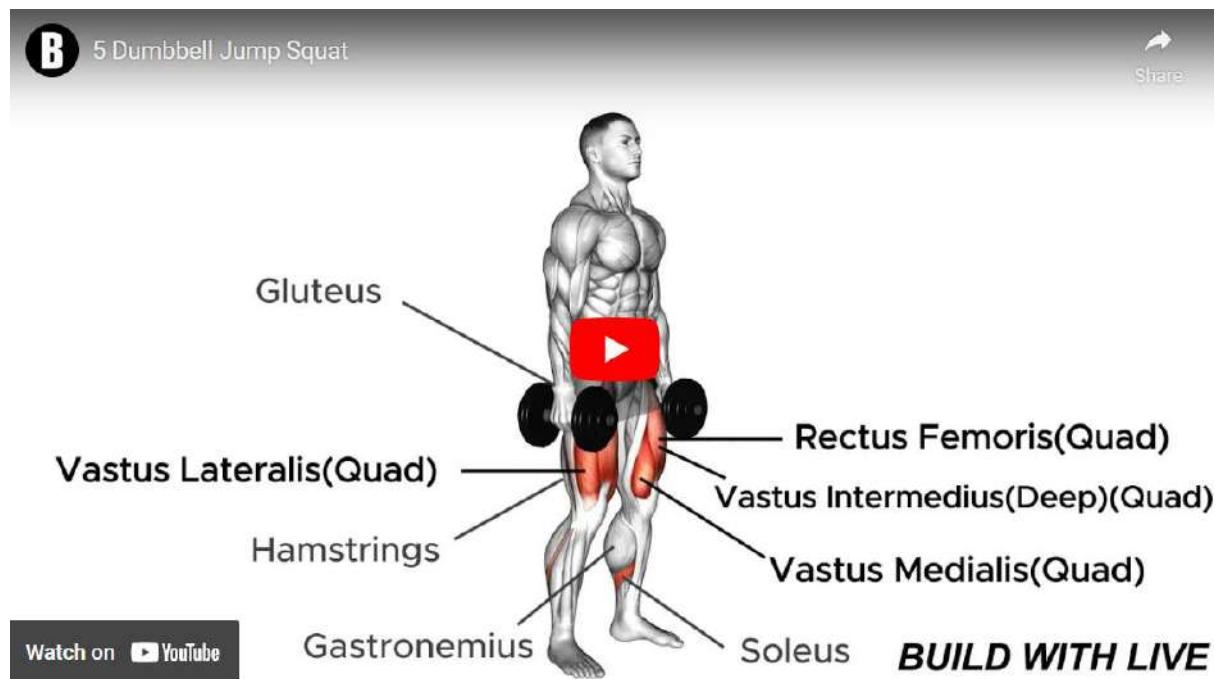
How to Do

1. Stand with feet hip-width or shoulder-width apart, depending on which stance is more comfortable for you.
2. Hold two dumbbells by each side of your body.
3. Lower your body, as though you were sitting in a chair.
4. Come down until your thighs are parallel to the ground if your flexibility allows you to.
5. Ensure your knees stay aligned with your toes throughout the movement.
6. Push through your heels to return to the starting position without locking your knees.

Tips

- Keep your chest up, look forward, and keep your back straight.
- Start with lighter weights to practice your form before increasing the weight of the dumbbells.
- If you are struggling to keep your hips back during a squat, try to use a bench as a guide. Touch your buttocks lightly on the bench each time you go down.

5. Dumbbell Squat



<https://youtu.be/5ptP0MSdw3U>

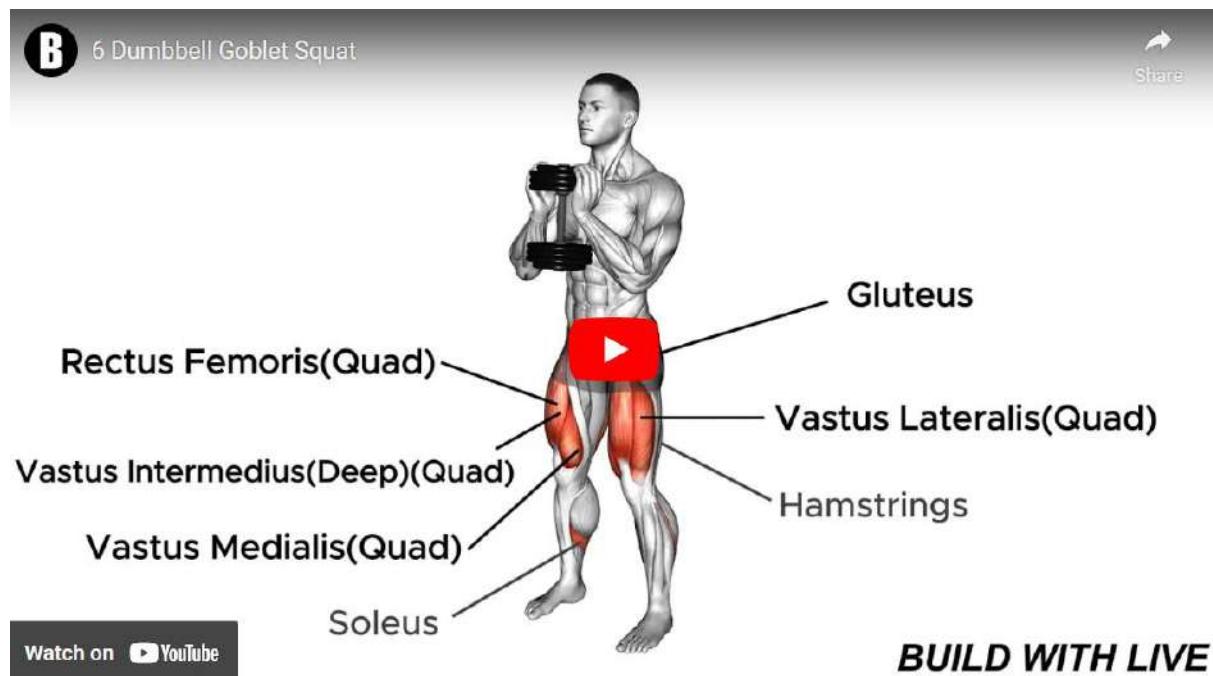
How to Do

1. Stand with feet hip-width or shoulder-width apart, depending on which stance is more comfortable for you.
2. Hold two dumbbells by each side of your body.
3. Lower your body, as though you were sitting in a chair.
4. Come down until your thighs are parallel to the ground if your flexibility allows you to.
5. Ensure your knees stay aligned with your toes throughout the movement.
6. Push through your heels to return to the starting position without locking your knees.

Tips

- Keep your chest up, look forward, and keep your back straight.
- Start with lighter weights to practice your form before increasing the weight of the dumbbells.
- If you are struggling to keep your hips back during a squat, try to use a bench as a guide. Touch your buttocks lightly on the bench each time you go down.

6. Dumbbell Goblet Squat



<https://youtu.be/jROgbbxikA0>

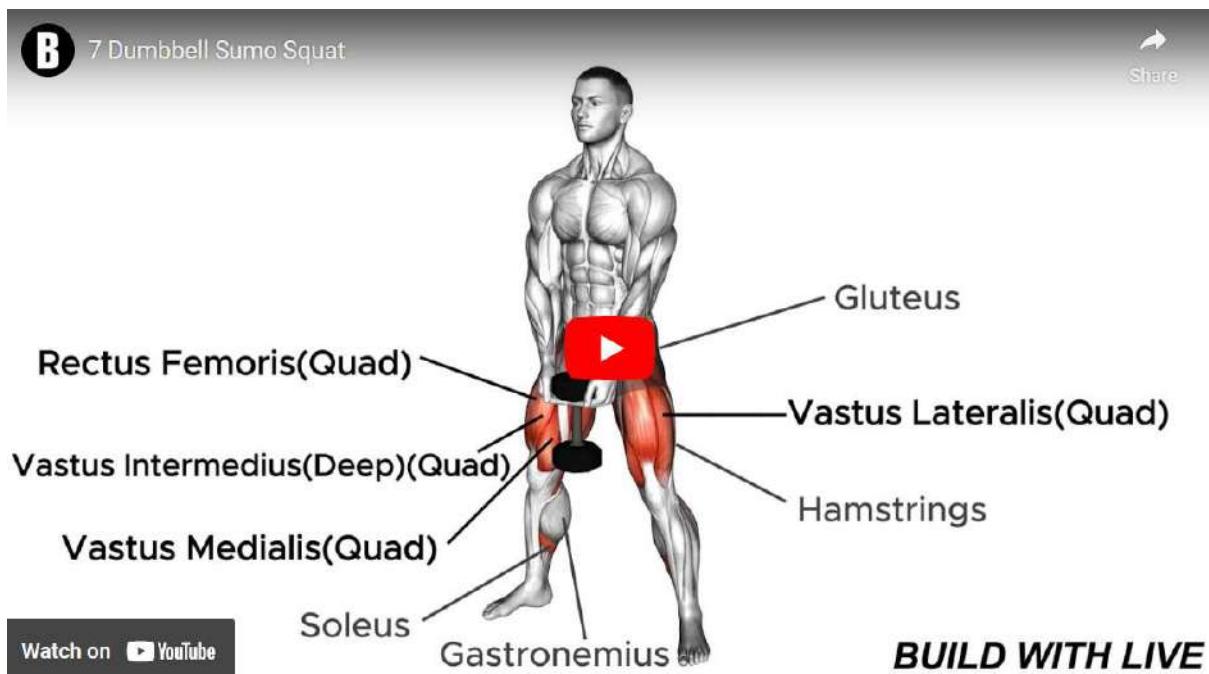
How to Do

1. Begin in a standing position with one dumbbell held in both hands at your chest and your feet slightly wider than hip-width.
2. Squat down until your thighs are about parallel to the floor.
3. Press through both legs to return to the starting position.
4. Use your core strength to try to keep your torso upright as you perform the goblet squat.

Tips

- Focus on proper breathing by inhaling as you lower into the squat and exhaling as you push back up, helping stabilize your core and maintain control.
- Use a dumbbell or kettlebell with a comfortable grip and ensure it's close to your chest during the exercise to promote balance and stability.
- To deepen the squat and engage your muscles more, aim to lower yourself until your thighs are parallel to the ground or as low as your mobility allows without compromising form.

7. Dumbbell Sumo Squat



<https://youtu.be/Q7FyzFEk6E4>

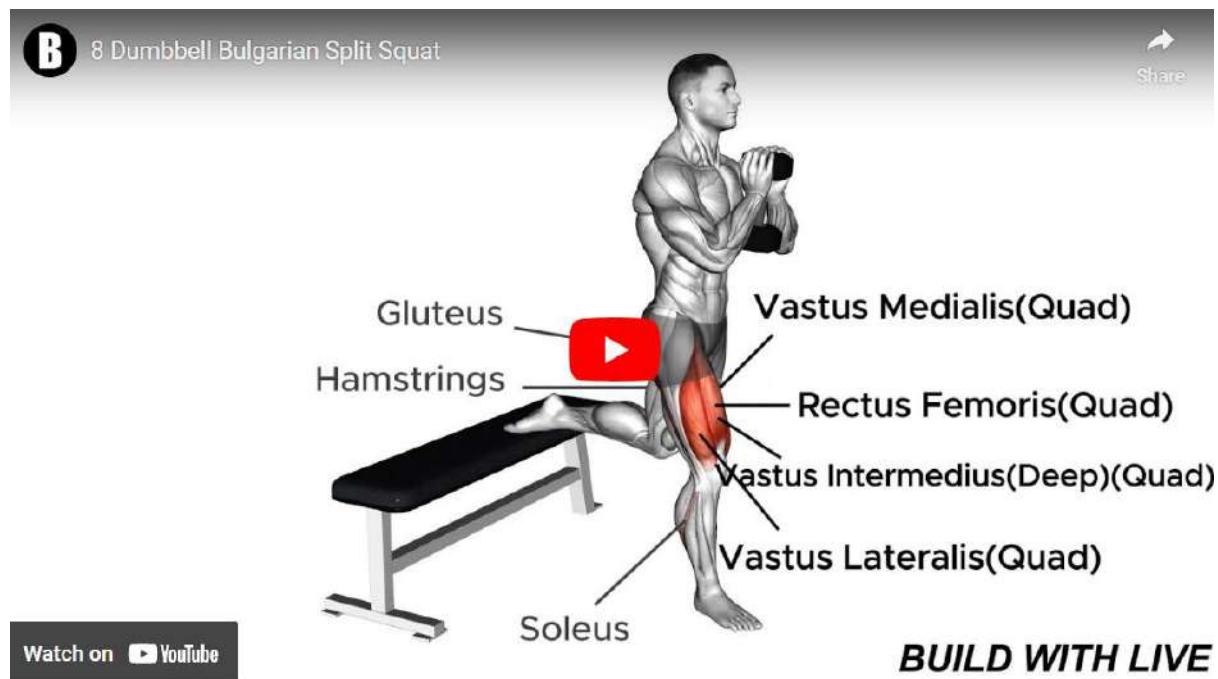
How to Do

1. Grab a dumbbell and hold it with both hands with your arms straight down in front of you.
2. Your feet should be wider than hip width and your toes pointed slightly outward.
3. Bend your knees and squat down until your thighs are parallel to the floor then press to come back up to the starting position.
4. When doing sumo squats, try to lower the dumbbell to the floor right in the middle of your feet, all while keeping your back straight.

Tips

- Maintain a wide stance and point your toes slightly outward to ensure proper Sumo Squat form.
- Keep your chest up, shoulders back, and core engaged throughout the exercise to maintain good posture.
- Lower yourself into the squat in a controlled manner, avoiding quick drops to prevent strain.

8. Dumbbell Bulgarian Split Squat



<https://youtu.be/RKL-Ay6obXM>

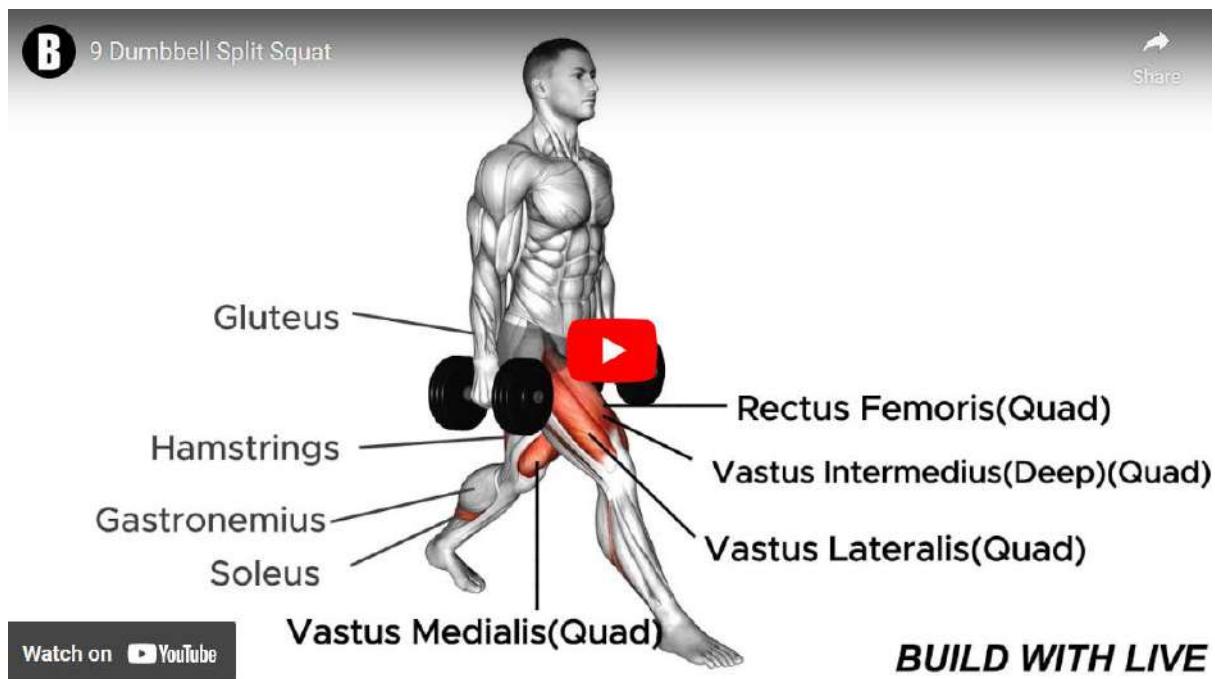
How to Do

1. For this exercise, you will need a bench or couch that is just lower than knee height.
2. Stand about 12-18 inches in front of it and, with your back facing the couch, place your right foot laces down on the bench, and your left foot on the floor.
3. Hold a dumbbell in each hand and bring most of your body weight into your left leg.
4. Lower yourself straight towards the ground until your left thigh is about parallel to the floor.
5. Your right knee should almost touch the ground.
6. Press through your left leg to bring yourself back to the starting position, then repeat for the right leg.

Tips

- Maintain proper alignment by ensuring your front knee stays above your ankle during the descent to prevent excessive strain on the knee joint.
- Engage your core muscles for added stability and to protect your lower back throughout the exercise.
- Focus on balance and control, lowering yourself in a slow and controlled manner to maximize muscle engagement and minimize the risk of injury.

9. Dumbbell Split Squat



https://youtu.be/I_YzSh7SHoA

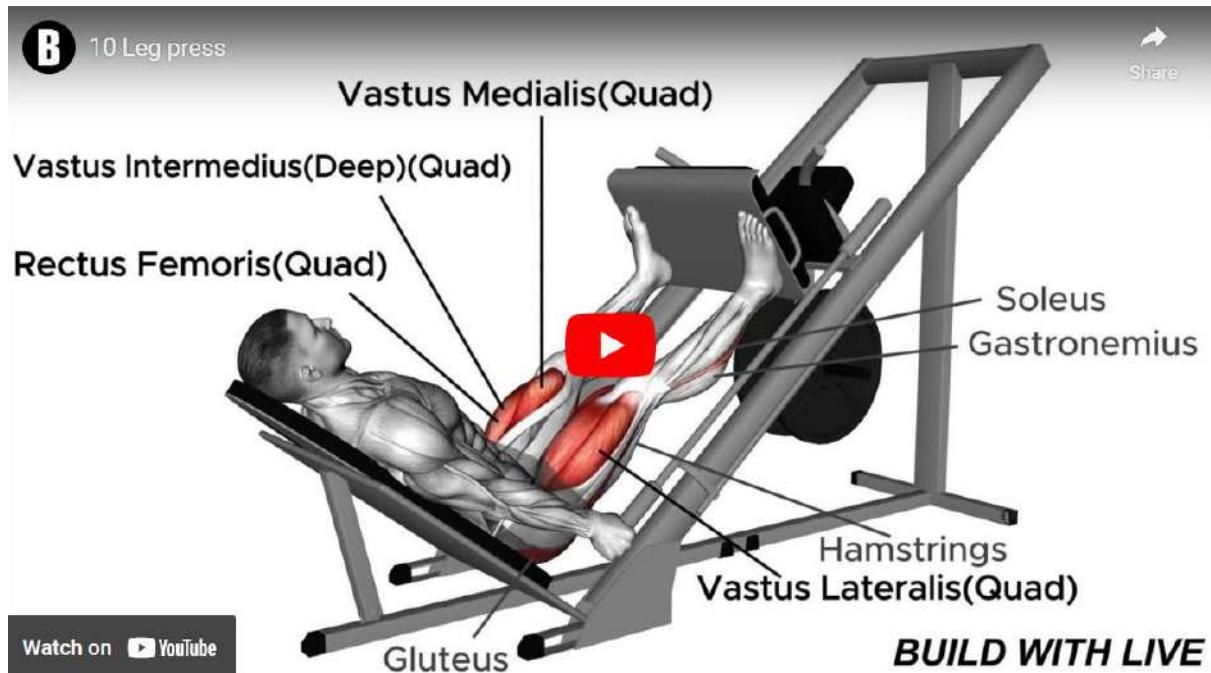
How to Do

1. Begin standing with feet shoulder-width apart. Hold a dumbbell in each hand, keeping shoulders down and back and chest open.
2. Take a large step forward with your right foot, keeping your torso upright. Your weight should be through the ball of your left foot and the entire right foot. Your hips should be neutral and forward.
3. With shoulder blades down and back, inhale and engage your core. Bend both knees, bringing the left knee down toward the floor. Your right thigh should be parallel to the floor.
4. Pause just above the ground. Exhale, squeeze your glutes and press firmly through your right foot to bring yourself to a standing position. Repeat as desired, then alternate legs.

Tips

- Both knees should be at 90-degree angles when you're at the bottom of the split squat.
- If balance is an issue, ensure your feet are wide enough apart. Many people like to imagine walking on train tracks rather than a tightrope. This visual can help maintain the correct distance between your feet for balance.
- Ensure you don't slam your knee into the ground on the descent. Maintain control.

10. Leg Press



https://youtu.be/uKg_89qmBKQ

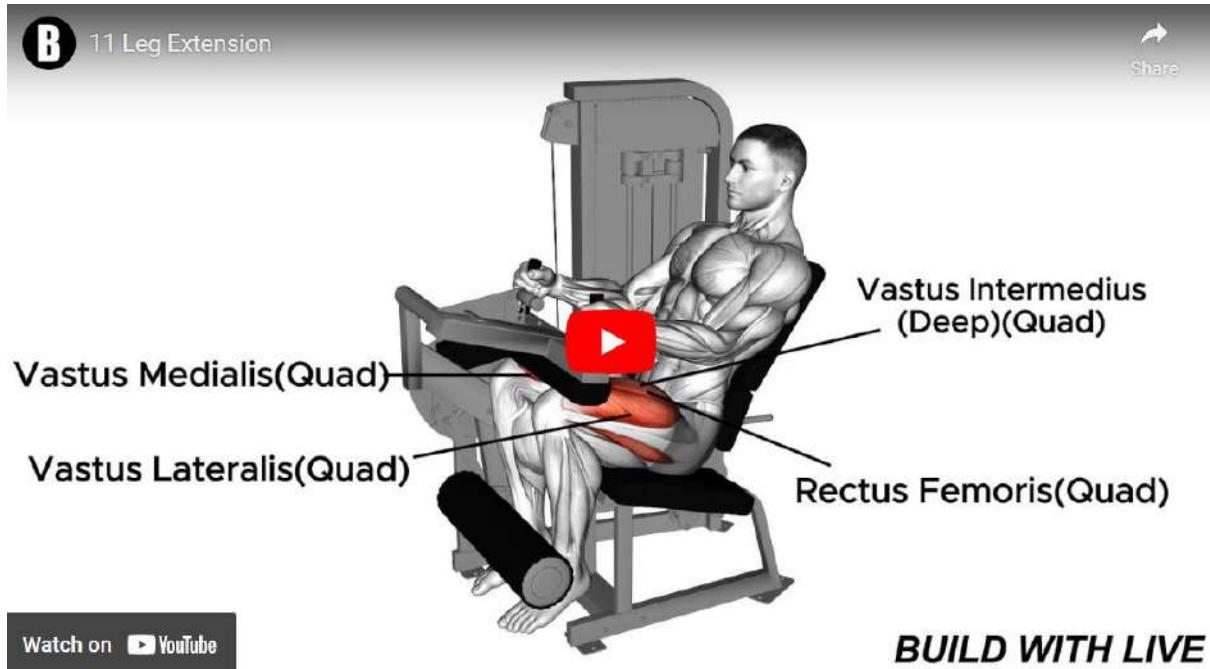
How to Do

1. Sit on the leg press machine and select your load.
2. Place the feet hip-shoulder width apart and the feet at an 11 o'clock and 1 o'clock angle on the leg press platform.
3. Brace the core take a deep breath and press the platform off followed by releasing the safeties.
4. Shifting the weight onto the heels, bend at the knees to bring the platform closer to the body, while slowly releasing the breath.
5. Take another deep breath, then Press the platform from the mid-foot and extend at the leg, once the knees reach a 90-degree or shorter angle.

Tips

- Adjust the machine for proper alignment.
- Focus on engaging your glutes and hamstrings throughout the movement.
- Control the movement and avoid locking your knees.

11. Leg Extension



<https://youtu.be/aifqHfRKAq0>

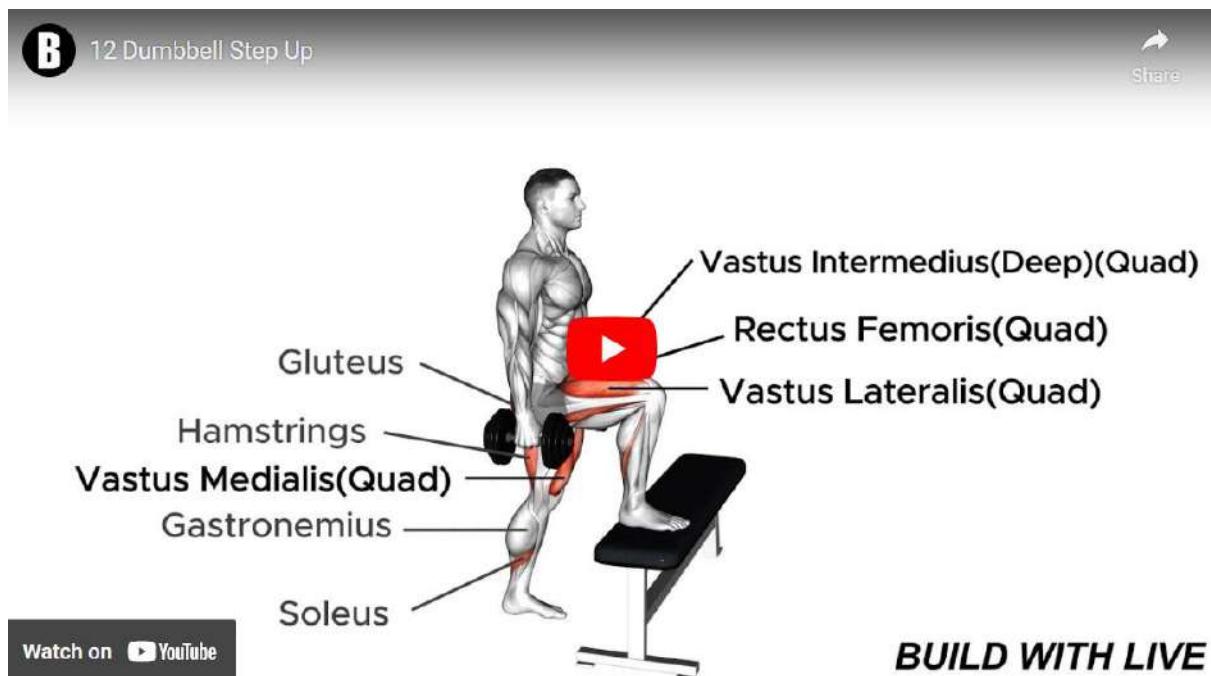
How to Do

1. Sit on a leg extension machine with the lowest part of the shins against the extension pad.
2. Select the desired weight for the targeted rep range.
3. Hold the leg extension handles, brace the core, and take a deep breath.
4. Extend the knees and lift the pad, more formally known as keeping the lower legs straight.
5. Slowly lower the leg extension pad and then repeat the movement.

Tips

- Adjust the machine to fit your body.
- Focus on squeezing your quadriceps at the top of the movement.
- Avoid locking your knees to prevent potential injuries.

12. Dumbbell Step-Up



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<https://youtu.be/CjNP15OL1fA>

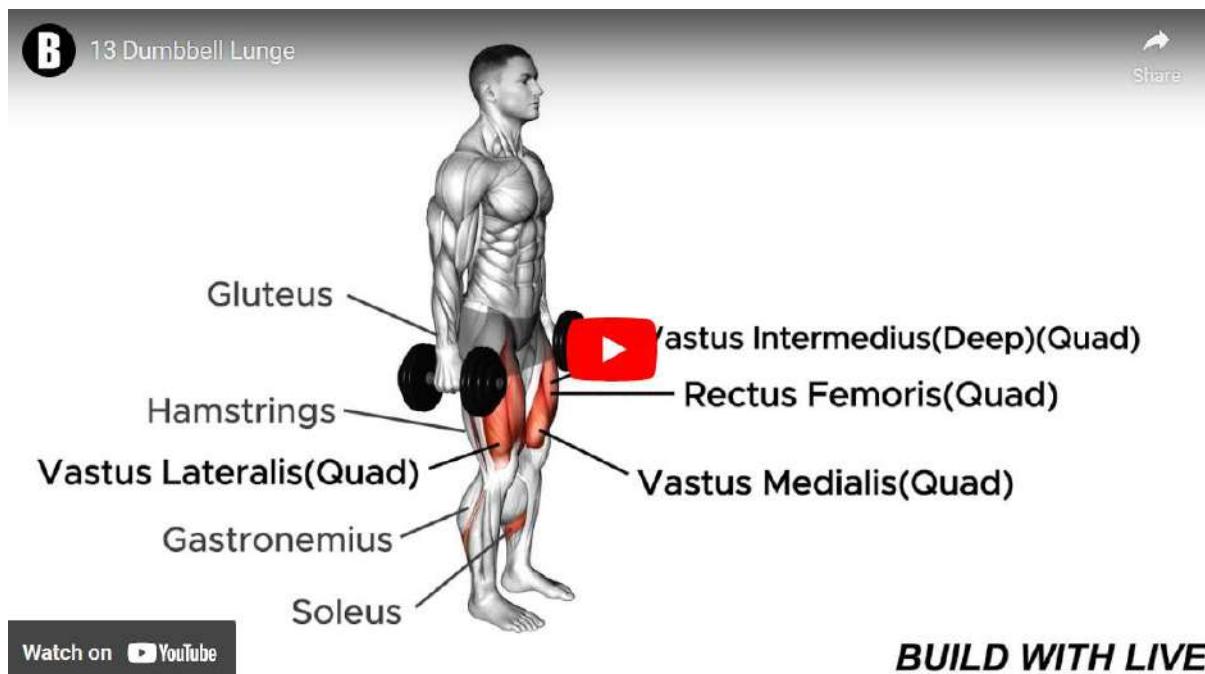
How to Do

1. Begin standing with feet hip-width apart next to a stable box or bench. Grasping two dumbbells by the handles, turn palms facing your thighs. Keep your chest high and your shoulder blades retracted.
2. With your core engaged, bring your right foot up and place it on the top of the box or bench. Keep your torso vertical and exhale, pressing through your right foot to bring yourself to stand on the box. The non-working leg can assist on the way up, but the focus should be on the foot on the box.
3. Pause at the top, tapping your left toe on the box for stability if needed. With your right leg still loaded, slowly lower yourself to the floor. Alternate as desired.

Tips

- If needed, start the exercise at a lower box or bench, then progress to higher elevations as desired. This can also ensure proper form and technique as you make the movement more challenging.
- To avoid injury, keep your knee in line with your ankle and hip as you step onto the box.

13. Dumbbell Lunge



https://youtu.be/rYYVYZBj_yE

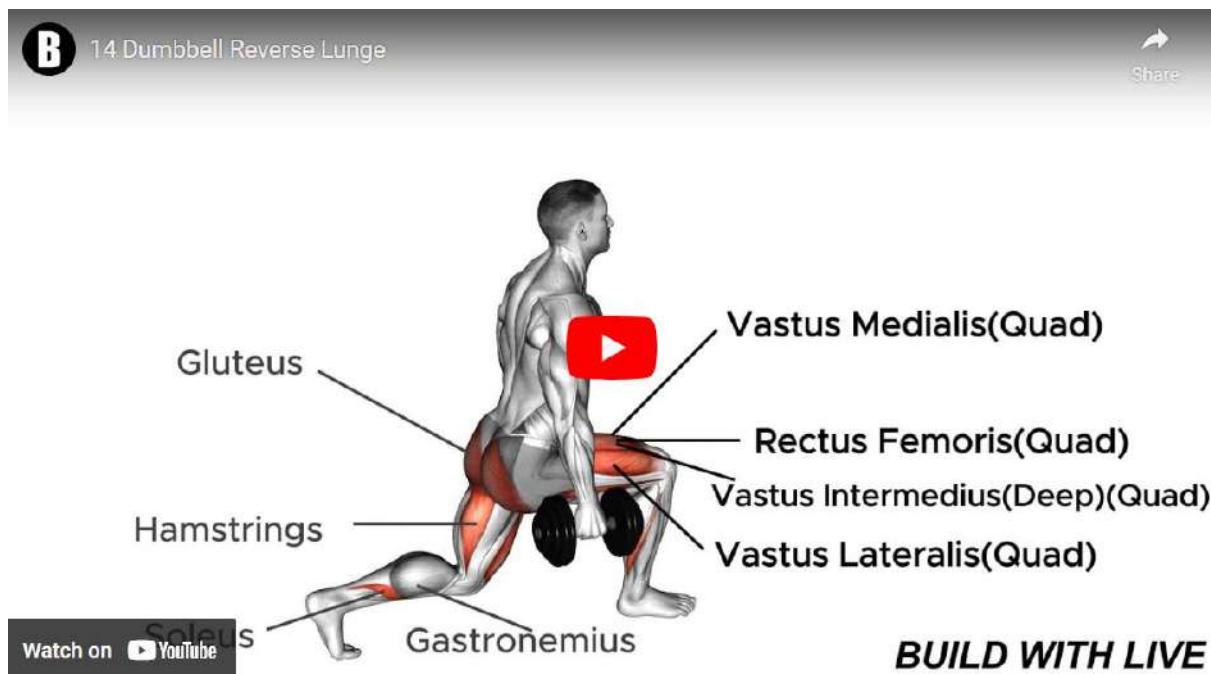
How to Do

1. Begin in a standing position with your feet hip-distance apart. Grasp two dumbbells by the handles, and turn your palms facing your thighs. Keep your chest high and your shoulder blades retracted.
2. Take a large step forward with your right foot, keeping your torso upright. Your weight should be through the ball of your left foot and the entire right foot. Your hips should be neutral and forward.
3. With shoulder blades down and back, inhale and engage your core. Bend both knees, bringing the left knee down toward the floor. Your right thigh should be parallel to the floor.
4. Pause just above the ground. Exhale, squeeze your glutes and press firmly through your right foot to bring yourself back to the starting position. Your feet should now be hip-distance apart.
5. Repeat as desired.

Tips

- Ensure that your knees stay directly over your ankle bones.
- Stay in control of the movement. Avoid hitting your knee on the ground.

14. Dumbbell Reverse Lunge



<https://youtu.be/ZoFvpLZoyck>

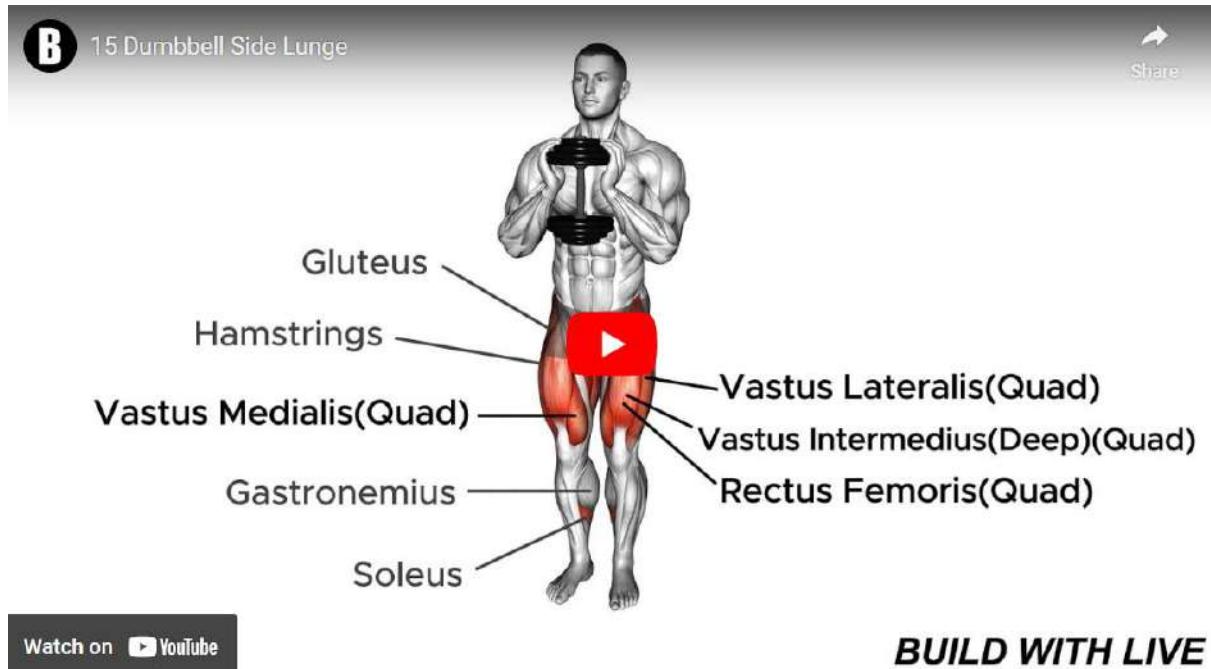
How to Do

15. Stand with one dumbbell in each hand and your arms at your sides.
16. Your left foot stays in front while you step back with your right foot then lower yourself towards the ground until your front and back knees are both bent to about 90 degrees.
17. Press up to the starting position and bring your right foot forward to meet your left.
18. You can either do all repetitions on one leg or alternate.

Tips

- Ensure your front knee remains aligned with your ankle and doesn't extend past your toes during the lunge to prevent excessive stress on the knee joint.
- As you step back into the lunge, maintain a controlled and slow tempo to maximize muscle engagement and stability.
- Engage your core throughout the exercise to stabilize your spine and enhance overall balance.

15.Dumbbell Side Lunge



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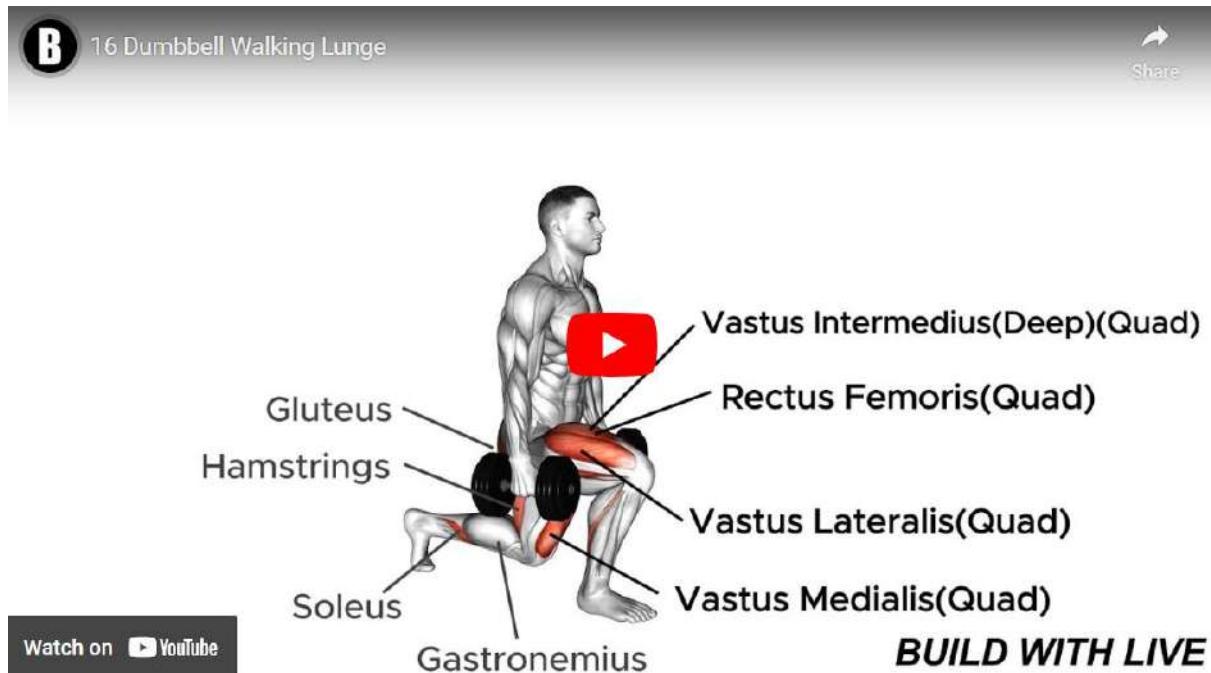
How to Do

1. Begin standing, holding a dumbbell by the head in front of your chest. Your core should be engaged, and your shoulder blades should be retracted.
2. Inhale and take a wide step to the right with your right foot. Keeping your chest high, sink your hips down and back, allowing the right knee to bend. The left leg should remain straight, with a soft knee bend.
3. Exhale while firmly pressing through the right foot to return to standing. Alternate as desired.

Tips

- Keep the chest up and eyes forward for the duration of the movement. It's easy to lean forward as you lunge, but engage your core and remain upright for proper form.
- If you are hinging forward excessively, decrease your dumbbell weight as needed.

16.Dumbbell Walking Lunge



<https://youtu.be/8NEaLdOSjGc>

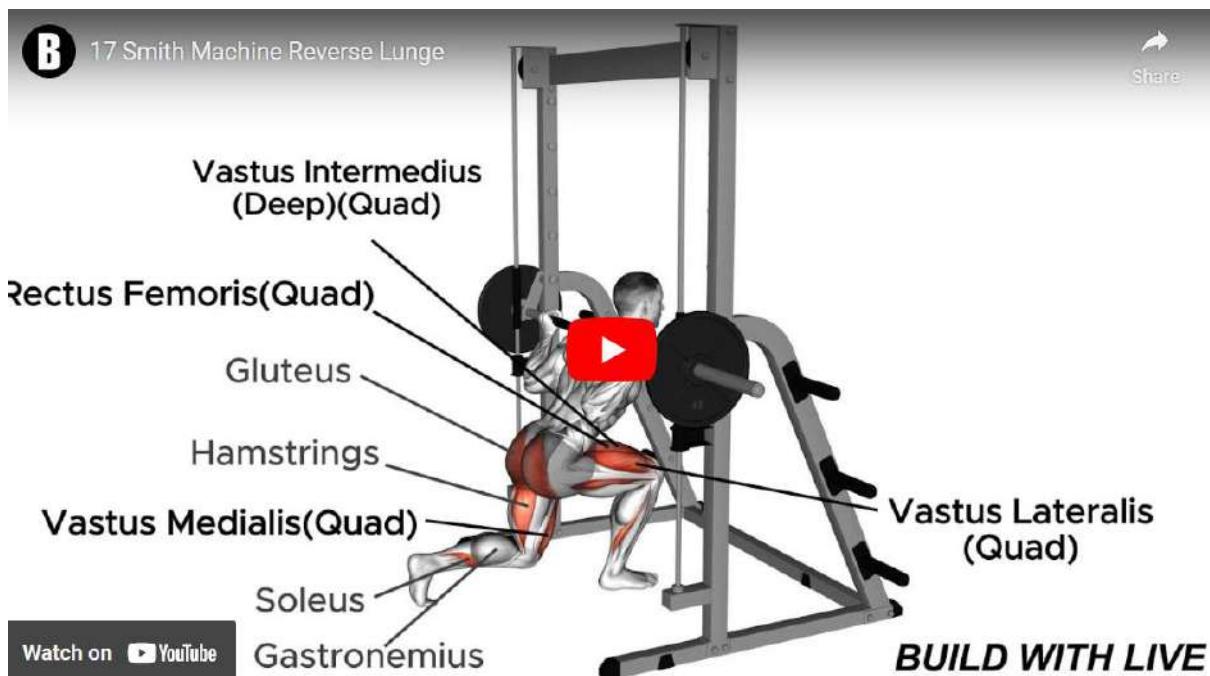
How to Do

1. Stand holding dumbbells by your sides and feet hip-width apart.
2. Lunge forward with one leg, allowing plenty of room to bend both knees.
3. Lower your body until both knees are at about a 90-degree angle.
4. Push through your front foot and bring the back foot forward.
5. Keep moving forward, alternating legs until you complete the desired reps.

Tips

- Keep your strides short to draw focus on the quadriceps. The longer the stride, the more shift there is to the glutes.
- Keep your torso upright and core engaged throughout the movement.
- Push through the entire foot and not just the toes.
- Keep the movements smooth and controlled.
- Breathe normally throughout the set.

17. Smith Machine Reverse Lunge



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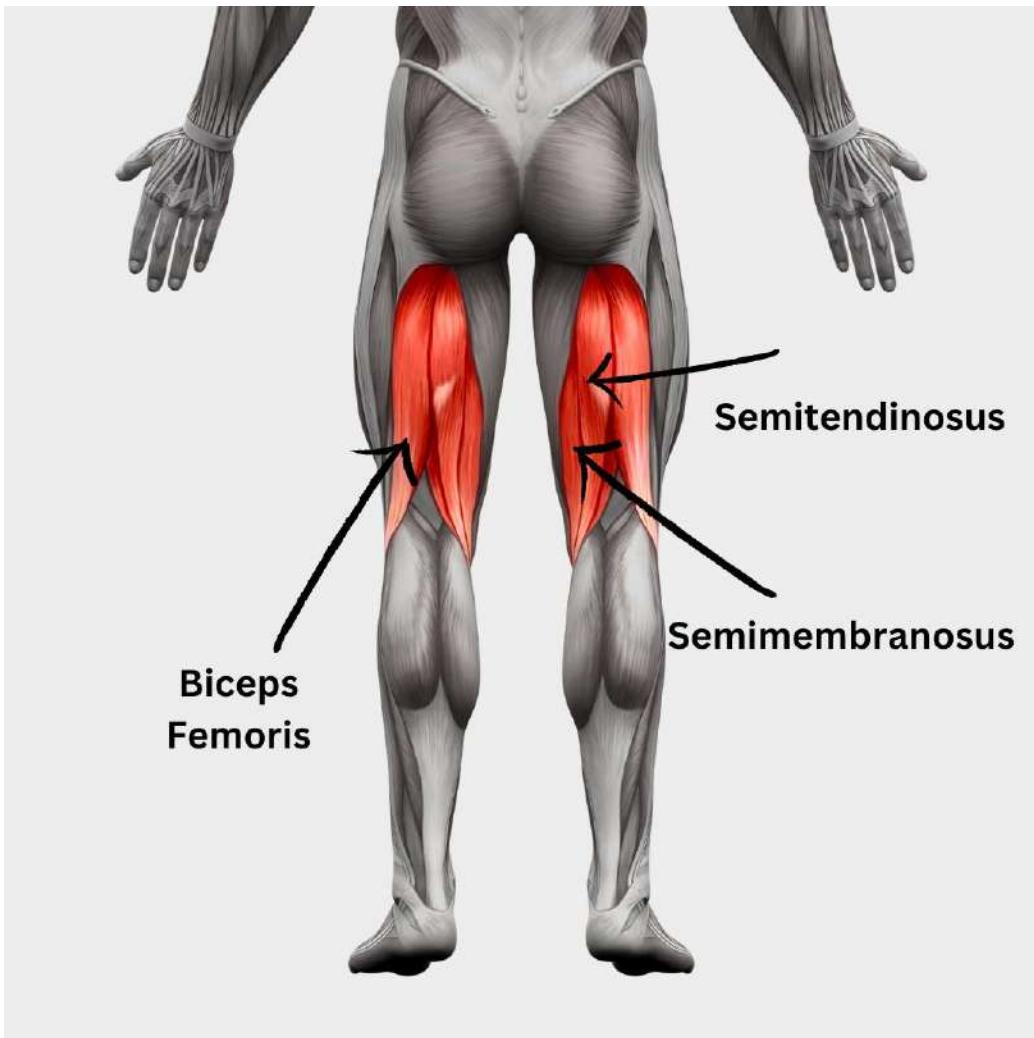
How to Do

1. Adjust the Smith machine bar to shoulder height.
2. Load the appropriate weight for your fitness level and goals.
3. Stand in front of the bar with it resting on your shoulders.
4. Grip the bar with an overhand grip (palms facing forward), hands slightly wider than shoulder-width.
5. Inhale and engage your core.
6. Step back with your right foot, lowering the knee to full flexion while supporting the bar with your shoulders.
7. Hold for one count at the bottom, squeezing the glutes and thigh muscles.
8. Exhale as you slowly step back up to the starting position.
9. Repeat on the other side. Perform the desired number of reps and sets, maintaining control and stability throughout the movement.

Tips

- Focus on steady movements and core engagement to maintain proper balance and control.
- Use a lighter weight at first to perfect your form and reduce injury risk. Request spotting assistance from a partner or trainer when you are ready to increase weight.
- Engage your glutes and thighs throughout the exercise to maximize muscle activation.

8. HAMSTRING



Anatomy of The Hamstrings

The hamstrings are a group of three muscles located at the back of the thigh. They are primarily responsible for knee flexion (bending the knee) and hip extension (moving the thigh backward).

By deepening your understanding of hamstring anatomy, you can improve your mind-muscle connection, which can affect overall muscles growth

Biceps Femoris

The biceps femoris is the only hamstring muscle with two heads (long and short). The long head originates from the pelvis, like the other hamstring muscles. The short head, on the other hand, originates from the femur (upper thigh bone).

Unlike the biceps femoris long head, and other hamstring muscles, the short head of the biceps femoris does not extend across the hip joint. Because of this, it is not involved in hip extension (straightening the hips).

Semitendinosus and Semimembranosus

These two muscles have the same point of origin, although the semimembranosus inserts closer to the knee joint.

Because of this, they both play a similar role during movement. They are involved in internally rotating the leg, flexing the knee, and extending the hip.

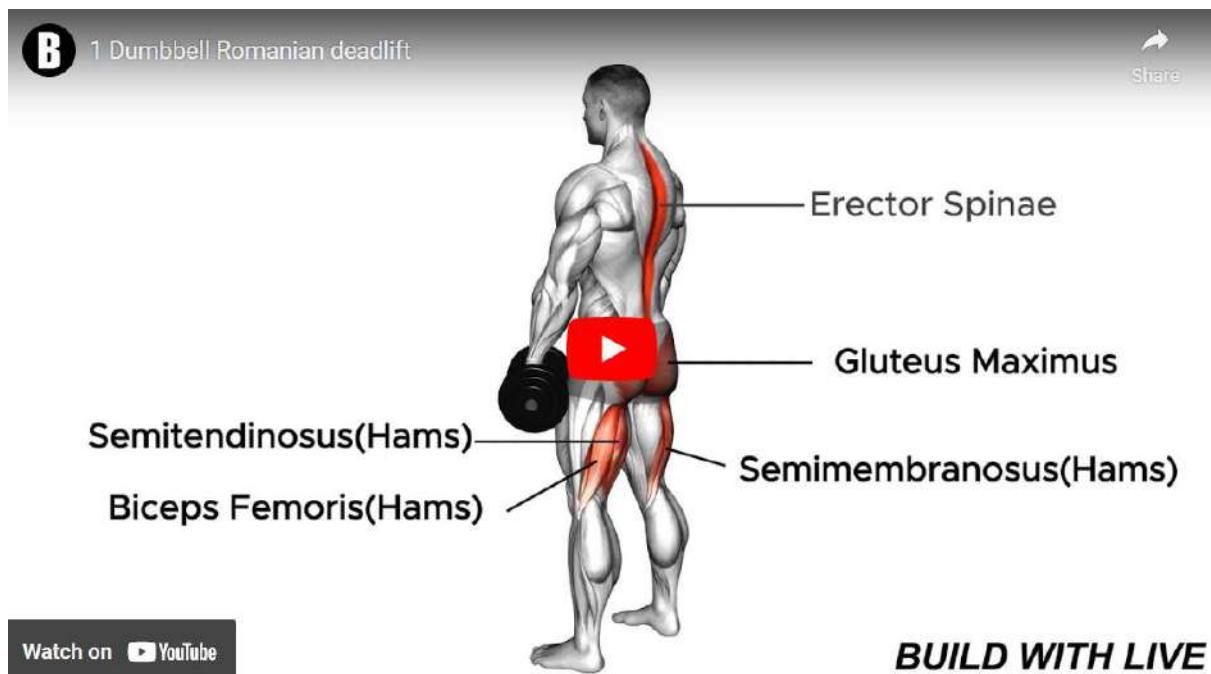
**Muscles located at the back of your upper leg, below your glutes and above your calves.
Consists of three muscles.**



Exercises list of Hamstring

- 1. Dumbbell Romanian Deadlift**
- 2. Dumbbell Single-Leg Deadlift**
- 3. Dumbbell Leg Curl**
- 4. Dumbbell Stiff-Leg Deadlift**
- 5. Machine Leg Curl**
- 6. Hyperextension**
- 7. Dumbbell Deadlift**
- 8. Dumbbell Sumo Squat**

1. Dumbbell Romanian Deadlift



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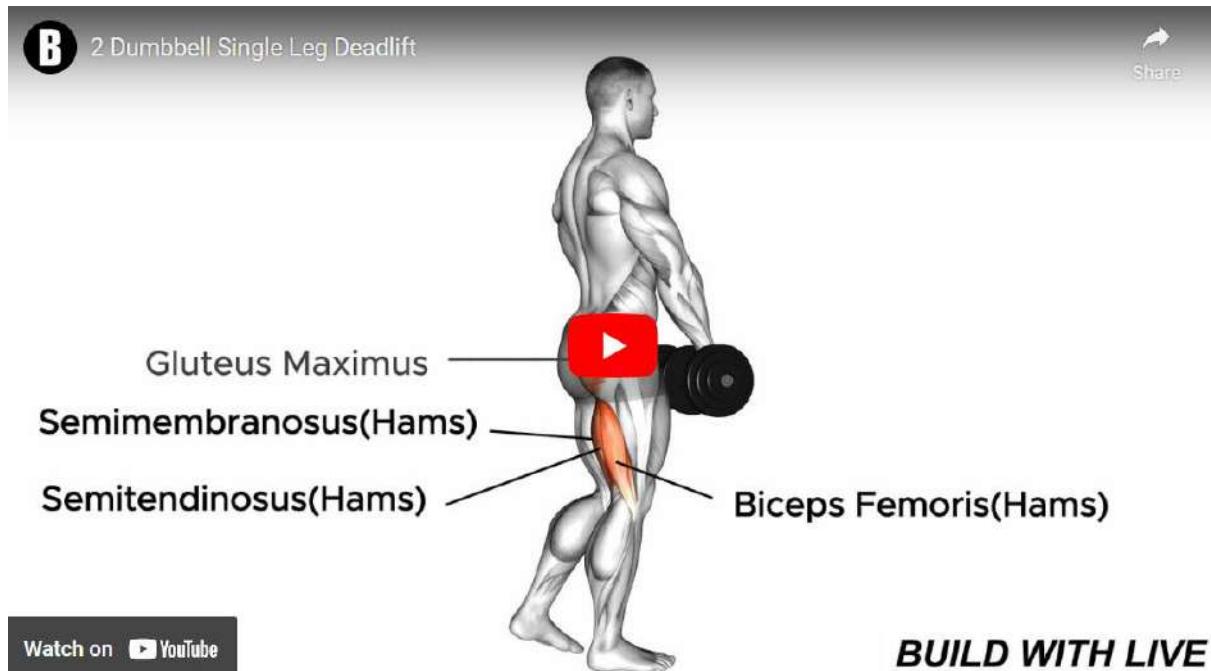
How to Do

1. Stand tall holding a dumbbell in each hand with your knees slightly bent, feet hip-width apart and toes pointing forward.
2. Bend forward only at the hips and trace the front of your legs with the dumbbells.
3. Imagine that you are trying to close a door with your hips; they should move slightly backward.
4. Pull your shoulder blades together to help keep your spine straight as you are bending forward.

Tips

- Maintain a slight natural arch in your lower back, avoiding excessive rounding or hyperextension, to protect your spine.
- Keep a neutral head position, looking straight ahead or slightly downward, to maintain proper spinal alignment.
- Perform in a controlled manner, emphasizing the eccentric (lowering) phase of the exercise to maximize muscle engagement and reduce the risk of injury.

2. Dumbbell Single-Leg Deadlift



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<https://youtu.be/H8W6kYVglM8>

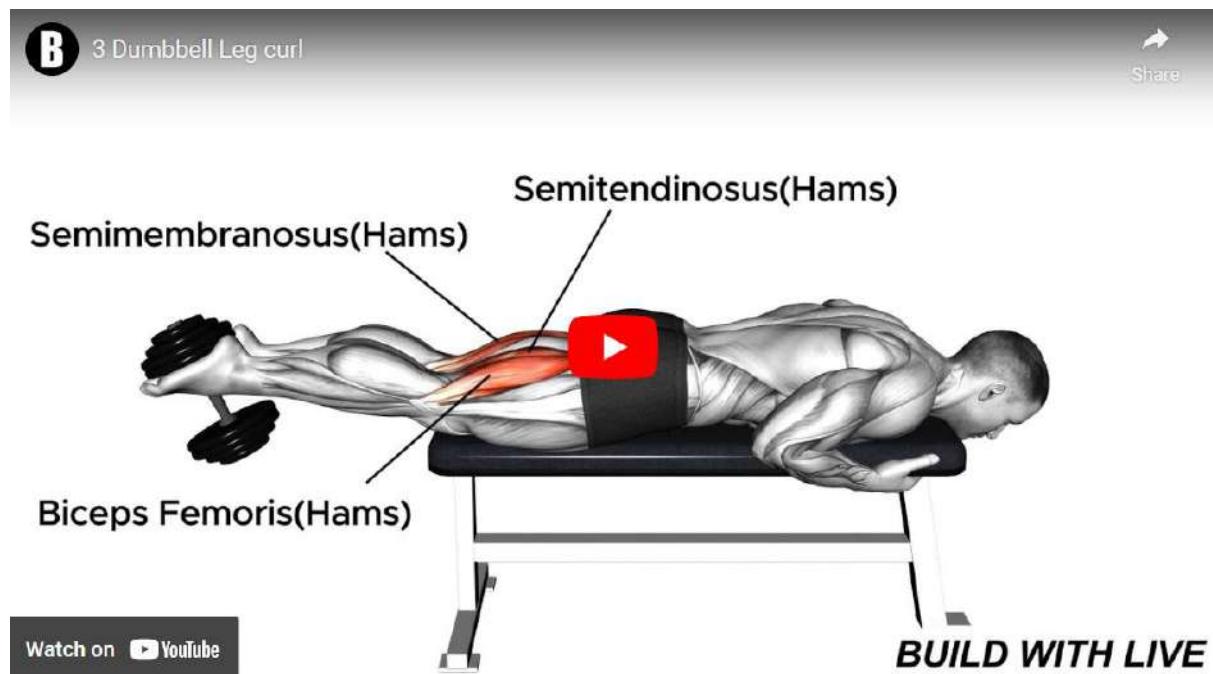
How to Do

1. Hold a dumbbell in each hand and balance on just your right leg with your left leg in the air behind you.
2. Keep your right leg straight as you lean forward at the hips to lower the weights towards the ground.
3. Use your core muscles to keep your spine straight.
4. Once the weights are just lower than your knee, return to the starting position.

Tips

- Focus on a fixed point in front of you to help with balance and stability during the movement.
- Keep your core engaged throughout the exercise to provide additional support for your lower back and maintain proper form.
- Perform the exercise on both legs to maintain balanced strength and stability.

3. Dumbbell Leg Curl



<https://youtu.be/l9hsHfkyFrA>

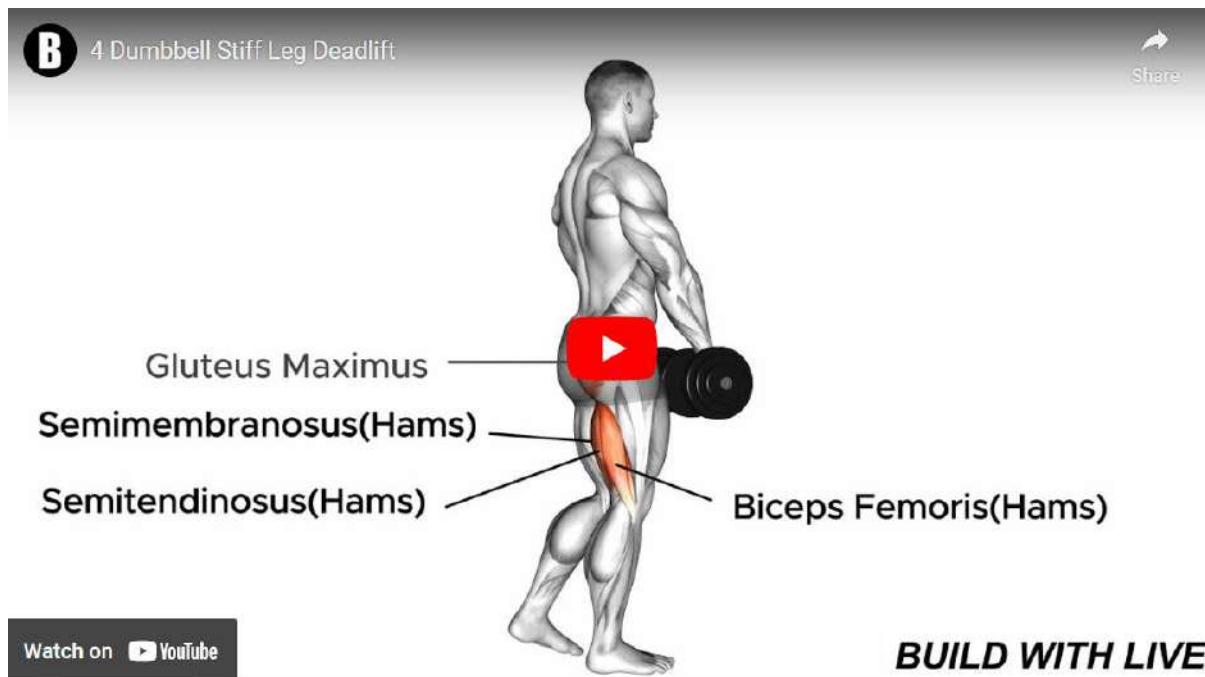
How to Do

1. Sit on a leg curl machine with the legs in an extended position and the calf muscles against the pad.
2. Select the desired weight for the targeted rep range.
3. Hold the leg extension handles, brace the core, and take a deep breath.
4. Flex the knees to lower the pad, more formally known as curling the lower leg.
5. Slowly allow the weight back up to the starting position before curling again.

Tips

- Adjust the machine to fit your body.
- Focus on engaging your hamstrings.
- Avoid arching your lower back or lifting your hips off the bench.

4. Dumbbell Stiff-Leg Deadlift



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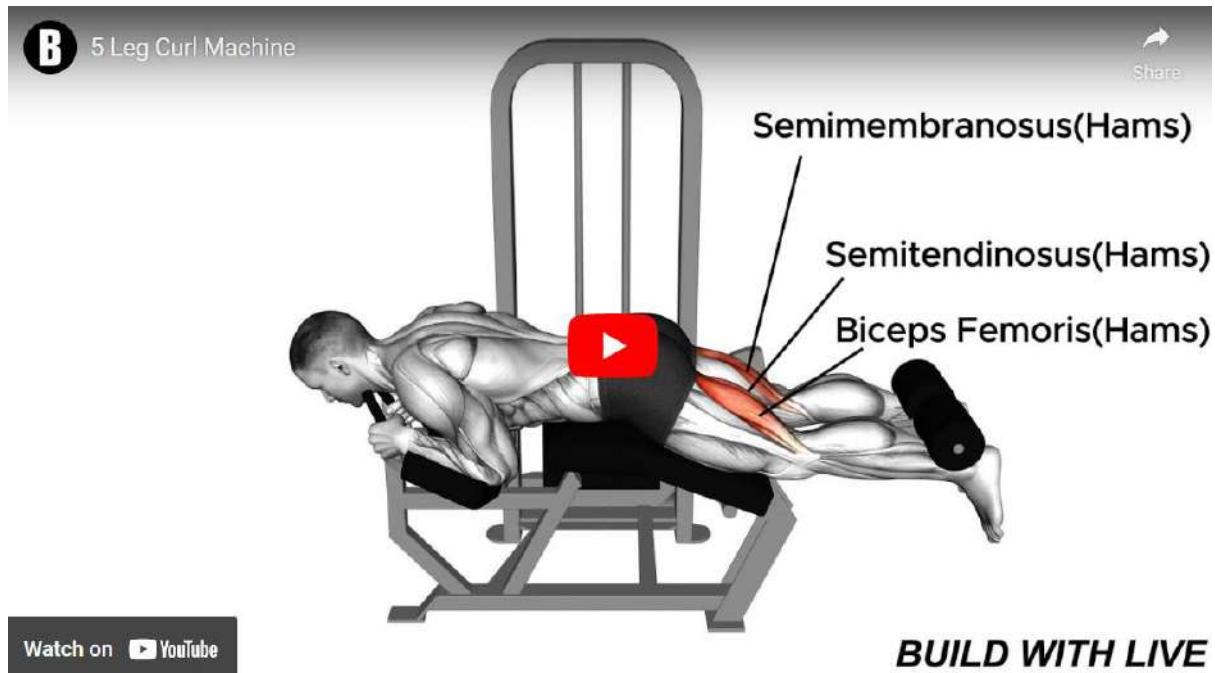
How to Do

1. Hold the end of a single dumbbell with both hands.
2. Keep your back straight and a slight bend in your knees. As you exhale, push your hips back and lower the dumbbell toward the ground.
3. Lower the dumbbell until you feel a stretch in your hamstrings, typically to just below your knees.
4. On an inhale, engage your hamstrings and glutes to reverse the movement. Thrust your hips forward to stand back up.
5. Lift the dumbbell back to the starting position in front of your thighs, squeezing your glutes at the top.

Tips

- Maintain a very slight bend in your knees during the movement.
- Keep the dumbbell close to your legs to limit the amount of strain on your lower back.

5. Dumbbell Leg Curl



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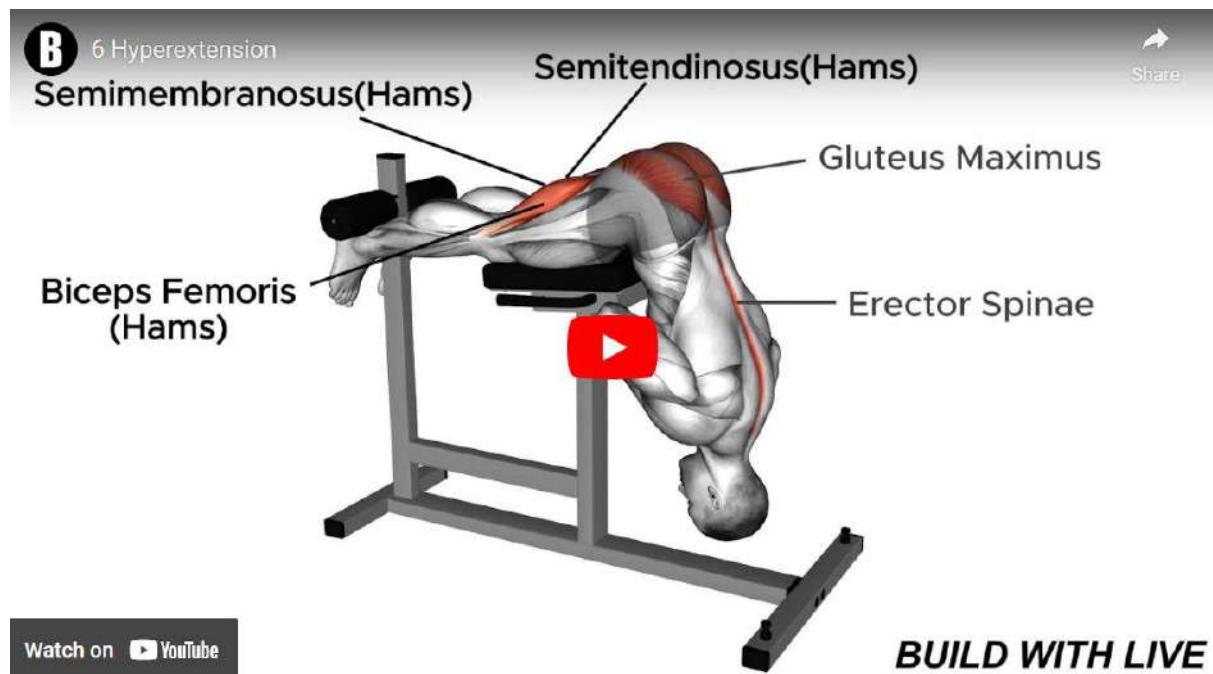
How to Do

1. Lie flat on a bench or mat on the floor with your legs fully extended. Place a dumbbell between your feet, gripping the top weight securely.
2. Keep your core tight and your hips pressed down against the bench or floor.
3. Exhale as you slowly bend your knees, curling the dumbbell toward your glutes. Focus on squeezing your hamstrings during the movement.
4. Hold the contraction briefly at the top of the movement.
5. Then, exhale as you slowly lower the dumbbell back to the starting position without letting it drop.

Tips

- Focus on pushing your hips down as you move to prevent over-arching through the lower back.
- Expect to lift significantly less compared to machine leg curls. Focus more on proper form than loading the exercise.

6. Hyperextension



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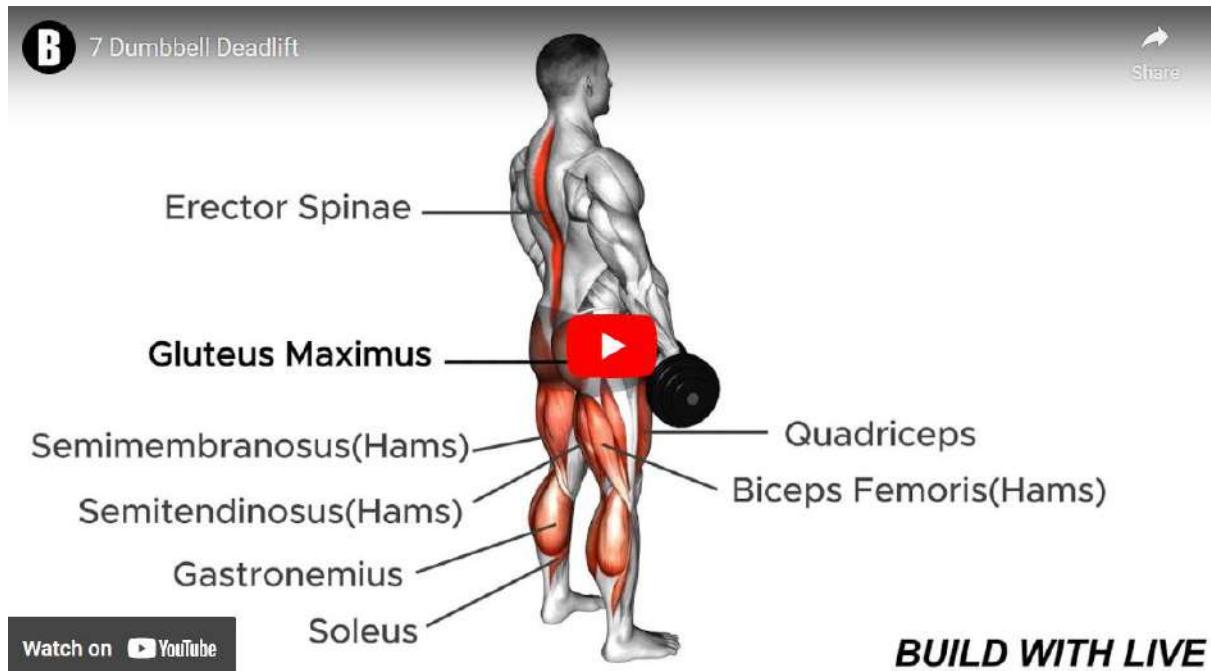
How to Do

1. Position yourself on a back-extension bench with your hips just above the pad. Hook your feet under the footpads.
2. Bring your arms after your head or hold a weight plate against your chest.
3. Hinge at your hips and lower your upper body towards the floor. Focus on keeping your back straight.
4. Engage your lower back and hamstrings to lift your upper body to the starting position.

Tips

- Keep your spine neutral by aligning your head with your spine.
- Avoid arching your back.
- Focus on using your back muscles rather than momentum to return your upper body to the starting position.
- If using a weight, ensure its secure against your chest to maintain proper form.

7. Dumbbell Deadlift



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<https://youtu.be/pcg9MVdb85A>

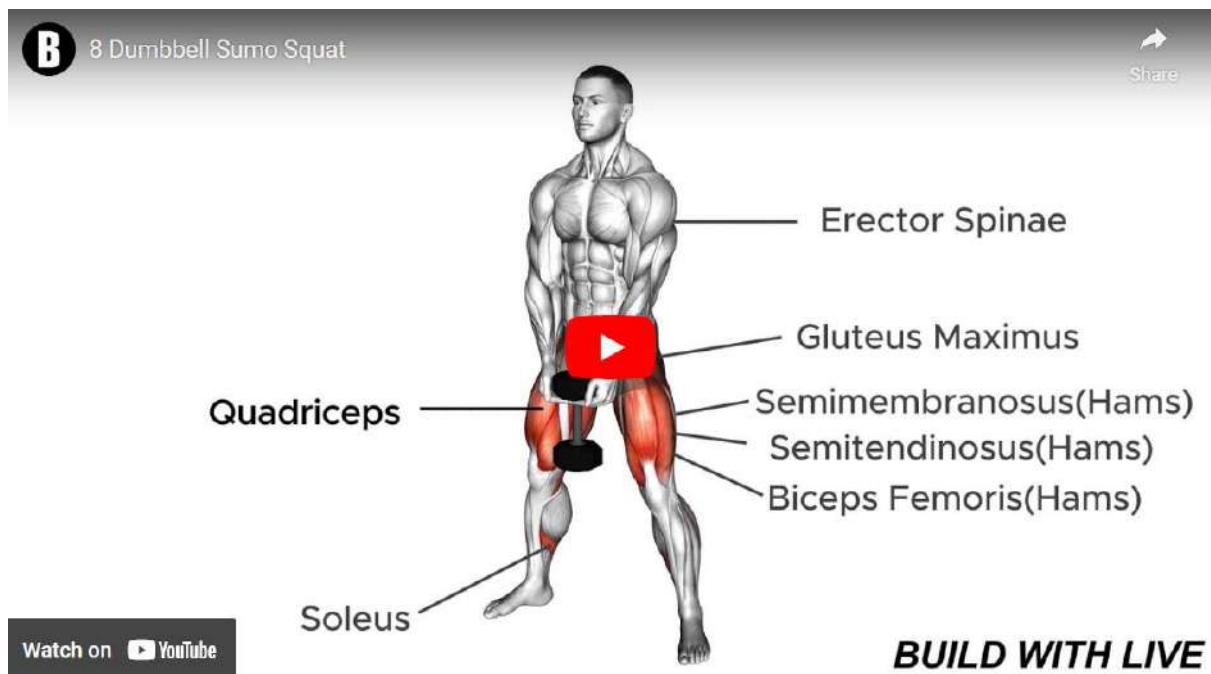
How to Do

1. Hold a dumbbell in each hand, with your arms fully extended and the dumbbells resting in front of your thighs.
2. Brace your core to maintain a neutral spine.
3. As you exhale, push your hips back and lower the dumbbells toward the floor. Keep a bend in the knees, but resist overbending to keep tension on the hamstrings.
4. Stop when you feel a stretch in your hamstrings, usually around knee height.
5. Exhale as you drive through your heels and push your hips forward, lifting the dumbbells back to the starting position.

Tips

- Emphasize pushing your hips back as opposed to just bending at the knees to better target the hamstrings.
- Engage your core to keep your back straight and your spine safe.

8. Dumbbell Sumo Squat



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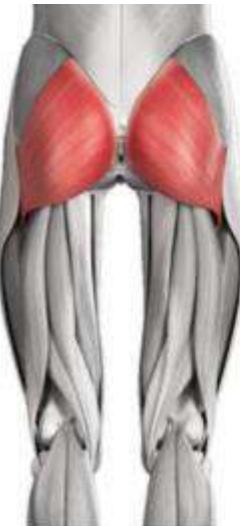
How to Do

1. Stand with your feet wider than shoulder-width apart, and turn your toes out at about a 45-degree angle.
2. Hold the dumbbell with both hands in front of your hips or between your legs.
3. Keep your chest up and back straight, and engage your core to stabilize your body.
4. Push your hips back and bend your knees. As you exhale, continue lowering your body until your thighs are parallel to the floor or slightly lower. Keep your knees aligned with your toes.
5. Inhale and press through your heels, extending your legs to return to the starting position.

Tips

- Make sure your knees stay aligned with your toes and don't allow them to cave inward during the squat.
- As you rise from the squat, squeeze your glutes to maximize muscle engagement.

9. GLUTEUS



GLUTEUS MAXIMUS



GLUTEUS MEDIUS



GLUTEUS MINIMUS

Anatomy of The Gluteus Medius

Our gluteus medius is between the gluteus maximums and gluteus minimus. It originates from the back and outer sides of the upper pelvis. It inserts into the side of the upper leg bone or femur. Its purpose is to stabilize and externally rotate the hip. It also abducts or brings the leg away from the midline of the body.

The gluteus medius is one of the most important muscles surrounding our hip joint. While it is a primary hip abductor, its role in hip stabilization helps us maintain leg alignment and balance.

When the foot is planted, the gluteus medius aligns our upper& lower legs. This also creates good foot posture and a healthy arch.

However, when our gluteus medius is weak, it can cause poor knee alignment and increase forward tilting of the pelvis. It can also lead to poor foot posture and increased lordosis (the curve in our lower back). All these factors have been linked with dysfunctions, including knee pain.

The exercises above are all excellent for targeting and engaging the gluteus medius. Compound exercises such as the barbell hip thrust are great for increasing load, and promoting strength and mass.

On the other hand, isolation exercises such as clamshells and side-lying hip abduction enable us to target the gluteus medius. They also allow us to focus on developing a greater mind-muscle connection.

By targeting the gluteus medius using a variety of compound and isolation exercise. we can increase training volume and stimulus. This will increase strength and muscle growth, enhancing function, and overall hip health.

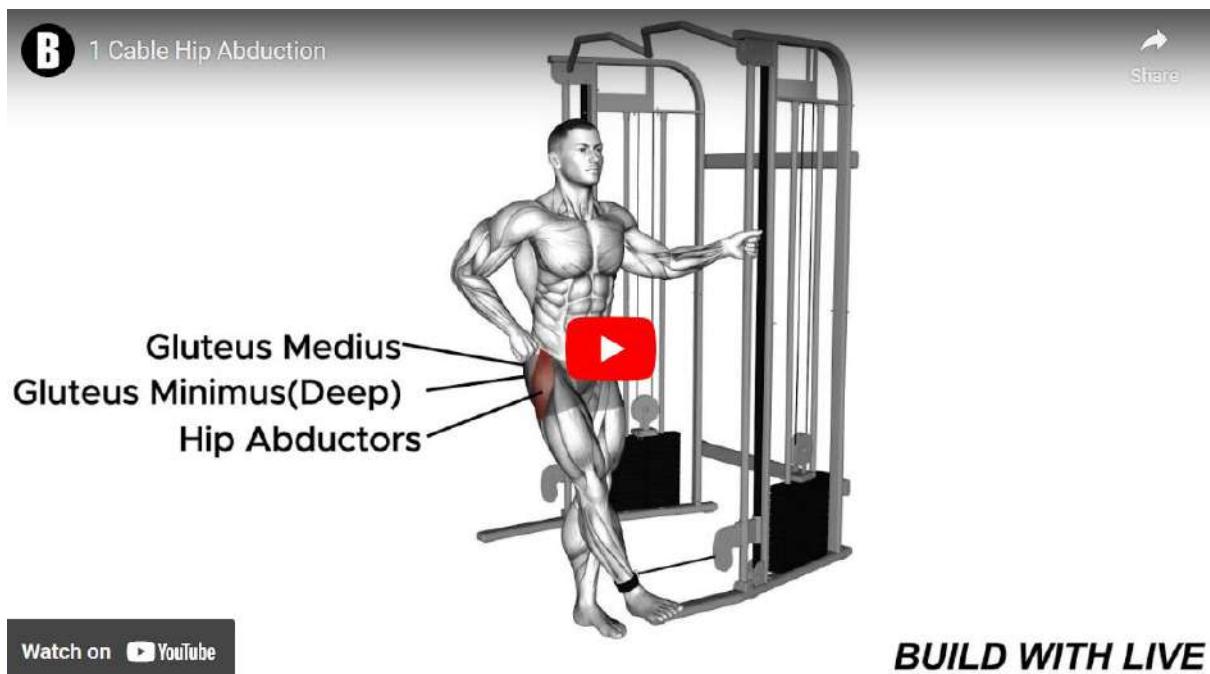


Large, superficial muscles located at your buttocks just below your lower back area.

Exercises list of Gluteus

- 1. Cable Hip Abduction**
- 2. Cable Donkey Kick**
- 3. Barbell Deadlift**
- 4. Dumbbell Single -Leg Deadlift**
- 5. Dumbbell Romanian Deadlift**
- 6. Barbell Back Squat**
- 7. Dumbbell Frog Hip Thrust**
- 8. Hip Bridge**
- 9. Dumbbell hip Thrust**
- 10. Barbell Hip Thrust**
- 11. Banded Glute bridge**
- 12. Frog Bridge**
- 13. Plank Leg Raise**
- 14. Clamshell**
- 15. Single-Leg Glute Bridge**
- 16. Side-Lying Hip Abduction**
- 17. Fire Hydrant**
- 18. Dumbbell Reverse Lunge**
- 19. Dumbbell Lunge**
- 20. Dumbbell Side Lunge**
- 21. Dumbbell Bulgarian Split squat**
- 22. Single-Leg squat**
- 23. Dumbbell Sumo Squat**
- 24. Dumbbell Split Squat**
- 25. Dumbbell Step-Up**
- 26. Dumbbell Squat**

1. Cable Hip Abduction



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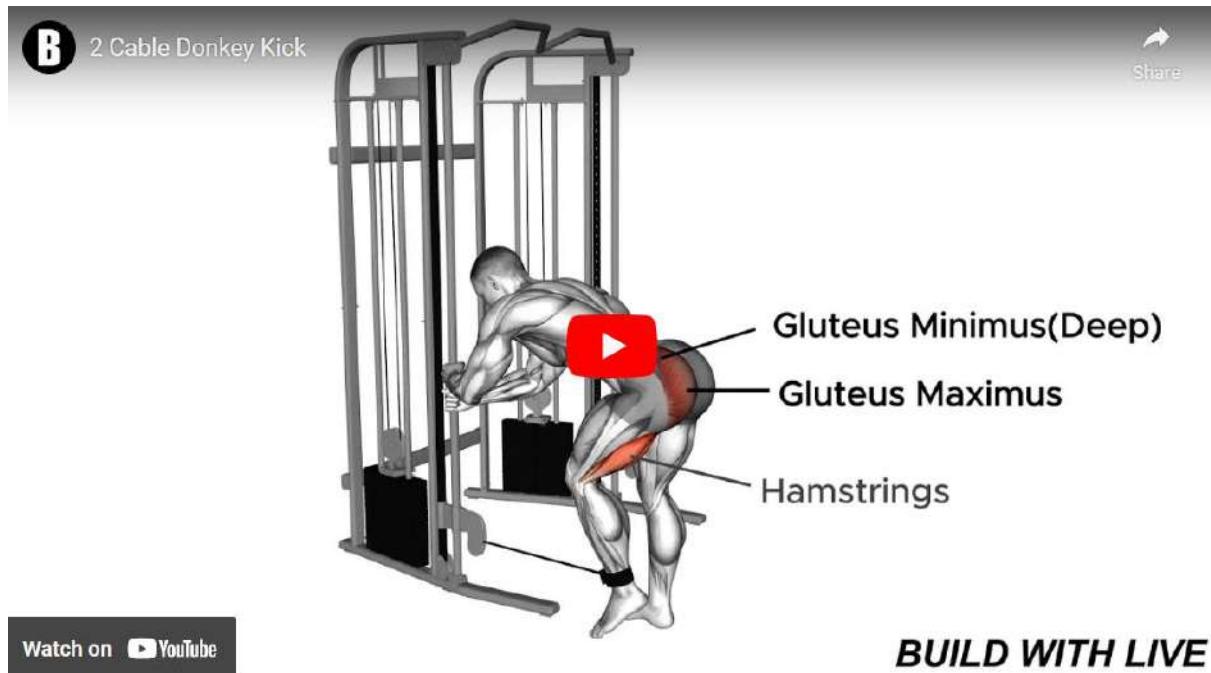
How to Do

1. Attach an ankle strap to the bottom point of a cable pulley machine. Stand side-on and place the ankle strap around the ankle that's furthest away from the machine.
2. Inhale and engage your core. Exhale and bring your working leg directly out to your side.
3. Maintain the same knee angle, using your hip abductors to lift. The cable should come in front of your non-working leg.
4. Pause briefly at the maximum range of motion. Inhale and bring your leg back to the starting position under control.
5. Change legs and repeat the same process after performing the desired repetitions.

Tips

- Ensure that the non-working leg stays closest to the cable machine. This allows a better range of motion.
- Avoid rotating your torso when abducting each leg. It should stay facing forward throughout each repetition.

2. Cable Donkey Kick



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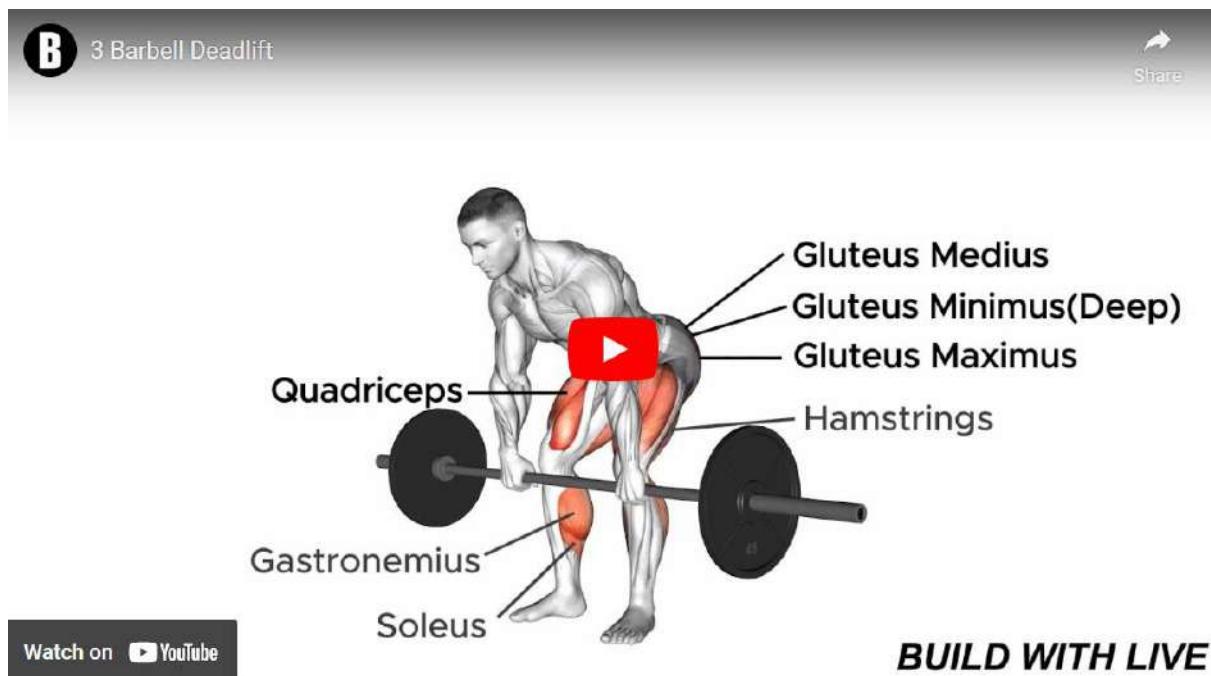
How to Do

1. Attach an ankle strap to the lowest point on a cable machine. Loop it around your ankle and stand with your feet together.
2. Lean forward slightly by bringing your hips back and torso down. Keep a neutral back with your chest up.
3. Inhale and engage your core. Exhale and kick your working leg back and up while maintaining a slight knee bend.
4. Pause briefly, squeezing your glute at the top position.
5. Inhale and bring your working leg back to the starting position.
6. Swap legs after performing the desired number of repetitions.

Tips

- Use the machine frame or handles as support if needed. This can help to maintain a balanced exercise position.
- Ensure the leg strap is fully secured before starting each set. This helps to avoid possible injury risk.

3. Barbell Deadlift



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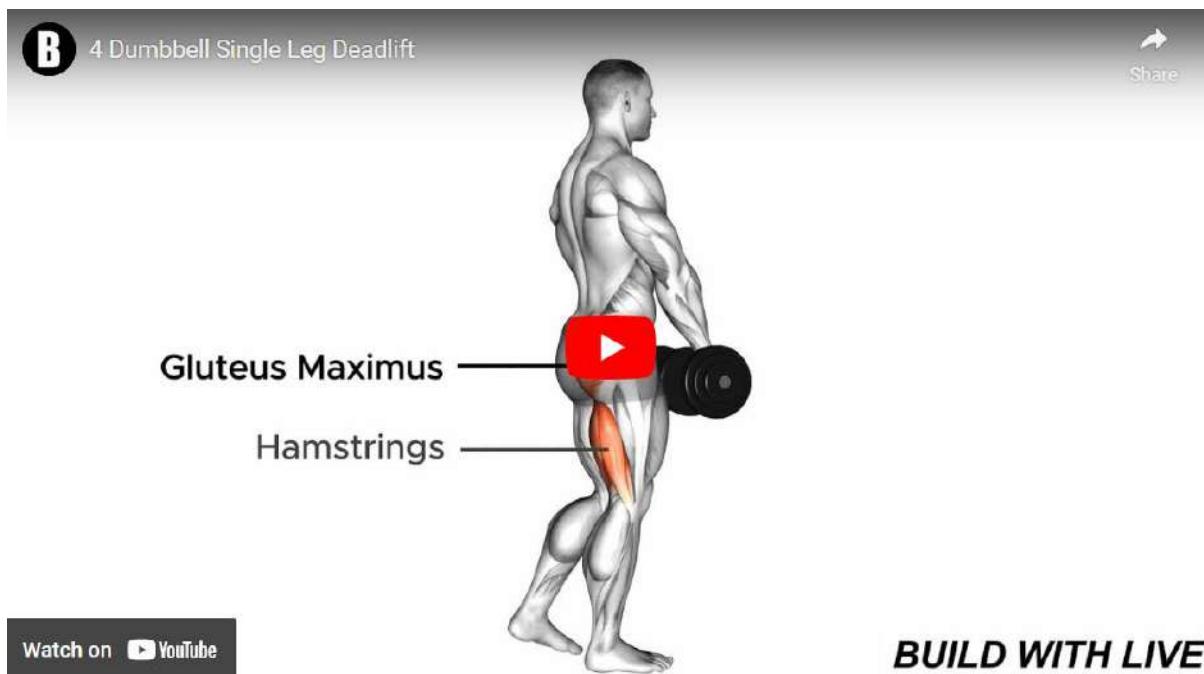
How to Do

1. Place a bar on a clean, flat, and hard surface.
2. Load the bar up.
3. With the feet hip-width apart, line up to the bar and around one to two inches away from the shins.
4. Grasp the bar with an overhand grip, around hip-shoulder width apart.
5. Drive the hips back with the knees bent, drifting the weight onto the heels.
6. Take a deep breath, then brace the core and lats.
7. Drive the weight onto the midfoot, extend at the knees, and with a hip thrust get into a standing position.
8. To finalize the movement pin the shoulder blades back and pull the upper arms backward working almost the entire body.
9. Breathe out and drop the weight back to the ground.
10. Reset the position for the next rep.

Tips

- Engage your core by bracing your abs as if preparing to be punched.
- Maintain proper form for both safety and effectiveness.
- Start with a weight that allows you to maintain proper form and gradually increase the weight as you become stronger.

4. Dumbbell Single-Leg Deadlift



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<https://youtu.be/xooENcClfho>

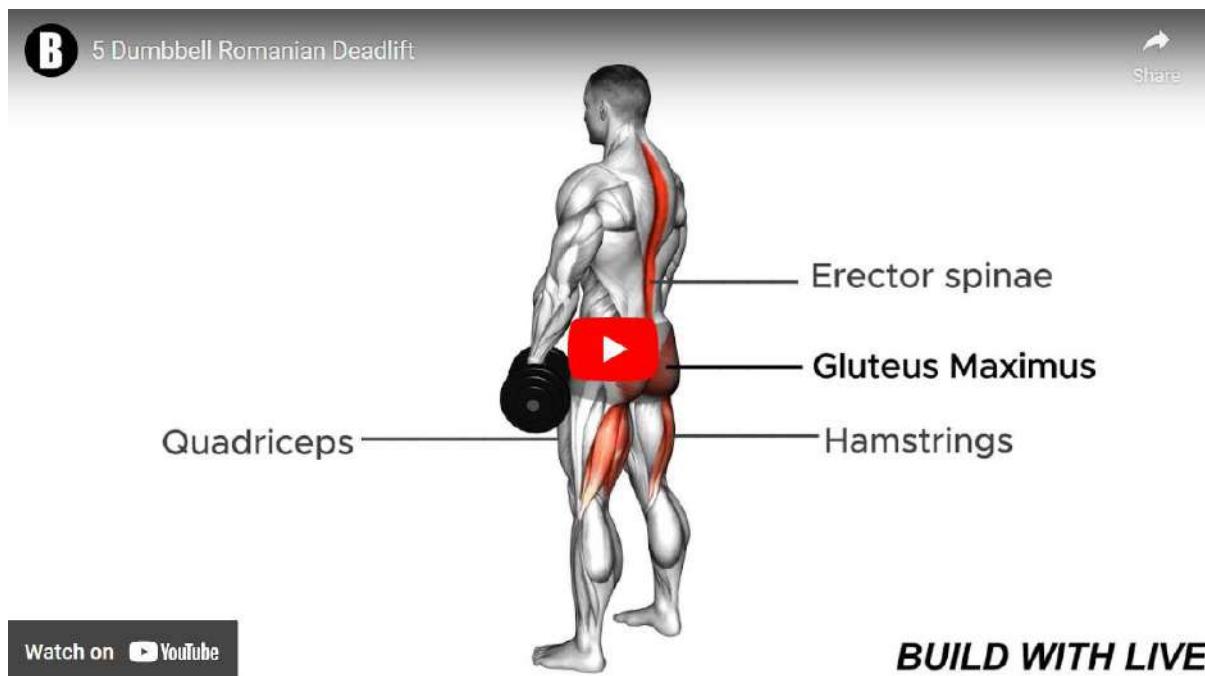
How to Do

1. Hold a dumbbell in each hand and balance on just your right leg with your left leg in the air behind you.
2. Keep your right leg straight as you lean forward at the hips to lower the weights towards the ground.
3. Use your core muscles to keep your spine straight.
4. Once the weights are just lower than your knee, return to the starting position.

Tips

- Focus on a fixed point in front of you to help with balance and stability during the movement.
- Keep your core engaged throughout the exercise to provide additional support for your lower back and maintain proper form.
- Perform the exercise on both legs to maintain balanced strength and stability.

5. Dumbbell Romanian Deadlift



<https://youtu.be/mmwJptH0Obg>

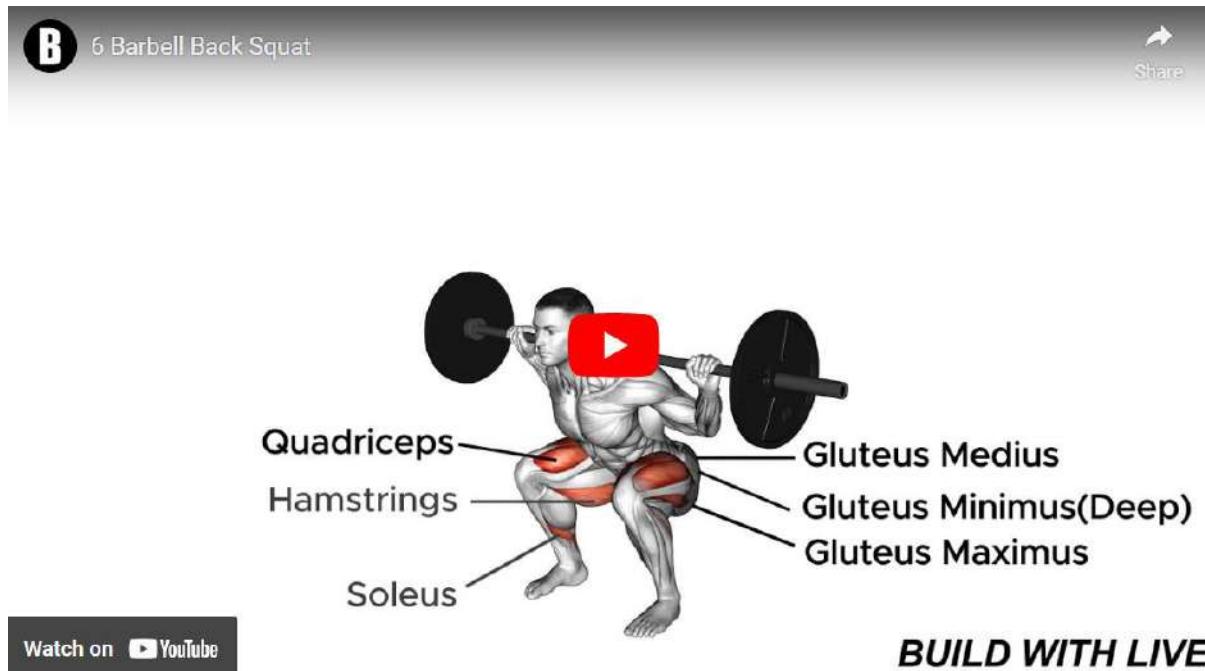
How to Do

1. Stand tall holding a dumbbell in each hand with your knees slightly bent, feet hip-width apart and toes pointing forward.
2. Bend forward only at the hips and trace the front of your legs with the dumbbells.
3. Imagine that you are trying to close a door with your hips; they should move slightly backward.
4. Pull your shoulder blades together to help keep your spine straight as you are bending forward.

Tips

- Maintain a slight natural arch in your lower back, avoiding excessive rounding or hyperextension, to protect your spine.
- Keep a neutral head position, looking straight ahead or slightly downward, to maintain proper spinal alignment.
- Perform in a controlled manner, emphasizing the eccentric (lowering) phase of the exercise to maximize muscle engagement and reduce the risk of injury.

6. Barbell Back Squat



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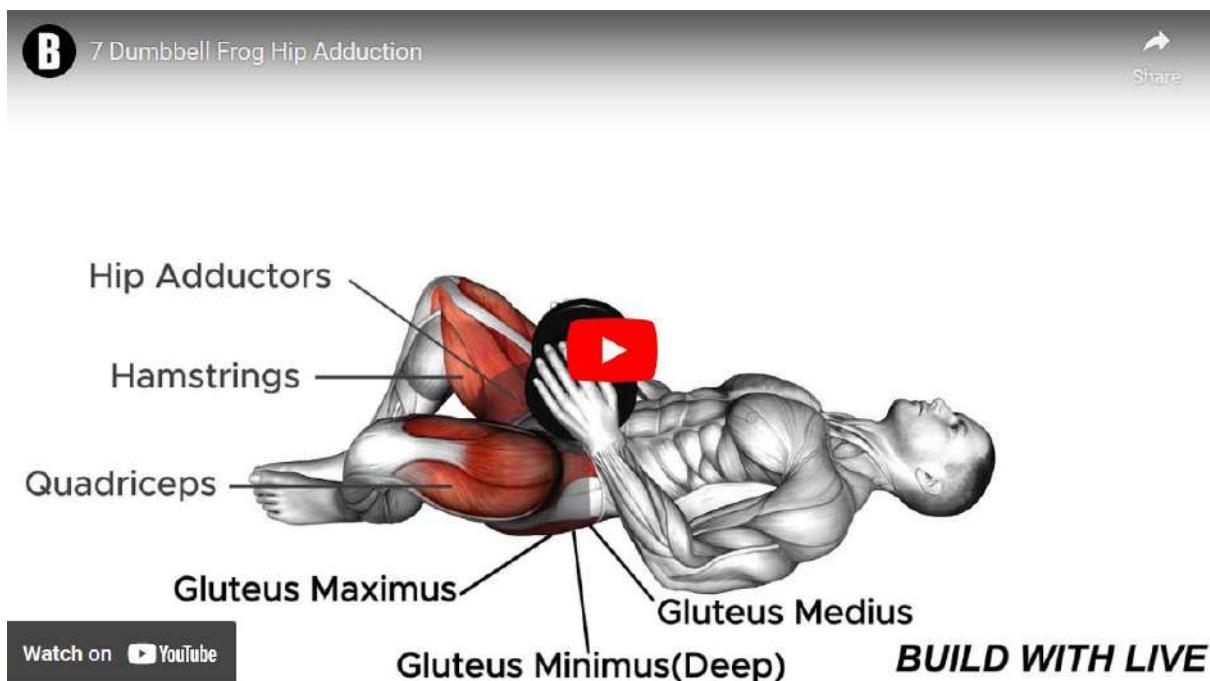
How to Do

1. Place a bar on a squat rack around shoulder height, load it up, and then slot in some safety pins at your bottom squat position.
2. Grasp the bar at shoulder width apart and feet flat in front of the bar.
3. Dip underneath the bar and pin the shoulder blades back to make a base.
4. Place the feet shoulder-width apart and in front of the bar to get into the starting position.
5. Brace the core and extend at the knees and hips to drive the bar off the rack.
6. Take 2-3 steps back and reset your foot position.
7. Take a deep breath and brace at the core to ensure spinal neutrality throughout the movement.
8. Start releasing the breath while driving the weight on the heels, and bend at the knees and hips while getting into your squat position.
9. Take another deep breath and hold it.
10. Press the weight into the midfoot, extend the knees and hips, then squeeze the glutes followed by releasing the breath.
11. Repeat the movement for the desired amount of reps, then re-rack the bar onto the squat rack.

Tips

- **Maintain proper form to prevent injury and optimize results.**
- **Warm up your muscles and joints with dynamic stretches and mobility exercises before starting your session.**
- **Start with an appropriate weight and gradually increase the weight as your strength and technique improve.**

7. Dumbbell Frog Hip Thrust



<https://youtu.be/Aegi4WgDgTs>

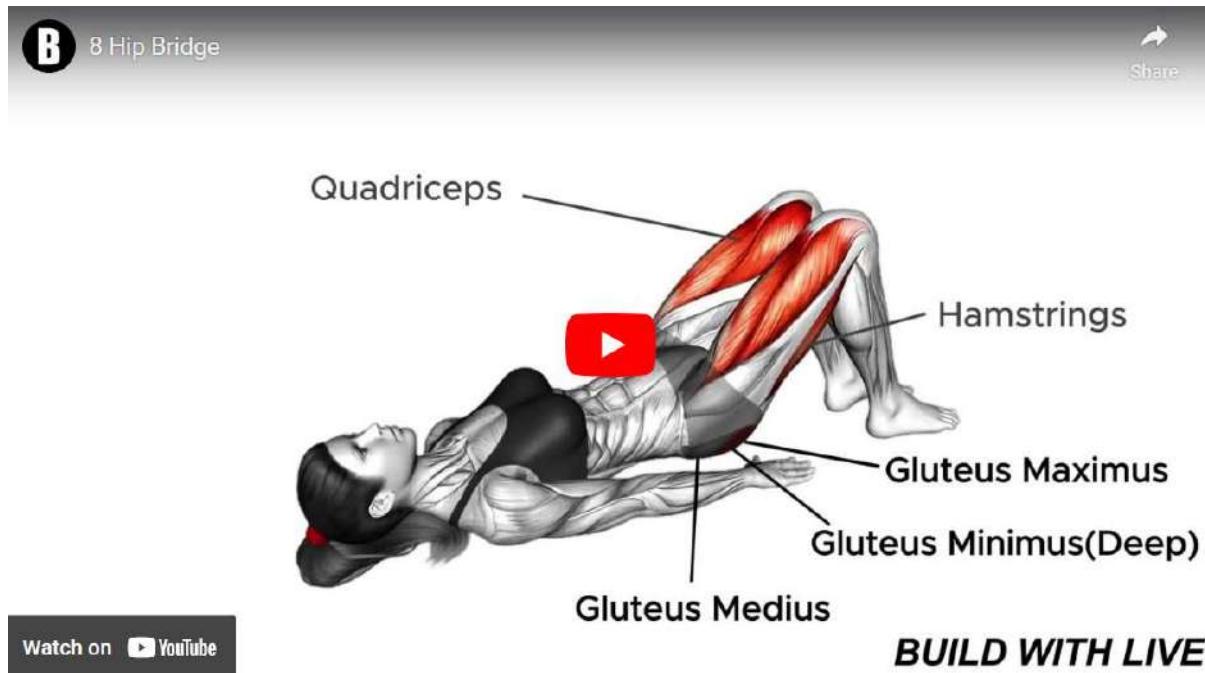
How to Do

1. Start by lying flat on an exercise mat and drawing the feet near the torso. Press your foot soles together and let the knees drop to the sides as far as you can.
2. Place a dumbbell on your thighs. Use both hands to secure it and ensure it remains stable during the exercise.
3. Engage your core to stabilize the spine and support movements.
4. Press your heels then steadily raise your hips. Holding the position for a moment, squeeze the glutes at the top of the upward push. Make sure your body is straightened from the knees to the shoulders.
5. Maintaining control of the dumbbell and movement, progressively bring your hips back to the starting position.
6. Repeat both upward and downward motions for the intended sets and repetitions.

Tips

- When pushing upward, exhale; when lowering, inhale. Good breathing techniques will help maintain a good rhythm and control.
- Increase the dumbbell weight gradually to keep muscles growing.

8. Hip Bridge



https://youtu.be/PU1fk_WxC4U

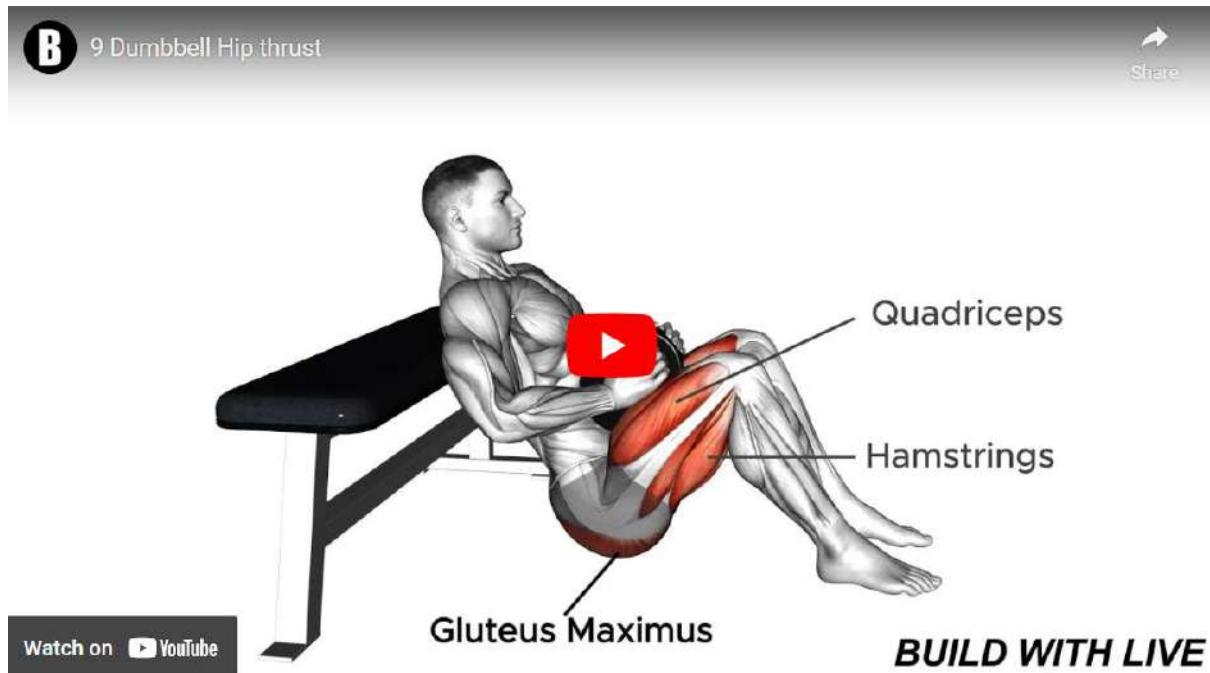
How to Do

1. Lie in a prone position on your back, your feet flat on the ground, and your knees bent. Your feet should be hip-width apart.
2. Pushing through your heels, lift your hips off the ground while keeping your back straight.
3. Hold this position for 5-10 seconds before slowly lowering your hips back to the ground.

Tips

- Lift your hips by squeezing your glutes and engaging your muscles.
- Maintain a neutral spine position to protect your back and maximize the engagement of your glutes and core.
- Avoid letting your knees fall outward as you lift your hips; instead, keep them in line with your feet and hip-width apart to maintain proper alignment.

9. Dumbbell Hip Thrust



<https://youtu.be/rN35kUBoQ7Q>

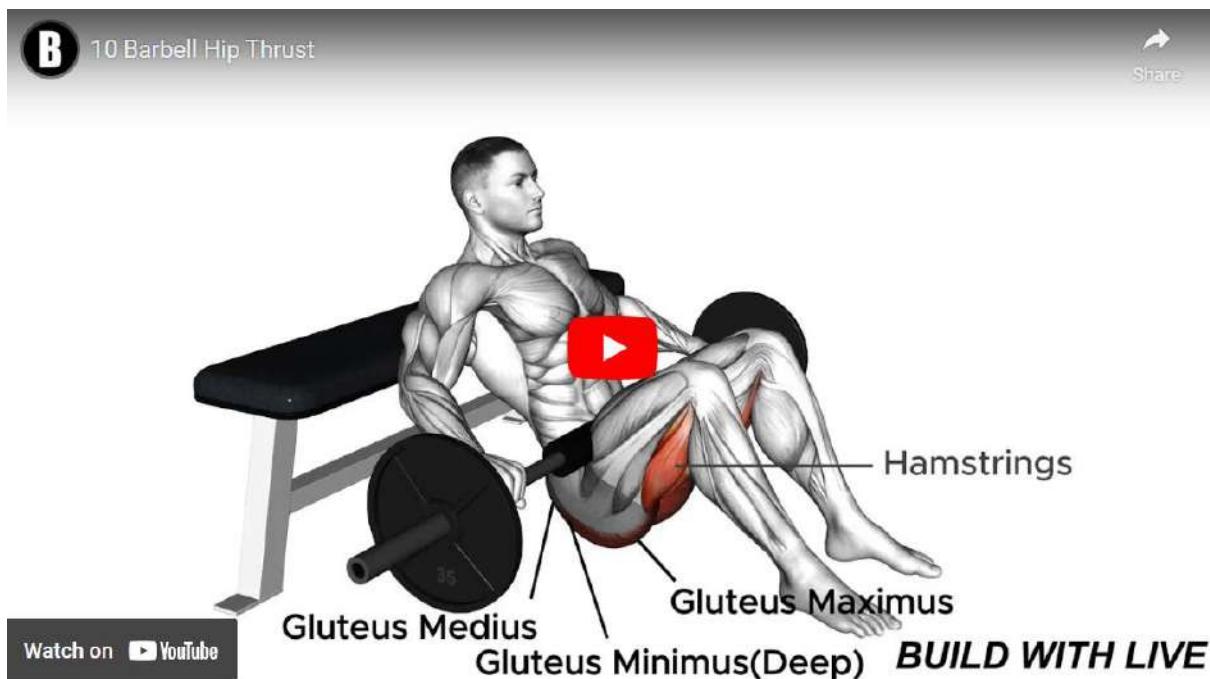
How to Do

1. Sit on the ground with your shoulder blades against the edge of a bench.
2. Put your dumbbell on your hips, holding it securely with both hands.
3. Bend your knees at about a 90-degree angle and position your feet flat on the ground, toes slightly out.
4. Push through your heels to lift your hips until your body forms a straight line from knee to chest.
5. Squeeze your glutes at the top, then slowly lower back to the starting position.

Tips

- Keep your chin tucked to maintain a neutral spine throughout the movement.
- Focus on using your glutes to drive the movement, not your lower back.
- Pause briefly at the top for maximum glute engagement.
- Keep an eye that your knees are at a 90-degree angle at the top position.
- Don't overthrust; bring your hips only high enough to form a *coffee table-top* shape.

10. Barbell Hip Thrust



<https://youtu.be/vJoswoaczYs>

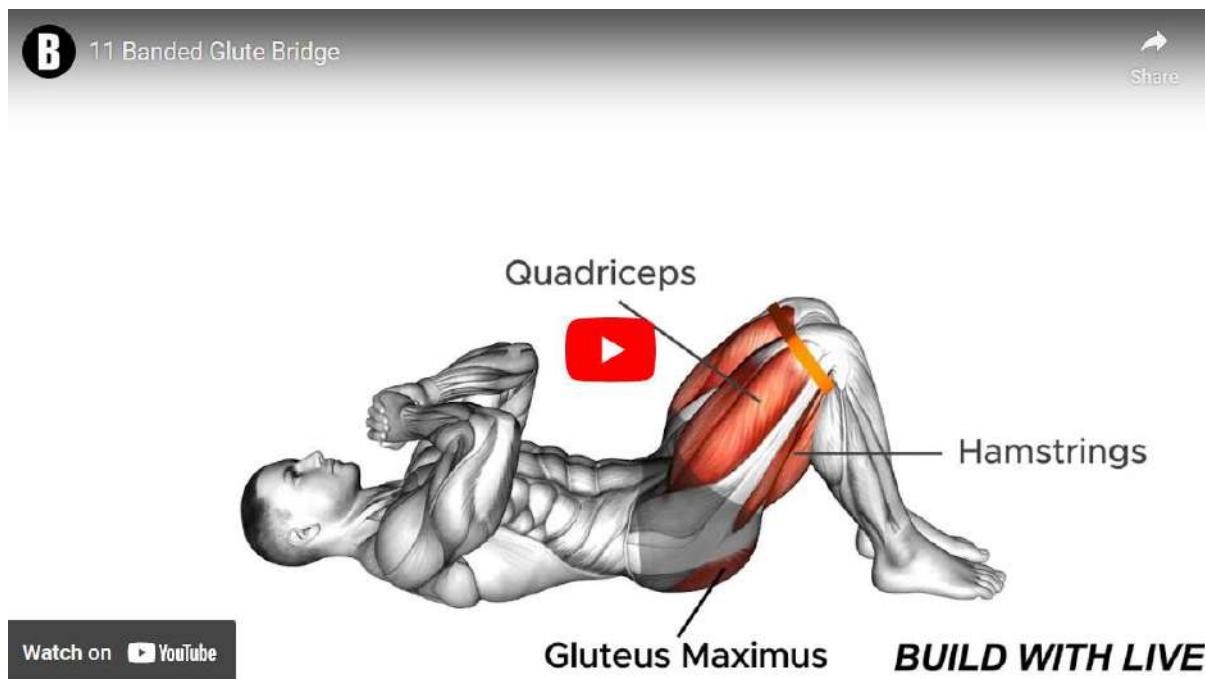
How to Do

1. Place a stable bench horizontally behind you.
2. Sit on the ground with the bottom of your shoulder blades against the bench, feet flat, and knees bent.
3. Put a barbell across your hips, and grip it with both hands.
4. Inhale and thrust your hips up towards the ceiling while pushing through your heels.
5. Press until your knees, hips, and shoulders form a straight line, then pause on top.
6. Exhale and slowly return to the starting position.
7. Repeat for the desired reps and sets.

Tips

- Use a barbell pad for your hips to prevent discomfort.
- Tuck your chin down slightly and face forward throughout the movement. Do not tilt your head back as it can strain your neck.
- Engage your core and avoid arching your lower back to prevent lower back pain.
- At the top, squeeze your glutes as hard as you can.
- Ensure that the barbell stays balanced throughout the exercise.

11. Banded Glute Bridge



<https://youtu.be/QpPEEelcmNs>

How to Do

1. Start by lying down on your back on a flat surface, such as a mat or the floor. Place a resistance band just above your knees and make sure the band is secure and not slipping off.
2. Begin by pushing your knees outward against the resistance band, this will activate your gluteus muscles. At the same time, press your feet into the ground and lift your hips off the floor. Aim to create a straight line from your knees to your shoulders, with your thighs parallel to each other.
3. As you lower your hips back to the starting position, focus on keeping your glutes engaged to maintain tension. Control the movement by gradually lowering your hips to the floor. Keep your core engaged throughout the exercise to support your lower back and maintain stability.

Tips

- Select a resistance band with appropriate tension. Too much resistance can make the exercise challenging, while too little may not provide enough intensity to work the gluteus medius effectively.
- Keep your hips level throughout the movement. Focus on lifting your hips evenly, ensuring both sides of your gluteus medius are equally engaged.
- At the peak of the movement, squeeze your glutes for a second or two to maximize muscle engagement and strengthen the gluteus medius effectively.

12. Frog Bridge



<https://youtu.be/Vpagb9B3Aqk>

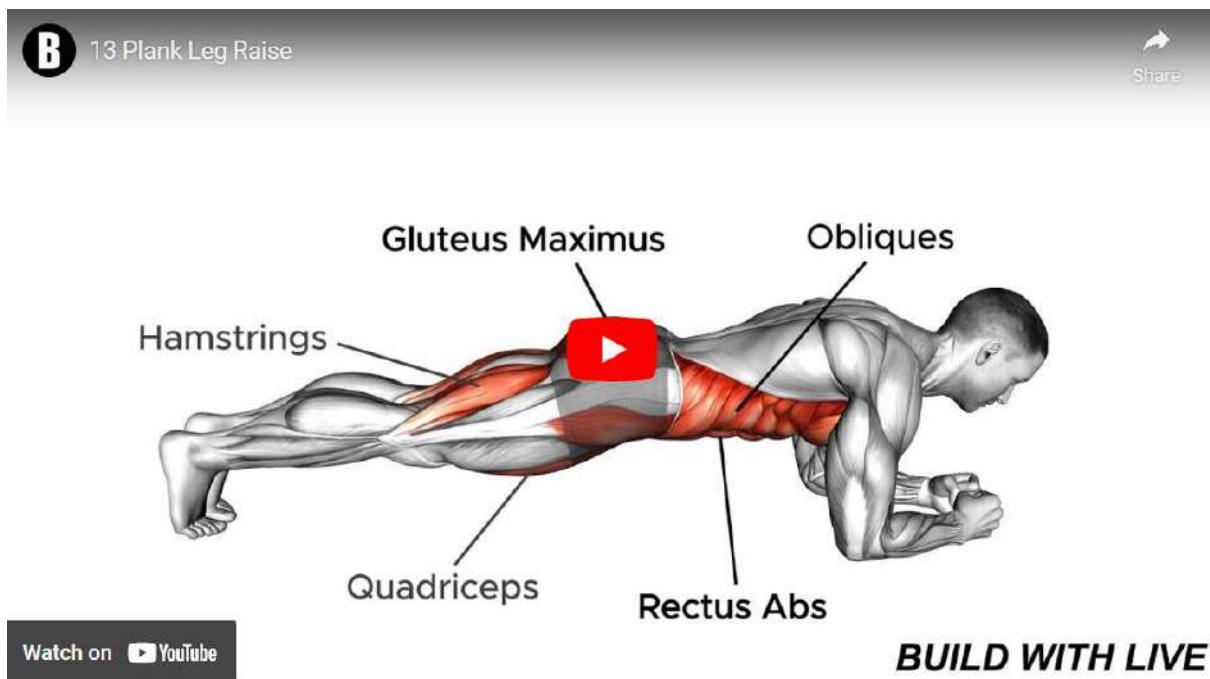
How to Do

1. Begin by lying on your back.
2. Bend your knees so your feet are close to your bottom and put your feet together.
3. Slowly raise your hips while keeping your knees apart, squeezing your glutes during the lift. Be sure that your back and upper legs form a straight line.
4. Lower back down and repeat for a desired number of repetitions.

Tips

- Position your feet together with soles touching and knees bent outward. Keep your heels close to your glutes to engage the gluteus medius effectively.
- As you lift your hips, focus on squeezing your glutes and maintaining a straight line from shoulders to knees. This ensures optimal engagement of the target muscles.
- Lower your hips back down slowly and with control. Avoid allowing your hips to drop suddenly, as this can reduce the effectiveness of the exercise and increase the risk of injury.

13. Plank Leg Raise



<https://youtu.be/gmPLSQJFVFM>

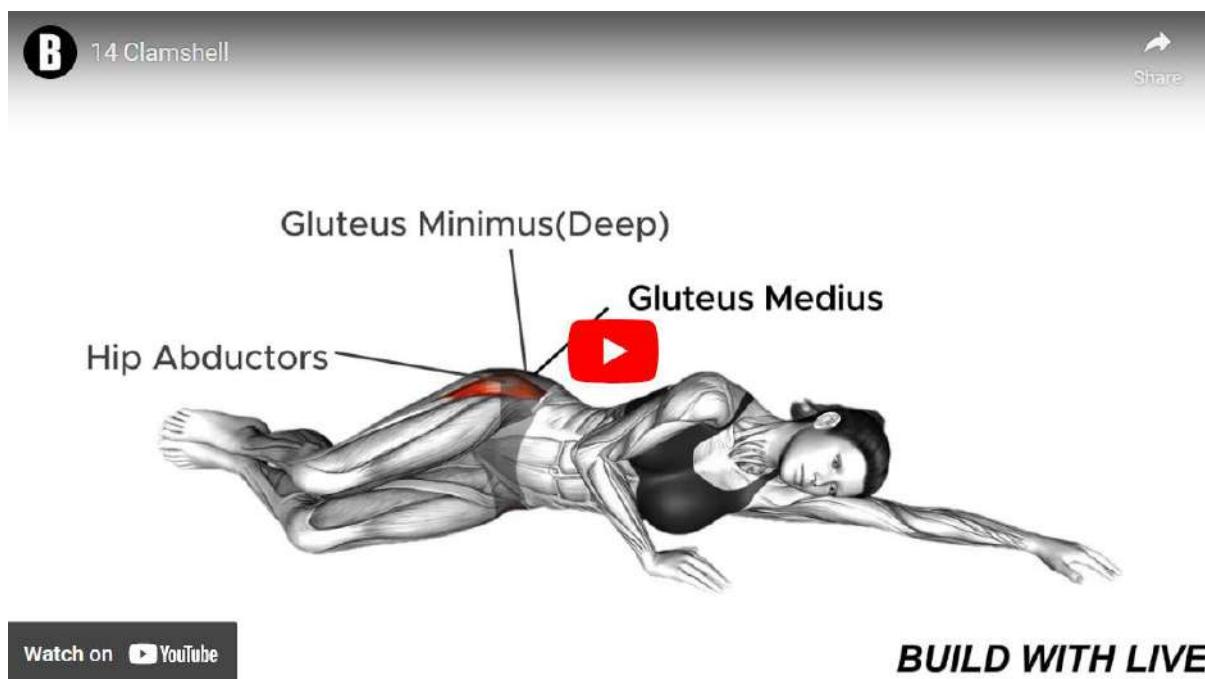
How to Do

1. Kneeling on your mat, lean forward and place your hands firmly on the floor.
2. Lift your knees off the floor so your weight rests on your palms and the balls of your feet.
3. Breathe in, and tense your core muscles.
4. Exhale, and lift one leg off the ground until it is parallel with the floor.
5. Briefly pause, then lower it back down.
6. Perform the movement on the opposite side.

Tips

- Focus on correct breathing and engaging your core muscles for the duration of the set. This will keep your torso rigid, improving glute isolating and abdominal fitness.
- When you perform your leg lift, avoid rotating your hips. This will ensure the leg lift is performed by the glutes, rather than your lower back muscles.

14. Clamshell



<https://youtu.be/HhOCnE9f9CA>

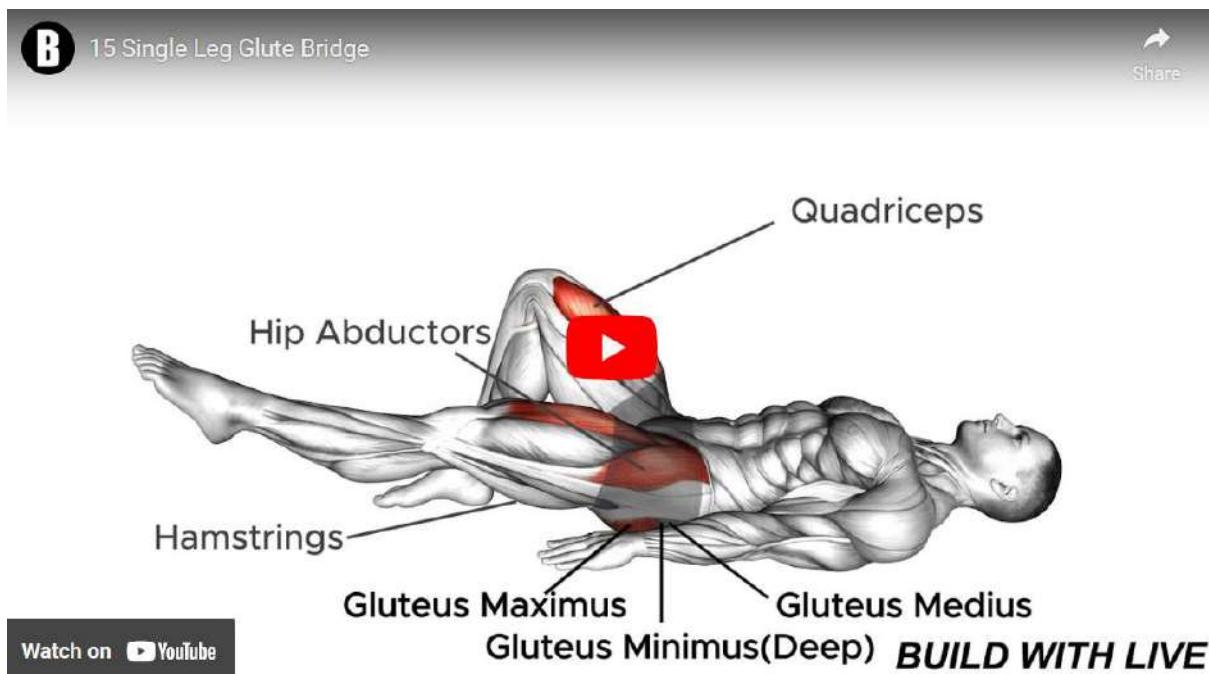
How to Do

1. Lie on your side on a yoga mat with your legs stacked and knees slightly bent.
2. Keep your hips and shoulders aligned in a straight line.
3. Stretch your bottom arms above your head and rest your head on it.
4. Inhale, and slowly lift your top knee as high as you can, while keeping your feet together.
5. Pause at the top to squeeze your glute and brace your core.
6. Exhale and lower your top knee back to the start.
7. Repeat on both sides for the desired reps and sets.

Tips

- Do not allow your hip to roll forward or backward. Stabilize your torso, and pelvis, and prevent them from twisting.
- Avoid arching your lower back, brace your core, and keep your spine neutral.
- Use a pillow for your head comfort, if you need it.
- Keep the tension on your glutes, and control the lowering phase of the movement.

15. Single-Leg Glute Bridge



<https://youtu.be/0ewBlzq8lao>

How to Do

1. Lie on your back with knees bent at about 90 degrees with your feet flat on the floor.
2. Lift one leg and hold it as high as comfortable.
3. Engage your core by pulling your belly button towards your spine.
4. Squeeze your glutes, especially the working glute, and lift your hips off the ground.
5. Hold the position briefly, maintaining a straight line from shoulder to knee.
6. Bring your hips back to the starting position slowly and with control.
7. Repeat for the recommended amount of repetitions for each leg separately.

Tips

- Keep your core engaged throughout the entire movement to maintain stability.
- Avoid tilting your hips to the side, and try to keep them parallel to the floor.
- Focus on squeezing your glutes at the top of the movement by pausing for a few seconds.
- Breathe steadily. Exhale as you lift the hips, inhale as you lower them.

16. Side-Lying Hip Abduction



<https://youtu.be/0SDc73e1Hvl>

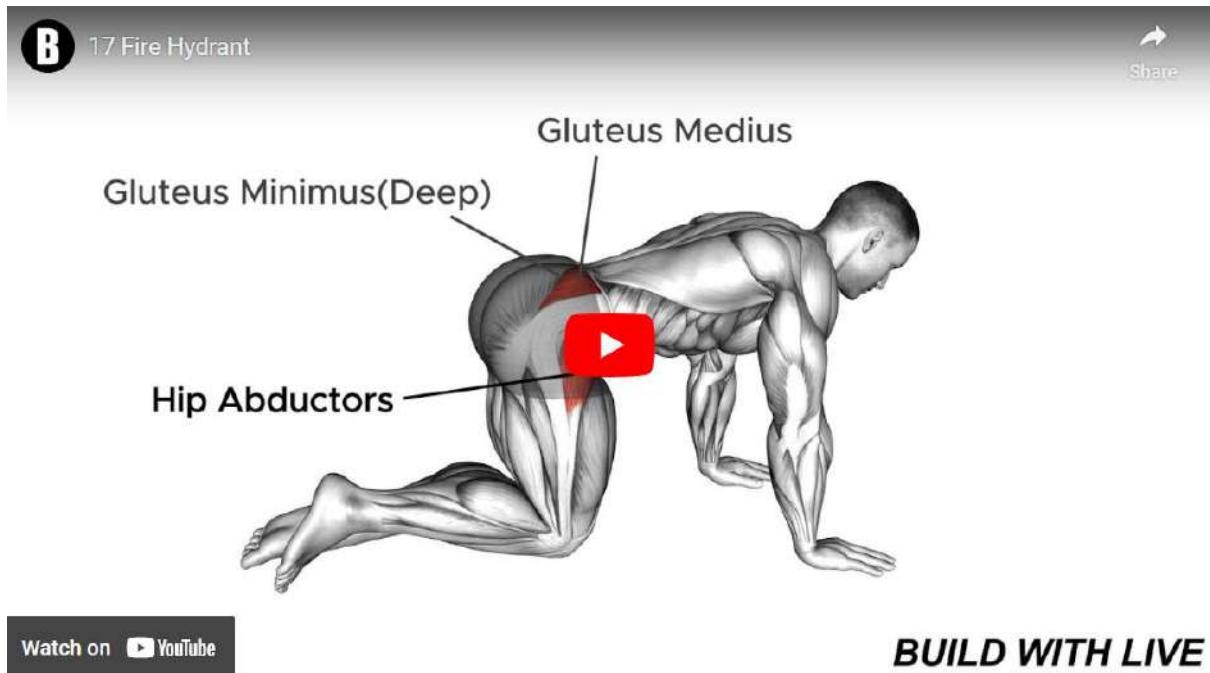
How to Do

1. Place a mat down on the floor and lie down on your side with your shoulders, feet, and hips stacked.
2. Place your upper hand palm on the floor for balance.
3. With your upper leg straight, lift it as much as possible without rotating the leg or moving forward. Rest it on the floor, this is the starting position.
4. Inhale, and engage your core muscles.
5. Exhale, and lift your upper leg, to the side, off the floor.
6. Lift it until it reaches a 45-degree angle.
7. Pause briefly, then lower it to the starting position.

Tips

- Keep your bottom leg slightly bent, and your upper hand firmly planted on the floor. This will create a solid base and improve your ability to isolate the gluteus medius.
- Focus on lifting the knee off the floor. This will provide better gluteus medius engagement.
- Aim to keep your leg lifting in line with the body. This will reduce hip flexor involvement, improving gluteus medius engagement

17. Fire Hydrant



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<https://youtu.be/C-WdjNEmSgE>

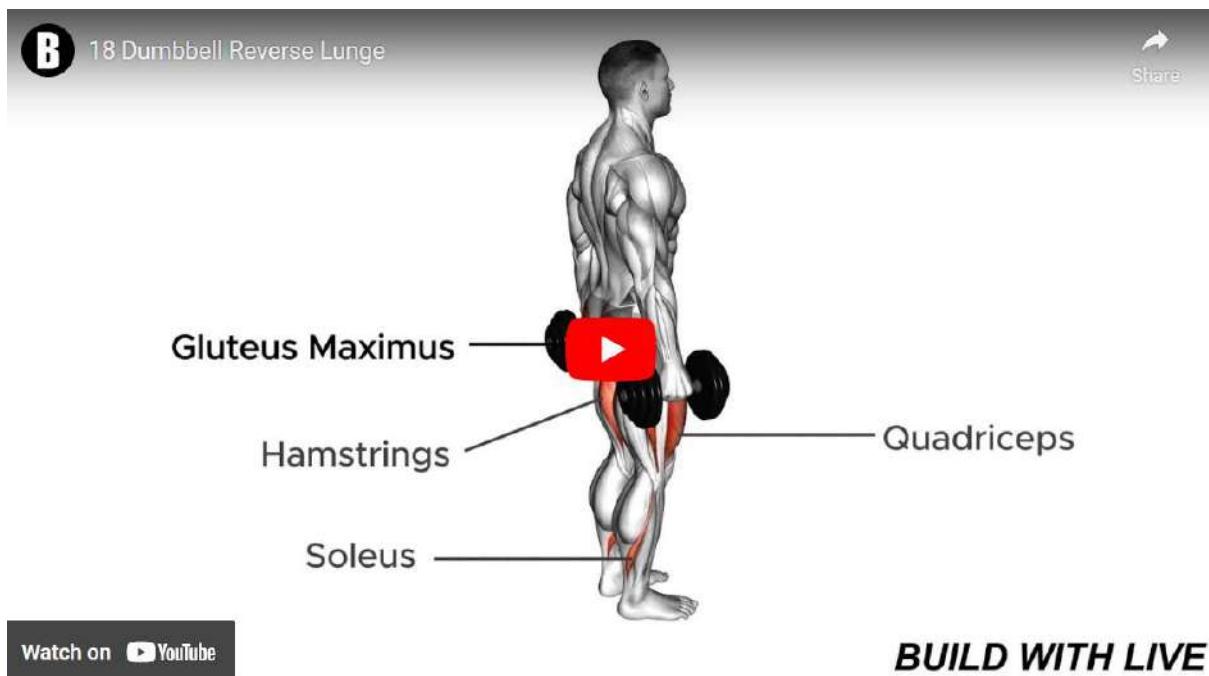
How to Do

1. Start on all fours on a yoga mat, with your hands under your shoulders and knees under your hips.
2. Inhale and slowly lift one leg out to the side, while keeping your knees bent at 90 degrees.
3. Pause at the top of the movement, and squeeze your glutes.
4. Exhale and lower your leg down to the starting position.
5. Repeat on both sides for the desired reps and sets.

Tips

- Keep your spine neutral and core engaged to prevent arching or rounding of the back.
- Lift the knee out to the side until your mobility allows or your thigh is parallel to the ground. This will increase the work on your gluteus minimus.
- Avoid raising your leg so high that you start twisting your torso or hips. This can reduce the effectiveness of targeting the glutes and put strain on the lower back. Instead, keep your body stationary while lifting the leg to the side.
- Keep your foot in line with your knee, and your knee in line with the hip as you lift. This helps to maintain focus on the glutes.

18. Dumbbell Reverse Lunge



<https://youtu.be/YI-V2CvU-9E>

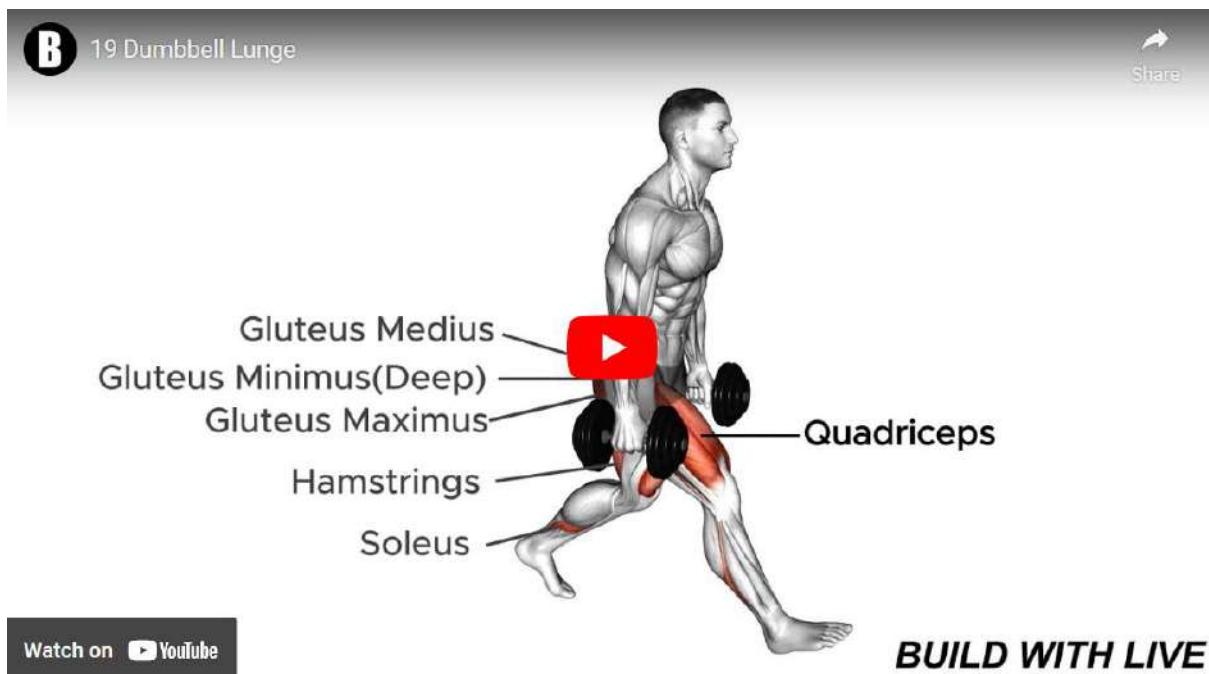
How to Do

1. Stand with one dumbbell in each hand and your arms at your sides.
2. Your left foot stays in front while you step back with your right foot then lower yourself towards the ground until your front and back knees are both bent to about 90 degrees.
3. Press up to the starting position and bring your right foot forward to meet your left.
4. You can either do all repetitions on one leg or alternate.

Tips

- Ensure your front knee remains aligned with your ankle and doesn't extend past your toes during the lunge to prevent excessive stress on the knee joint.
- As you step back into the lunge, maintain a controlled and slow tempo to maximize muscle engagement and stability.
- Engage your core throughout the exercise to stabilize your spine and enhance overall balance.

19. Dumbbell Lunge



<https://youtu.be/FKfOe8jDuPU>

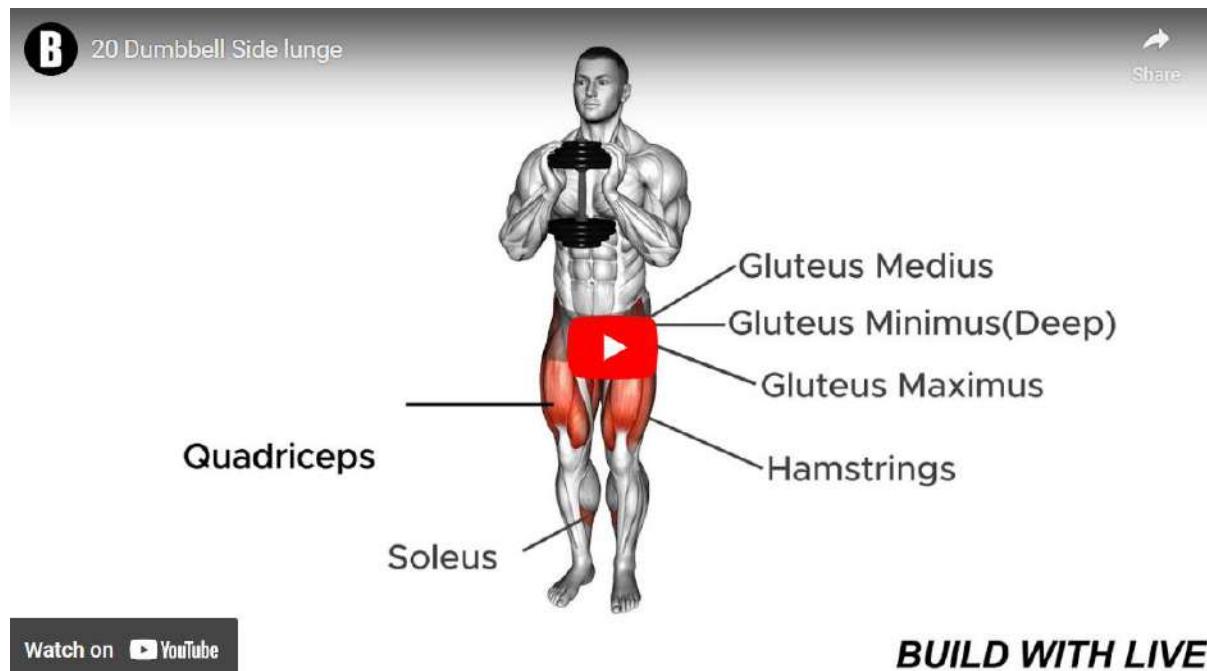
How to Do

1. Begin in a standing position with your feet hip-distance apart. Grasp two dumbbells by the handles, and turn your palms facing your thighs. Keep your chest high and your shoulder blades retracted.
2. Take a large step forward with your right foot, keeping your torso upright. Your weight should be through the ball of your left foot and the entire right foot. Your hips should be neutral and forward.
3. With shoulder blades down and back, inhale and engage your core. Bend both knees, bringing the left knee down toward the floor. Your right thigh should be parallel to the floor.
4. Pause just above the ground. Exhale, squeeze your glutes and press firmly through your right foot to bring yourself back to the starting position. Your feet should now be hip-distance apart.
5. Repeat as desired.

Tips

- Ensure that your knees stay directly over your ankle bones.
- Stay in control of the movement. Avoid hitting your knee on the ground.

20. Dumbbell Side Lunge



<https://youtu.be/90Hqi3r2fpU>

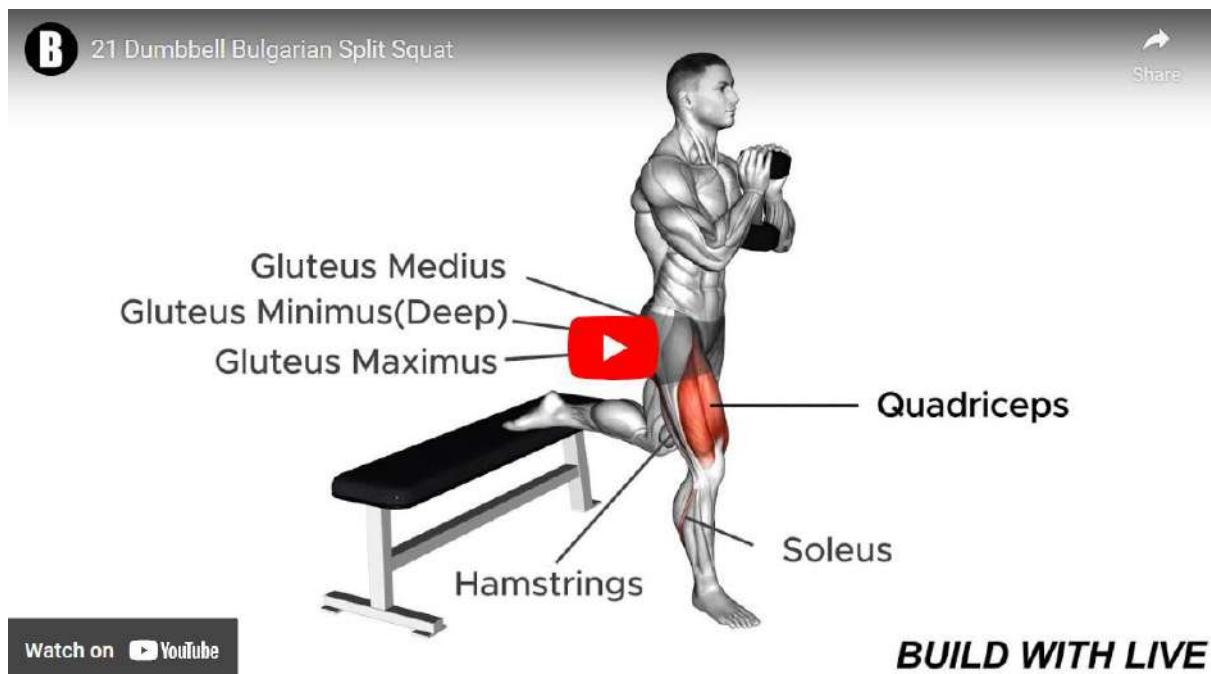
How to Do

1. Begin standing, holding a dumbbell by the head in front of your chest. Your core should be engaged, and your shoulder blades should be retracted.
2. Inhale and take a wide step to the right with your right foot. Keeping your chest high, sink your hips down and back, allowing the right knee to bend. The left leg should remain straight, with a soft knee bend.
3. Exhale while firmly pressing through the right foot to return to standing. Alternate as desired.

Tips

- Keep the chest up and eyes forward for the duration of the movement. It's easy to lean forward as you lunge, but engage your core and remain upright for proper form.
- If you are hinging forward excessively, decrease your dumbbell weight as needed.

21. Dumbbell Bulgarian Split Squat



<https://youtu.be/D4utX3H5wLA>

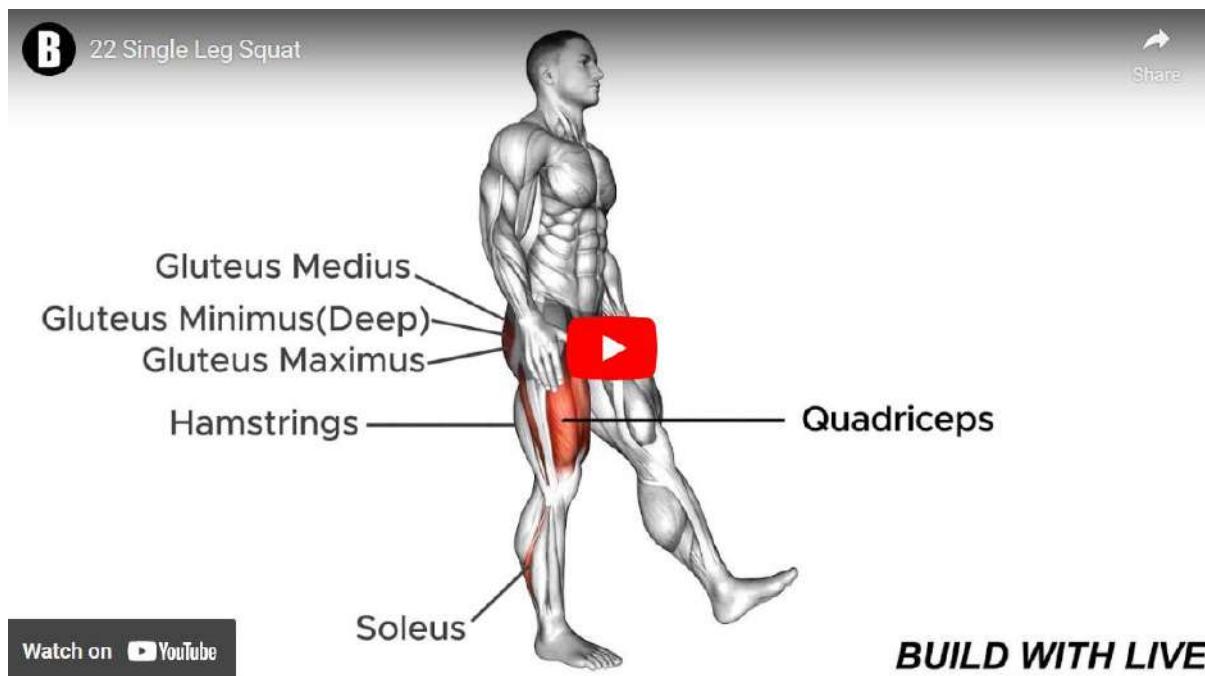
How to Do

1. For this exercise, you will need a bench or couch that is just lower than knee height.
2. Stand about 12-18 inches in front of it and, with your back facing the couch, place your right foot laces down on the bench, and your left foot on the floor.
3. Hold a dumbbell in each hand and bring most of your body weight into your left leg.
4. Lower yourself straight towards the ground until your left thigh is about parallel to the floor.
5. Your right knee should almost touch the ground.
6. Press through your left leg to bring yourself back to the starting position, then repeat for the right leg.

Tips

- Maintain proper alignment by ensuring your front knee stays above your ankle during the descent to prevent excessive strain on the knee joint.
- Engage your core muscles for added stability and to protect your lower back throughout the exercise.
- Focus on balance and control, lowering yourself in a slow and controlled manner to maximize muscle engagement and minimize the risk of injury.

22. Single-Leg Squat



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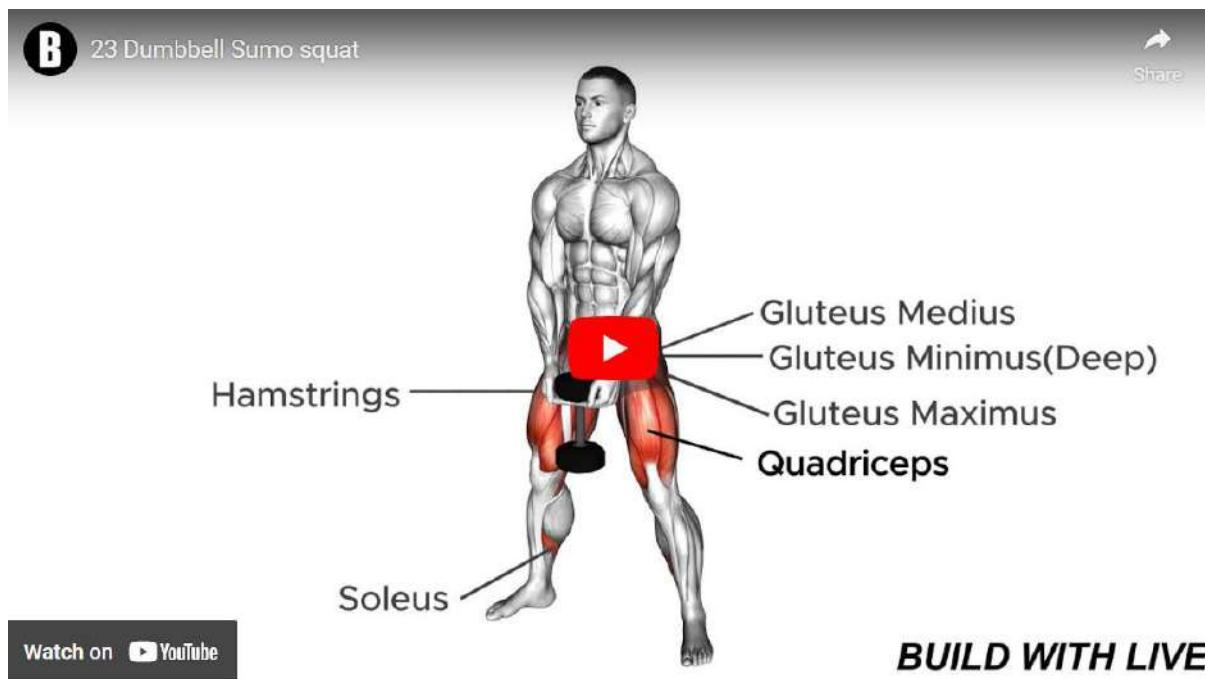
How to Do

1. Begin standing. Lift one leg and extend it forward.
2. Bend the leg you are standing on, complete a squat, and lower your torso until it is parallel or close to parallel with the ground.
3. Push through your heel to bring yourself back up to a standing position.
4. Make sure to stay firm throughout the whole exercise to avoid falling.
5. To work both sides of the body equally, do the appropriate number of repetitions on one leg before switching to the other.

Tips

- Focus on balance and stability by keeping your core engaged and your body weight evenly distributed over the supporting leg. This enhances gluteus medius activation.
- Lower yourself down in a slow and controlled manner, maintaining proper form. Avoid rapid movements or excessive momentum to prevent injury and maximize muscle engagement.
- Ensure that your knee tracks over your toes and doesn't cave inwards during the squat. This helps target the gluteus medius and prevents stress on the knee joint.

23. Dumbbell Sumo Squat



https://youtu.be/Fic_Bdmr6VQ

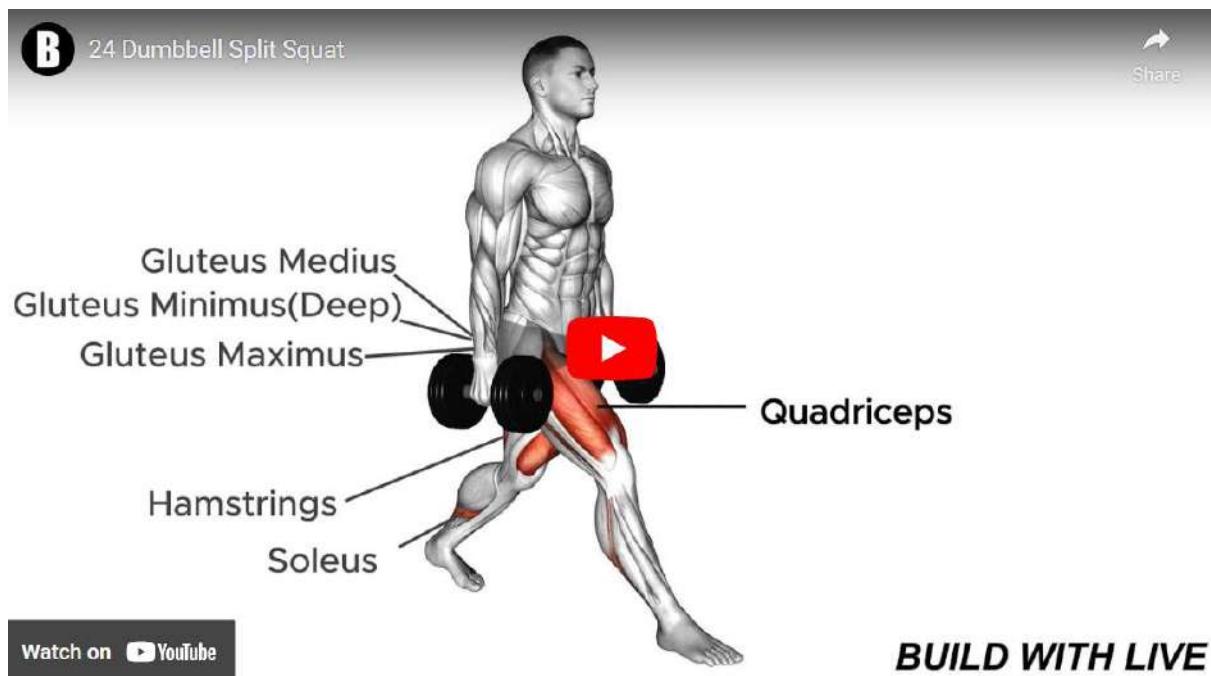
How to Do

1. Stand with feet wider than shoulder-width apart, toes pointed outward at about a 45-degree angle.
2. Hold a single heavy dumbbell with both hands between your legs and let it hang down.
3. Keeping your chest up and core engaged, lower your body as deep as you can.
4. Descend until your thighs are parallel to the ground or even lower if possible.
5. Push through your heels to return to the starting position, squeezing your glutes as you raise.

Tips

- Keep your knees tracking in line with your toes throughout the movement.
- Maintain an upright torso with your chest up, resisting the urge to lean forward as you lower the weight.
- Focus on pushing your knees outward as you descend to maximize inner thigh engagement.
- Start with a lighter weight to perfect your form before progressing to heavier dumbbells.

24. Dumbbell Split Squat



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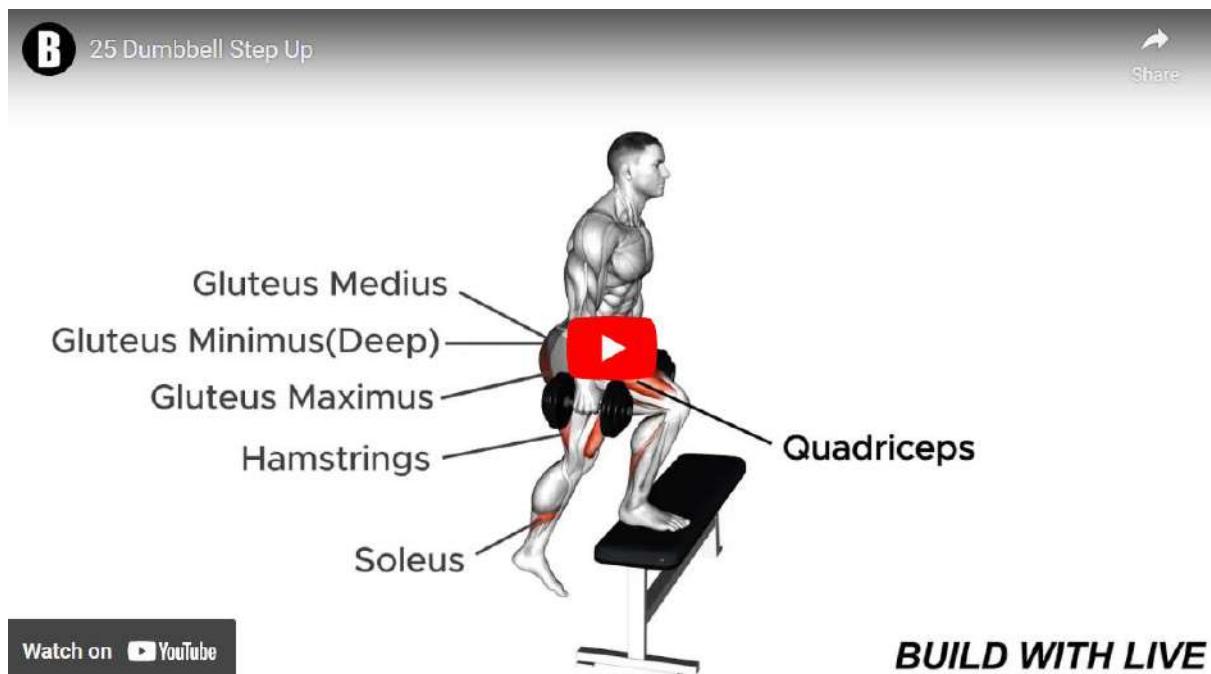
How to Do

1. Begin standing with feet shoulder-width apart. Hold a dumbbell in each hand, keeping shoulders down and back and chest open.
2. Take a large step forward with your right foot, keeping your torso upright. Your weight should be through the ball of your left foot and the entire right foot. Your hips should be neutral and forward.
3. With shoulder blades down and back, inhale and engage your core. Bend both knees, bringing the left knee down toward the floor. Your right thigh should be parallel to the floor.
4. Pause just above the ground. Exhale, squeeze your glutes and press firmly through your right foot to bring yourself to a standing position. Repeat as desired, then alternate legs.

Tips

- Both knees should be at 90-degree angles when you're at the bottom of the split squat.
- If balance is an issue, ensure your feet are wide enough apart. Many people like to imagine walking on train tracks rather than a tightrope. This visual can help maintain the correct distance between your feet for balance.
- Ensure you don't slam your knee into the ground on the descent. Maintain control.

25. Dumbbell Step-Up



<https://youtu.be/XFvwESzcTno>

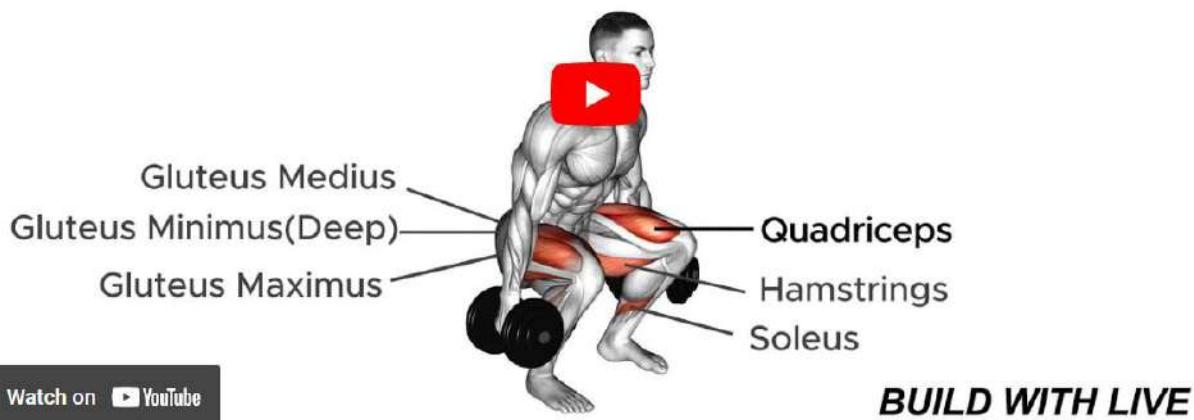
How to Do

1. Begin standing with feet hip-width apart next to a stable box or bench. Grasping two dumbbells by the handles, turn palms facing your thighs. Keep your chest high and your shoulder blades retracted.
2. With your core engaged, bring your right foot up and place it on the top of the box or bench. Keep your torso vertical and exhale, pressing through your right foot to bring yourself to stand on the box. The non-working leg can assist on the way up, but the focus should be on the foot on the box.
3. Pause at the top, tapping your left toe on the box for stability if needed. With your right leg still loaded, slowly lower yourself to the floor. Alternate as desired.

Tips

- If needed, start the exercise at a lower box or bench, then progress to higher elevations as desired. This can also ensure proper form and technique as you make the movement more challenging.
- To avoid injury, keep your knee in line with your ankle and hip as you step onto the box.

26. Dumbbell Squat



<https://youtu.be/6Uh4EDR7GRs>

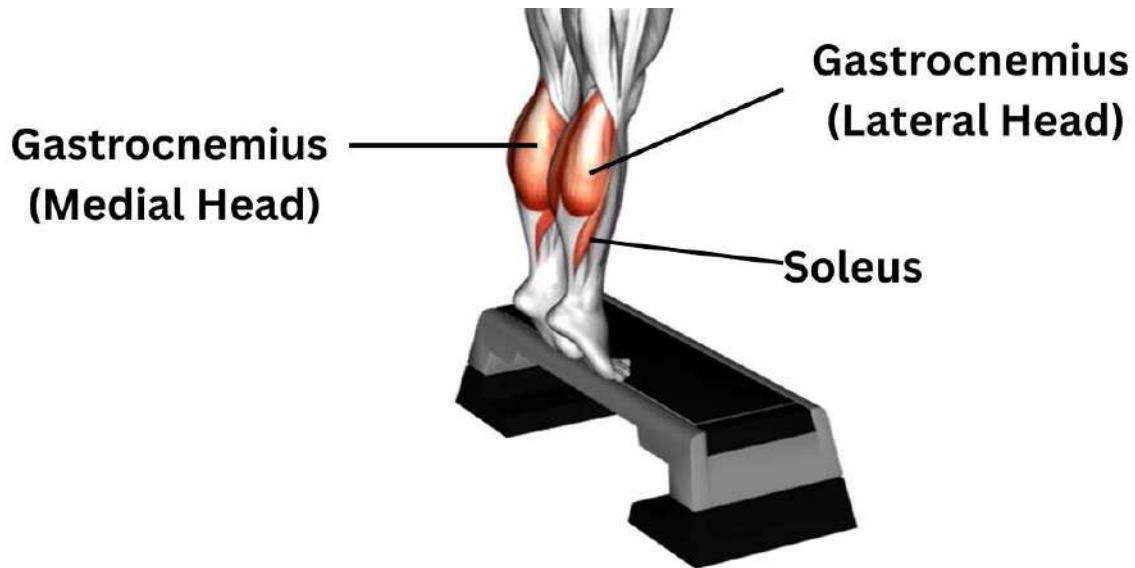
How to Do

1. Stand with feet hip-width or shoulder-width apart, depending on which stance is more comfortable for you.
2. Hold two dumbbells by each side of your body.
3. Lower your body, as though you were sitting in a chair.
4. Come down until your thighs are parallel to the ground if your flexibility allows you to.
5. Ensure your knees stay aligned with your toes throughout the movement.
6. Push through your heels to return to the starting position without locking your knees.

Tips

- Keep your chest up, look forward, and keep your back straight.
- Start with lighter weights to practice your form before increasing the weight of the dumbbells.
- If you are struggling to keep your hips back during a squat, try to use a bench as a guide. Touch your buttocks lightly on the bench each time you go down.

10. CALF



Calf Primary Muscle Groups

The gastrocnemius is a large calf muscle at the back of your lower legs. It has two thick and muscular heads: the medial and lateral heads. It's easy to see them in well-developed calves.

The medial head starts from the inner side of your thigh bone (femur), while the lateral head begins on the outer side. Both heads come together to form the Achilles tendon, which attaches to your heel bone. This strong tendon can take up to ten times your body weight.

The gastrocnemius is involved in movements like walking, running, and jumping by helping to bend the knee and point the foot downward (plantar flexion). During calf presses, it contracts to help you press through the balls of your feet.

It extends the ankle joint as you lift the weight. While calf pressing, the gastrocnemius also provides dynamic stability to the posterior (back) knee. It supports the knee joint by helping control the movement, reducing stress on ligaments, particularly when the knee is bent.

During the seated calf press, the inner calf muscle activates more than during standing calf raises, while the outer calf remains unchanged. This occurs with a more neutral ankle position.

The lateral gastrocnemius activates at 49.2%, while the medial gastrocnemius shows 51.31% during the leg press. These levels reflect a similar engagement of the calf muscles in calf presses. Both exercises involve pushing through the balls of your feet, making their mechanics comparable for assessing muscle activity

The soleus muscle sits underneath the gastrocnemius. It's a long muscle with two heads: the lateral (outer) and medial (inner). The medial head starts from the back of your shin bone called the tibia. This shin bone is a large weight-bearing bone in the front of your lower limb.

The lateral head starts from the fibula, a thinner bone running alongside the tibia. The soleus mainly helps point the foot downward (plantar flexion), supporting activities like walking, standing, and calf pressing.

1. Gastrocnemius

Muscles located at the back of your lower leg and consists of your calf. Starts just behind your knee and extends to your ankle.



2. Soleus

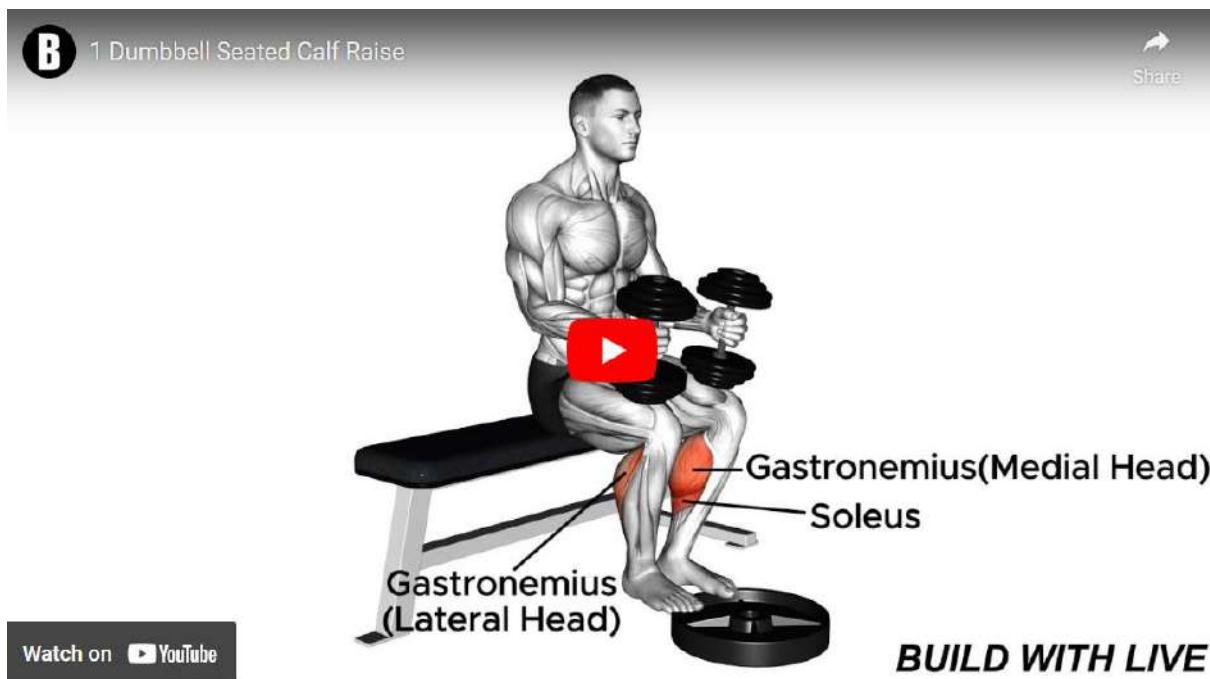
Muscles located behind your gastrocnemius sitting slightly deeper. Runs down your leg and connects with the gastrocnemius to make your Achilles tendon.



Exercises list of Calf

- 1. Dumbbell Seated Calf Raise**
- 2. Dumbbell Calf Raise**
- 3. Dumbbell Standing Single Leg Calf Raise**
- 4. Dumbbell goblet squat with calf raise**
- 5. Smith Calf raise**

1. Dumbbell Seated Calf Raise



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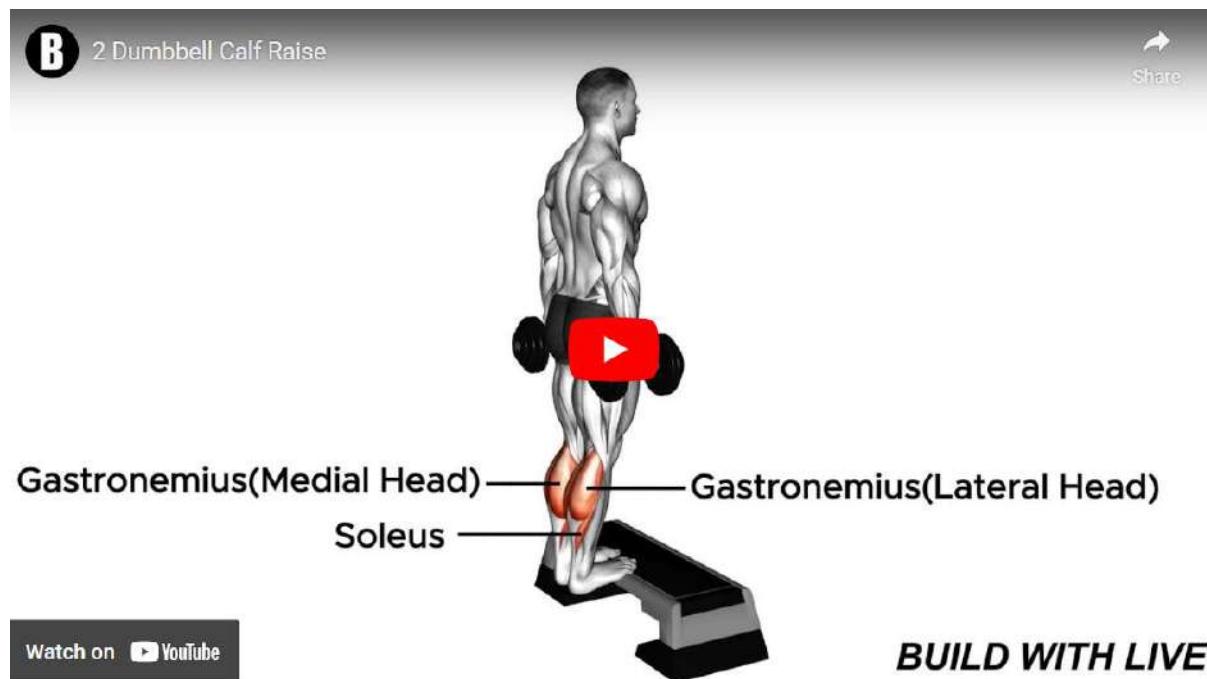
How to Do

1. Sit on a bench or chair with a weight plate on the floor in front of you.
2. Place your toes on the weight plate and your heels on the floor.
3. Position one dumbbell on each thigh.
4. Press your toes into the weight plate and lift your heels as high as possible.
5. Lower your heels back to the floor with control.
6. Repeat to the desired number of reps.

Tips

- Your knees should be level with your hips and bent at 90 degrees. This position helps avoid low back strain.
- Hold the dumbbells securely throughout the exercise to prevent dropping the weights.
- Sit up tall and engage your abdominals. Good posture protects the back, and core activation helps maximize strength production

2. Dumbbell Calf Raise



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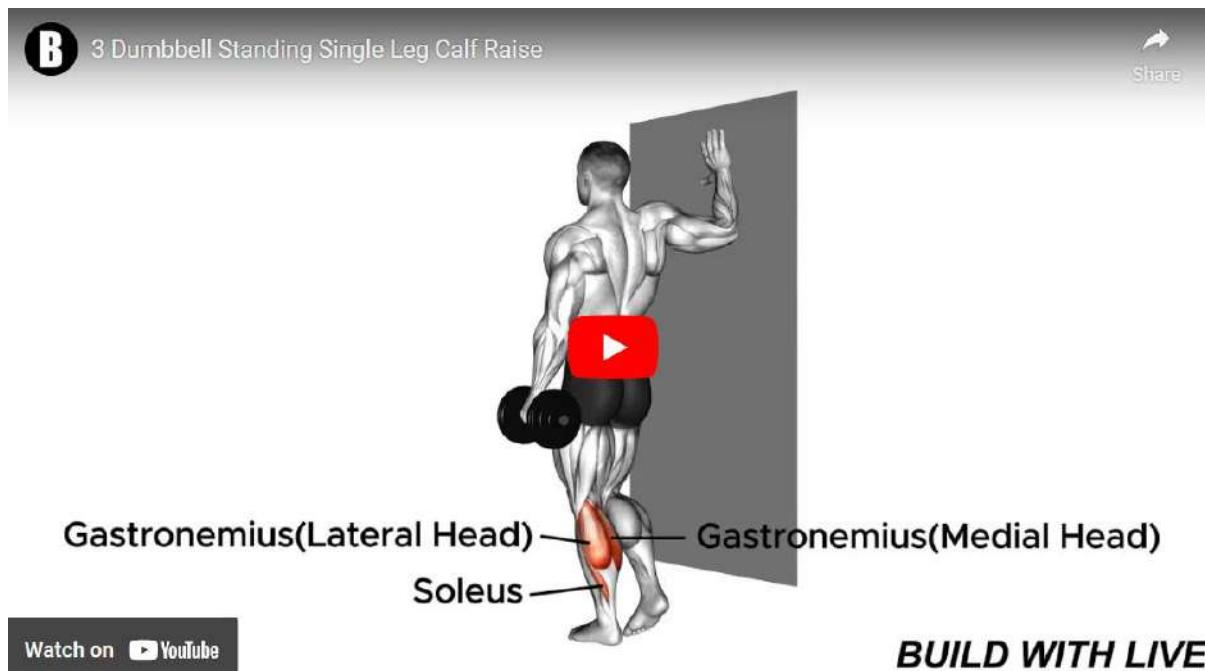
How to Do

1. Stand upright with your feet shoulder-width apart and a dumbbell in each hand.
2. Press up onto your toes to lift your heels off the ground as high as you can.
3. Slowly lower your heels back down to the floor.

Tips

- Maintain a straight posture with your shoulders back and core engaged throughout the exercise to ensure stability and proper form.
- Focus on controlled movements, both when rising up on your toes and when lowering your heels, to maximize muscle engagement and reduce the risk of injury.
- Gradually increase the weight you use as your calf muscles become stronger to continue progressing in your calf training.

3. Dumbbell Standing Single-Leg Calf Raise



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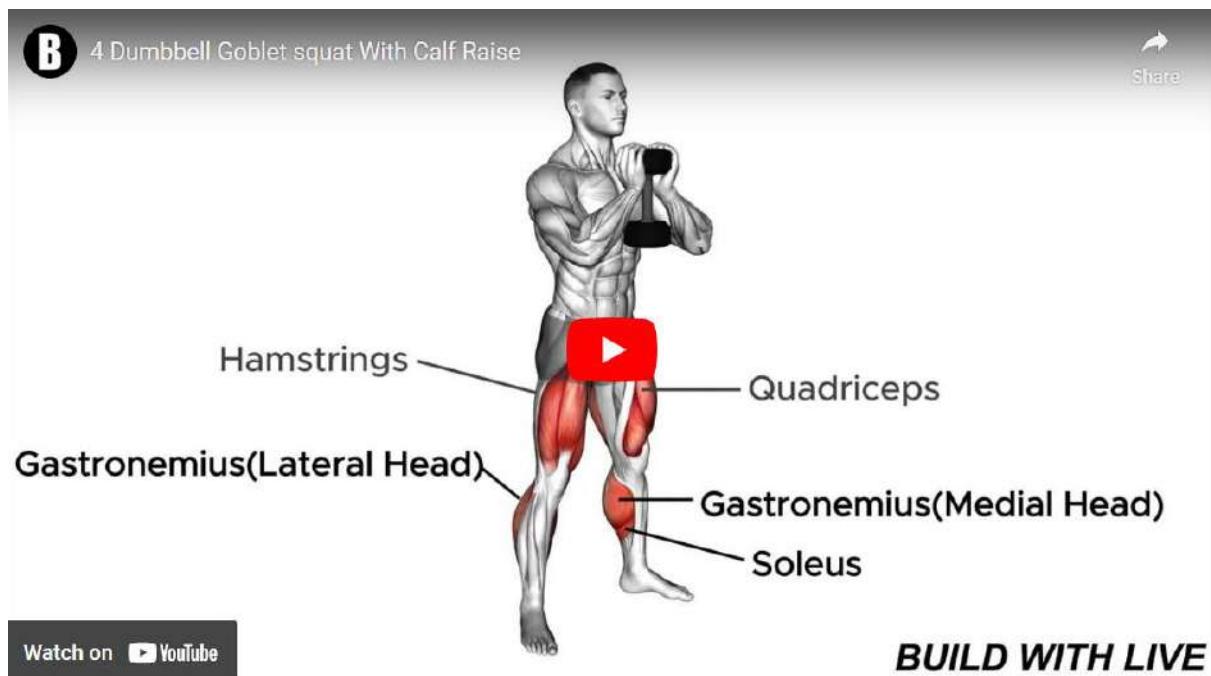
How to Do

1. Stand parallel to a wall.
2. Place the inner hand on the wall just above shoulder height.
3. Hold one dumbbell in the outer hand.
4. Keep the inner foot slightly lifted off the floor for the entire exercise.
5. Press your weight into the ball of the outer foot.
6. Lift the heel as high as possible.
7. Carefully lower the heel back down to the starting position.
8. Repeat to complete the target number of reps.

Tips

- Maintain a neutral spine to prevent back strain.
- Lightly place the hand on the wall. Do not lean into the wall. This improves balance.
- Keep the working ankle straight. Avoid bending to the sides to protect the ankle joint.

4. Dumbbell Goblet Squat with Calf Raise



<https://youtu.be/Cbbk7R3-Lps>

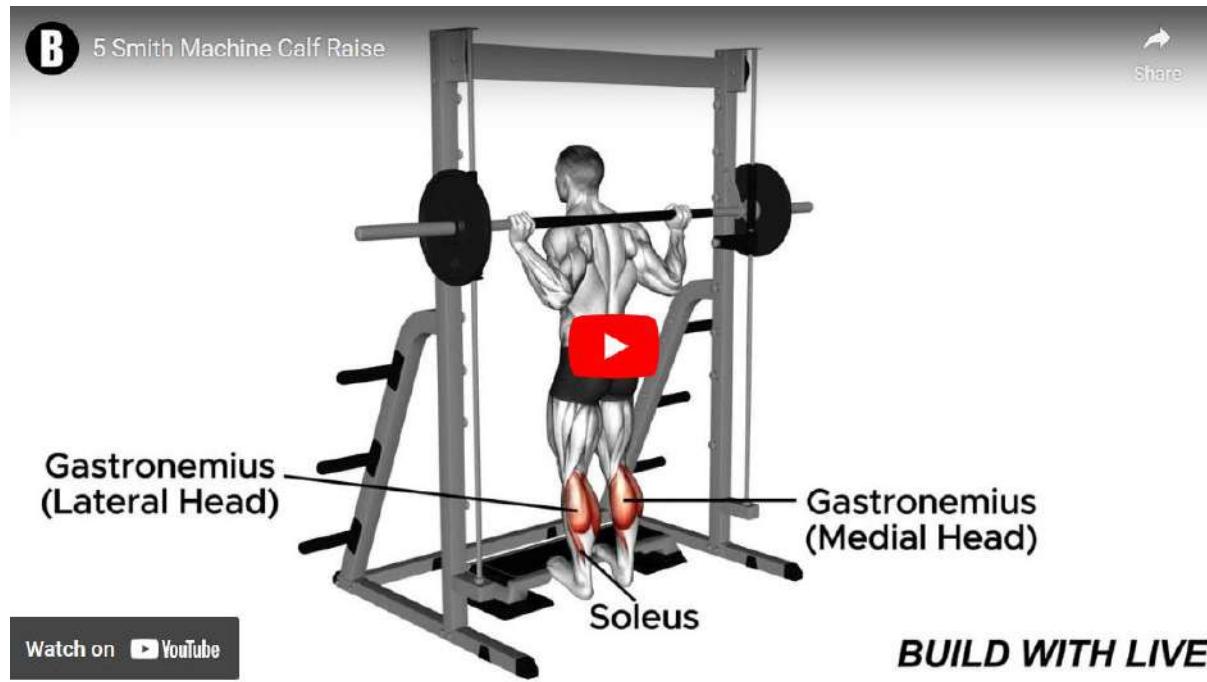
How to Do

1. Stand with feet shoulder-width apart and angled outward 45 degrees.
2. Hold one dumbbell vertically at chest height.
3. Squat by hingeing from the hips and lowering the glutes.
4. Lower until the elbows reach the thighs.
5. Squeeze the glutes as you push back up to standing.
6. Lift the heels and come onto the balls of the feet in a calf raise.
7. Slowly lower the heels until the foot is flat on the floor again.
8. Repeat to complete the desired number of reps.

Tips

- Press into the heels as you rise out of the squat. This will increase muscle activation along the back of the body.
- To protect the knee joint, keep the knees in line with the toes. Don't let the knees cave inward.
- Keep the ankles straight and aligned with the toes. Avoid rolling the ankles to either side. This protects the ankles from strain during the calf raise.
- Focus the gaze forward to maintain a neutral spine. Don't look down at your feet.

5. Smith Calf Raise



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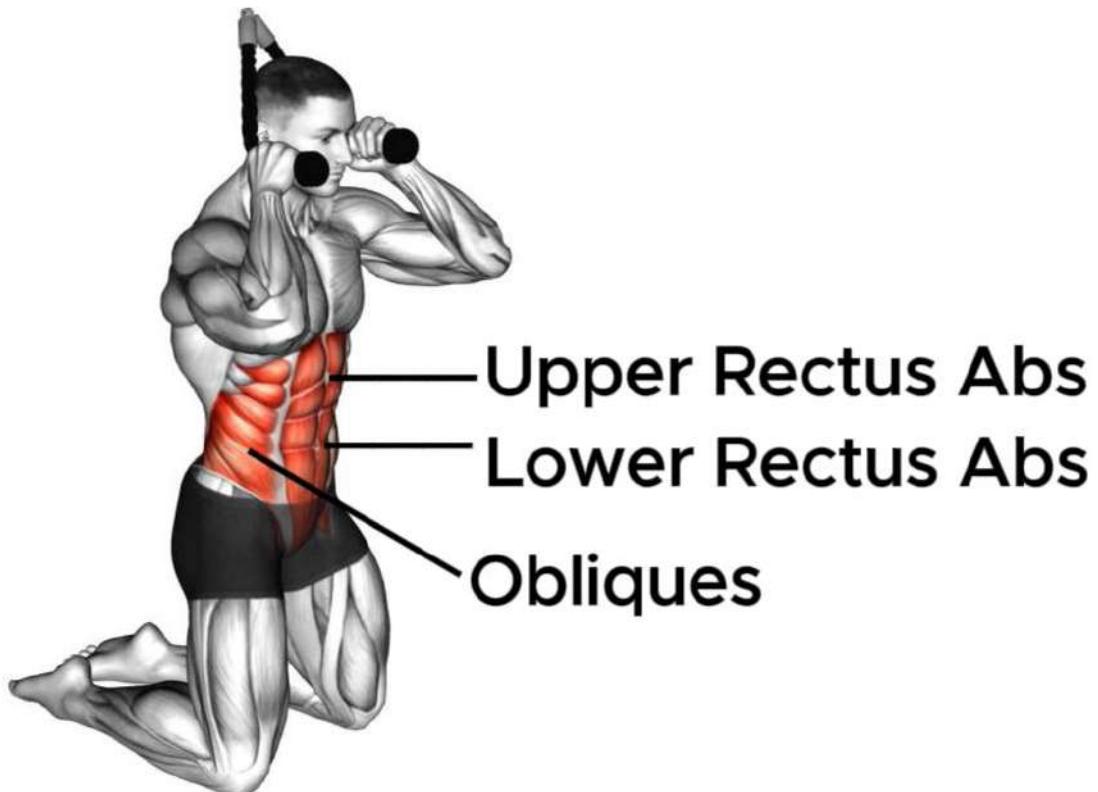
How to Do

1. Set up a low platform in the middle of the Smith machine.
2. Adjust the Smith machine bar to shoulder height.
3. Load the appropriate weight for your fitness level and goals.
4. Stand in front of the bar with it resting on your shoulders. The balls of your feet should be shoulder-width apart on the platform.
5. Grip the bar with an overhand grip, hands slightly wider than shoulder-width.
6. Inhale and engage your core.
7. Slowly lower your heels down while supporting the bar with your shoulders. When your ankle is back to neutral, exhale and raise your heels back up. Focus on squeezing the calf muscles and keeping your back straight and core engaged.

Tips

- Keep your core engaged and back neutral.
- Don't overload the weight to avoid injury or use of improper form.
- Squeeze your calf muscles during the contraction phase to encourage the greatest muscle activation.

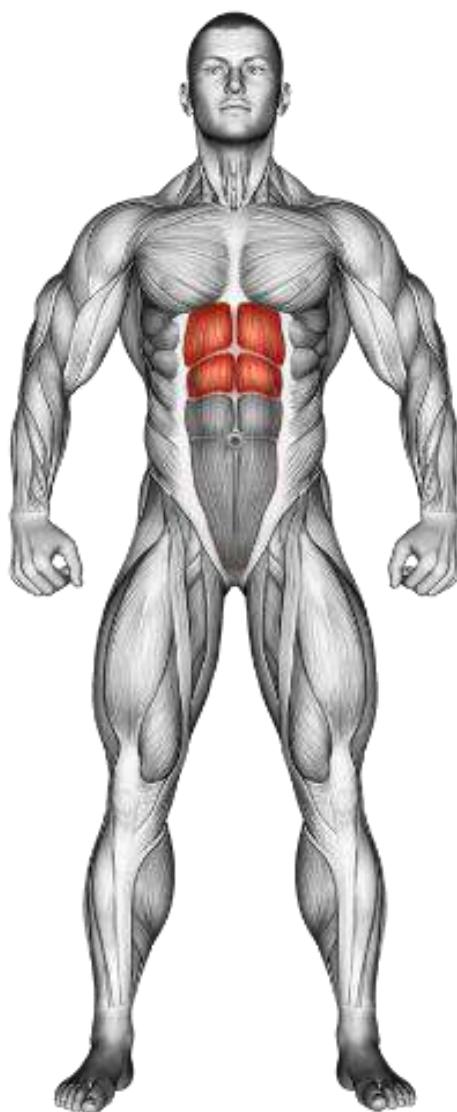
11.ABS



Anatomy of The Abs

1. Upper Rectus Abdominis

Muscles located just below the lower chest and above the lower abdominals. Between your ribs and public bone.



2. Lower Rectus Abdominis

Muscles located below your upper abs and above your public bone between your ribs.



3. Obliques

Muscles located on the sides of your rectus abdominals. Runs on the sides of your trunk.



Serratus Anterior

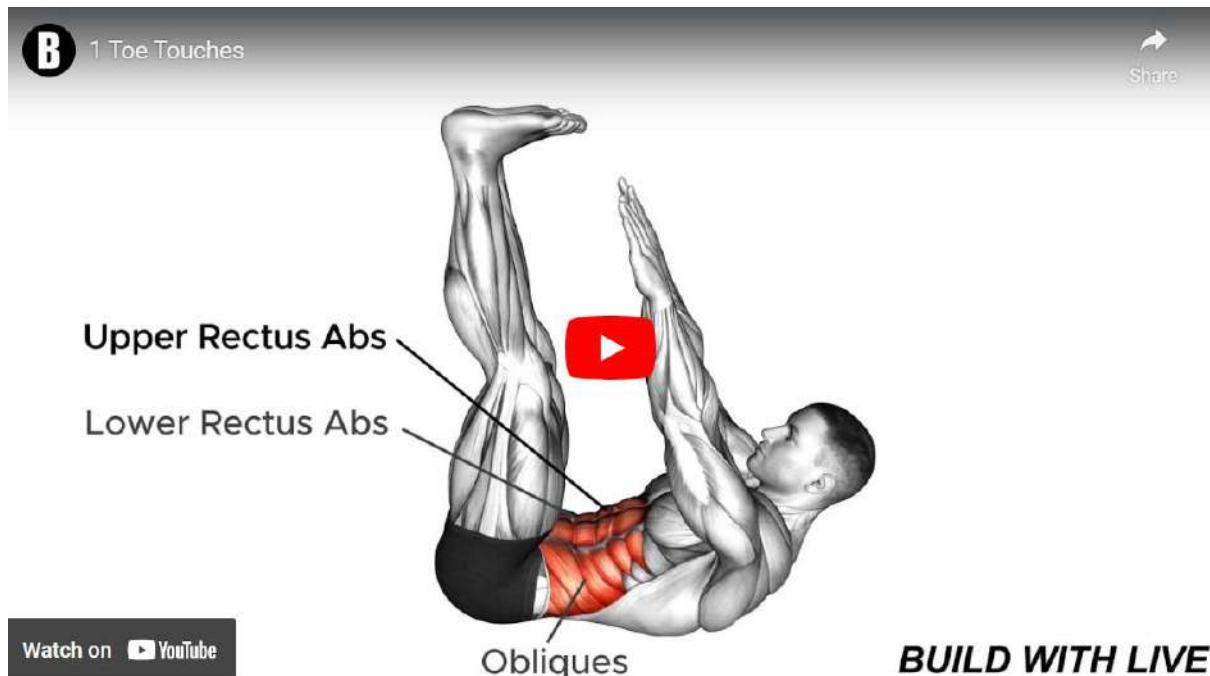
Small ,fan shaped muscle that lies deep under your chest and scapula



Exercises list of Abs

- 1. Toe Touches**
- 2. Crunchers**
- 3. Reverse Crunches**
- 4. Mountain Climber**
- 5. Scissor kicks**
- 6. Leg Raise**
- 7. Dead Bug**
- 8. Medicine ball Slam**
- 9. Hanging leg Raise**
- 10. Dumbbell Russian Twist**
- 11. Russian Twists with a medicine Ball**
- 12. Russian Twist**
- 13. Dumbbell Side Bend**
- 14. Side Plank**
- 15. Dumbbell Woodchop**
- 16. Dumbbell Crunch**
- 17. Kneeling Cable Crunch**
- 18. Bicycle Crunch**
- 19. Dumbbell V-Up**
- 20. Decline Dumbbell Sit-Up**
- 21. Dumbbell Plank Pass-Through**
- 22. Plank Hip Dip**
- 23. Plank**
- 24. Kneeling Ab wheel rollout**
- 25. Hollow Hold**
- 26. Burpees**

1. Toe Touches



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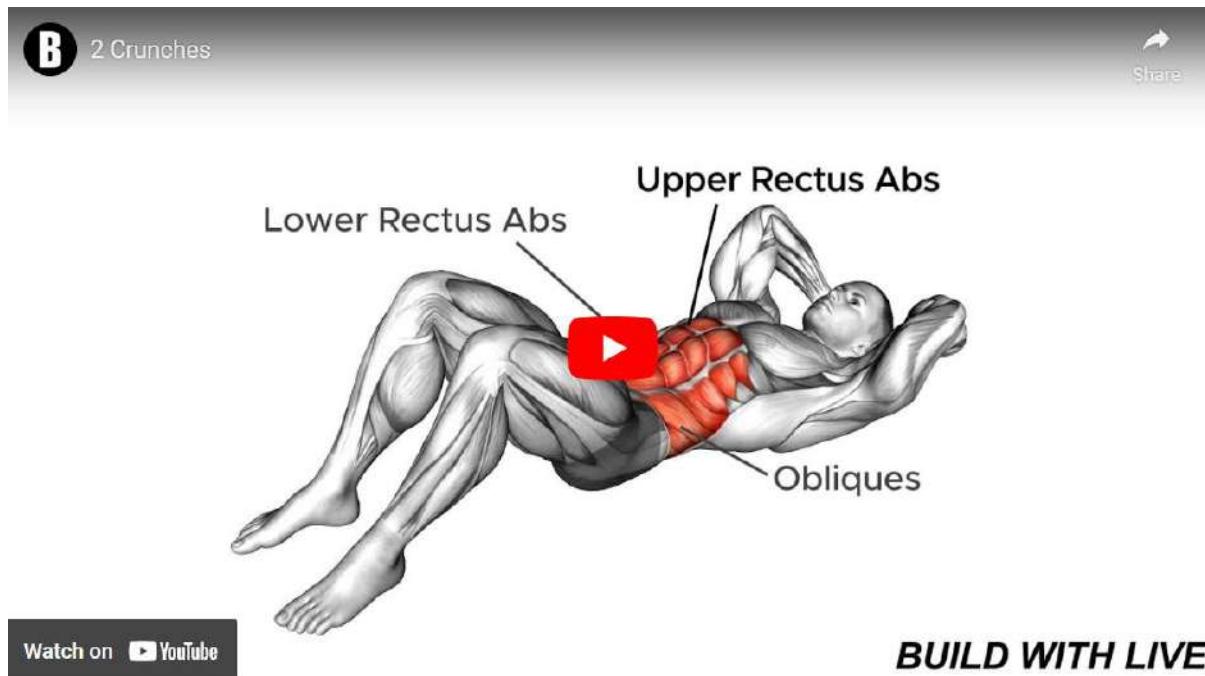
How to Do

1. Lie on your back with your legs straight up towards the ceiling and arms pointing towards your toes.
2. Engage your core by pulling your belly button in towards your spine.
3. Lift your upper back off the ground and reach for your toes.
4. Lower back down with control, maintaining core engagement.

Tips

- Focus on engaging your core throughout the entire movement.
- If you notice any doming, switch to the modified version with bent knees and hands on your chest.
- Breathe steadily: exhale as you reach up and inhale as you lower down.
- Stop if you feel any pain or discomfort in your abdominal area.

2. Crunches



<https://youtu.be/Zal39ELQPkl>

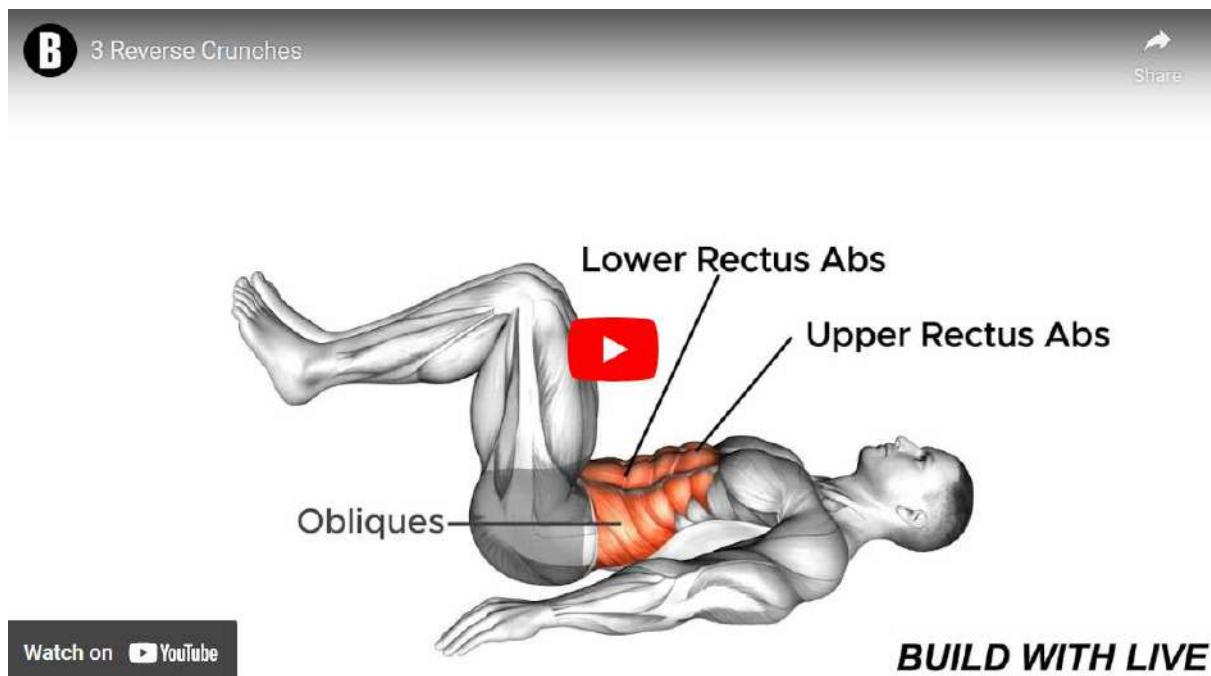
How to Do

1. Begin by lying flat on your back with your legs bent at 90 degrees; if possible, keep them together (you should have knees should be tucked under).
2. Cross both hands behind the neck like an executioner holding a sword high above their neck, ready to strike.
3. Over time, you should start to incorporate different crunches into your workout routine so it does not become stale or monotonous.
4. You can do side-bends or twist stomach exercises when doing standard sit-ups to be more challenging and fun.

Tips:

- Keep your feet flat on the floor, and your hands lightly touching your temples. Lift your upper body using your abdominal muscles while exhaling, and avoid pulling on your neck or using your arms to lift.
- Squeeze your abdominal muscles at the top of the movement to maximize the contraction and work your belly muscles effectively.
- Start with a comfortable number of repetitions and sets, then gradually increase them over time as your strength improves.
- Consistency is key in losing belly fat with crunches.

3. Reverse Crunches



<https://youtu.be/Fq-lod9JKfU>

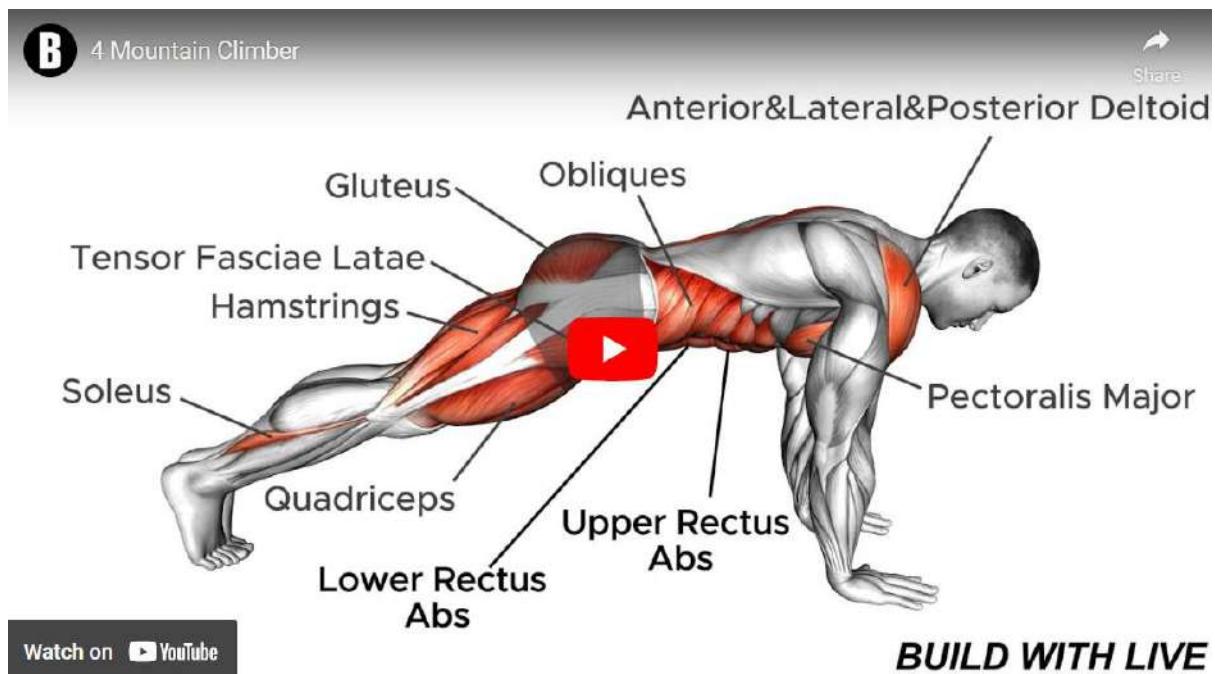
How to Do

1. Lie on your back, and bend your knees.
2. Lift your hips off the floor while bringing your knees towards your chest.
3. Slowly lower your hips back down.

Tips

- At the gym, use a decline bench or an ab crunch machine.
- Exhale as you lift your hips off the ground, engaging your core muscles fully.
- Perform the exercise with controlled and deliberate movements, avoiding any swinging or jerking motions.

4. Mountain Climber



<https://youtu.be/2Iyh9u8kZgw>

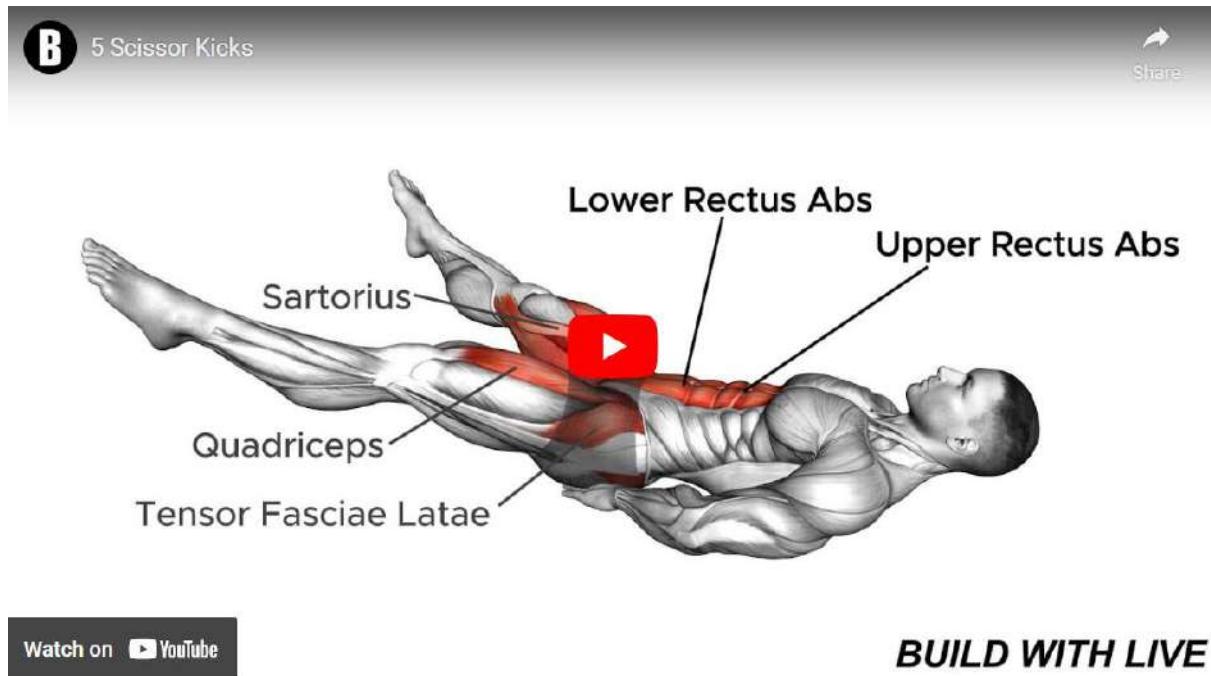
How to Do

1. Get into a high plank position.
2. Bring one knee toward your chest, then switch to the opposite foot in a running motion.
3. Continue alternating quickly.

Tips

- At the gym, use a stability ball or sliders for added challenge.
- Maintain a straight line from your head to your heels, engaging your core for stability.
- Keep a brisk but controlled pace, avoiding excessively fast movements that can compromise form.

5. Scissor Kicks



Watch on YouTube

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<https://youtu.be/jPxFtyuA9KI>

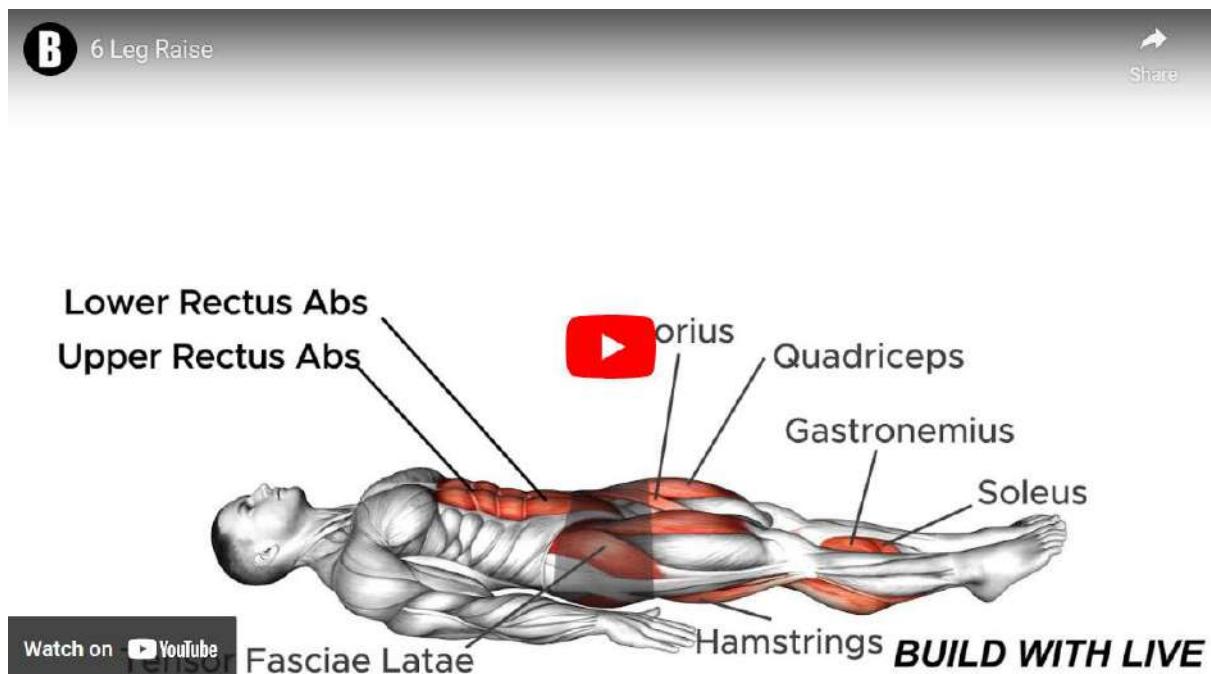
How to Do

1. Lie on your back with your legs extended straight and palms facing down.
2. Lift one leg just a few inches off the ground while the other toward the ceiling.
3. Keep your back flat on the surface and hands down at the sides, palm down.

Tips

- Alternate legs as you scissor them up and down while engaging your core
- Keep your lower back pressed firmly against the mat to avoid arching and protect your spine.
- Perform the exercise with controlled and deliberate leg movements, avoiding excessive kicking.

6. Leg Raise



<https://youtu.be/9kJkGWzBnSw>

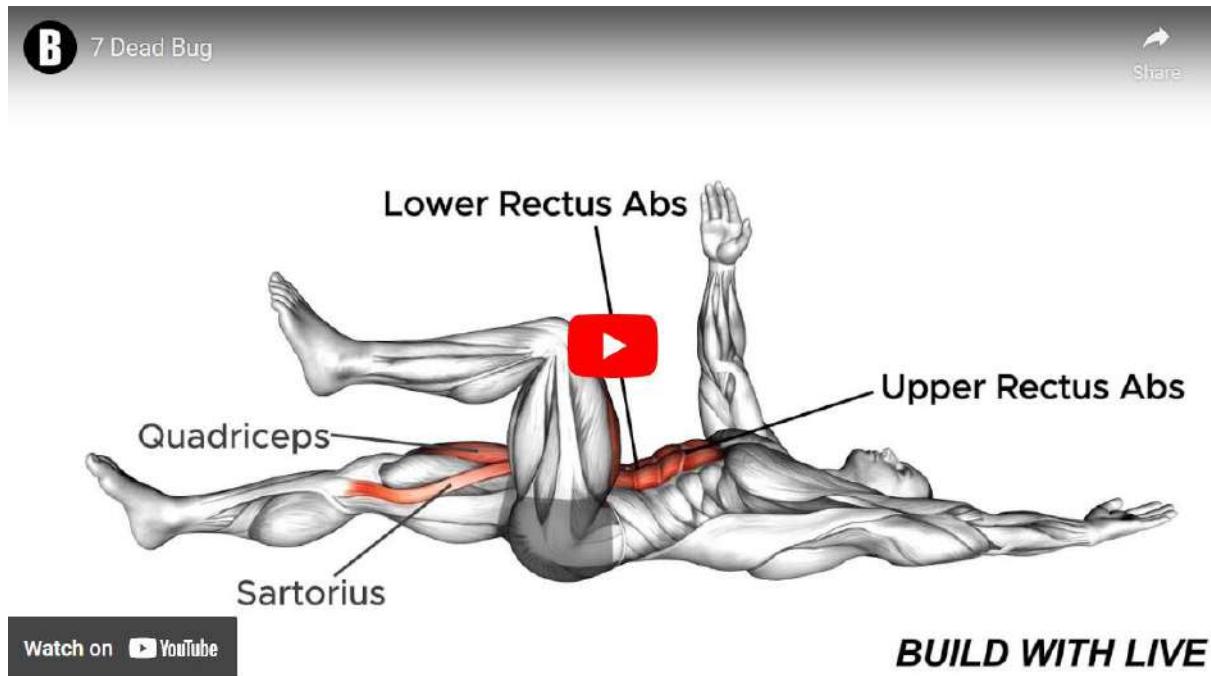
How to Do

1. Lying flat, extend your right and left leg straight.
2. Lift both legs together off the ground until perpendicular to the floor.
3. Slowly lower them back down with control. Keep arms flat against sides, palm down.

Tips

- Place your hands under your hips or beside your body to support your lower back and reduce strain.
- Lower your legs slowly and with control, emphasizing the negative phase of the movement.
- Focus on your breathing, exhaling as you raise your legs and inhaling as you lower them for better control and stability.

7. Dead Bug



<https://youtu.be/mBIAm6YJ0pg>

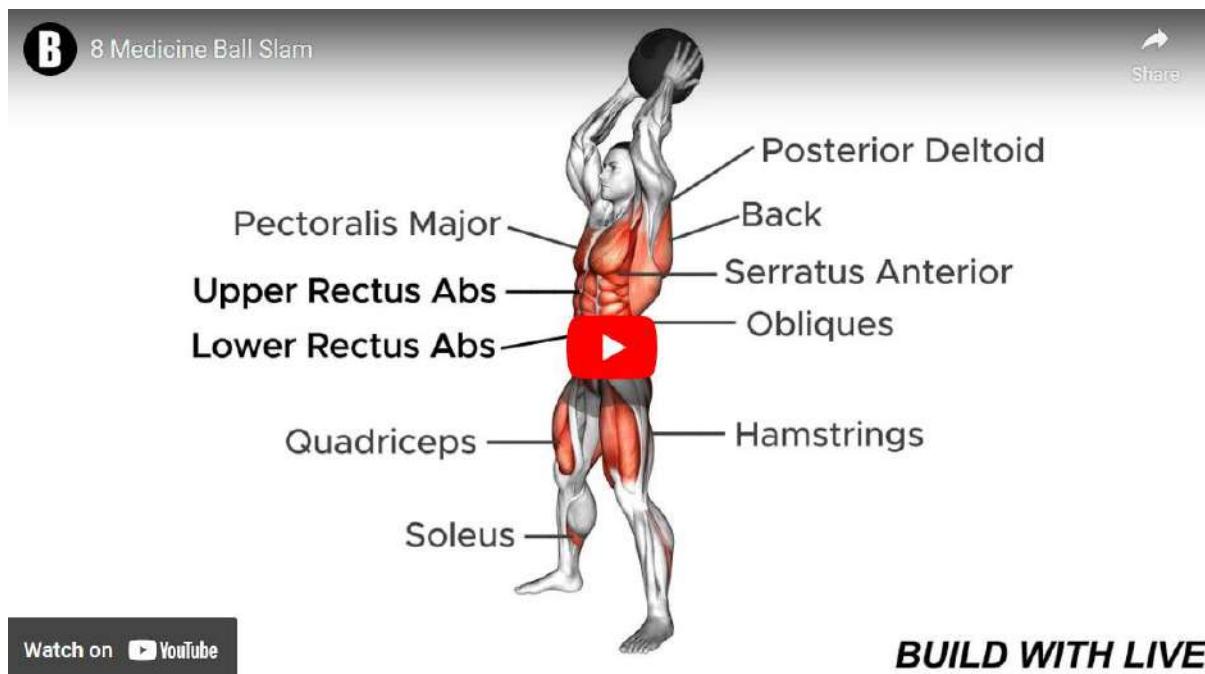
How to Do

1. Lie flat on your back with your arms extended upwards.
2. Lift your legs and bend your knees at approximately 90-degree angle.
3. Press your lower back into the floor to help you engage the core.
4. Lower your arm behind your head slowly while extending the leg on the opposite side.
5. Return to the starting position with control and do the same on the opposite side.

Tips

- Keep your lower back pressed firmly against the floor throughout the exercise.
- Avoid jerky or sudden movements.
- If you struggle, start by only lowering your arms or legs, not both simultaneously.
- Focus on engaging your deep core muscles, not just the surface abdominals.
- Avoid holding your breath. Exhale as you extend; inhale as you return.
- This exercise offers low resistance and may not significantly build ab size or power. Adding resistance bands can make it more challenging.

8. Medicine Ball Slam



<https://youtu.be/yCZNp0Zb2c8>

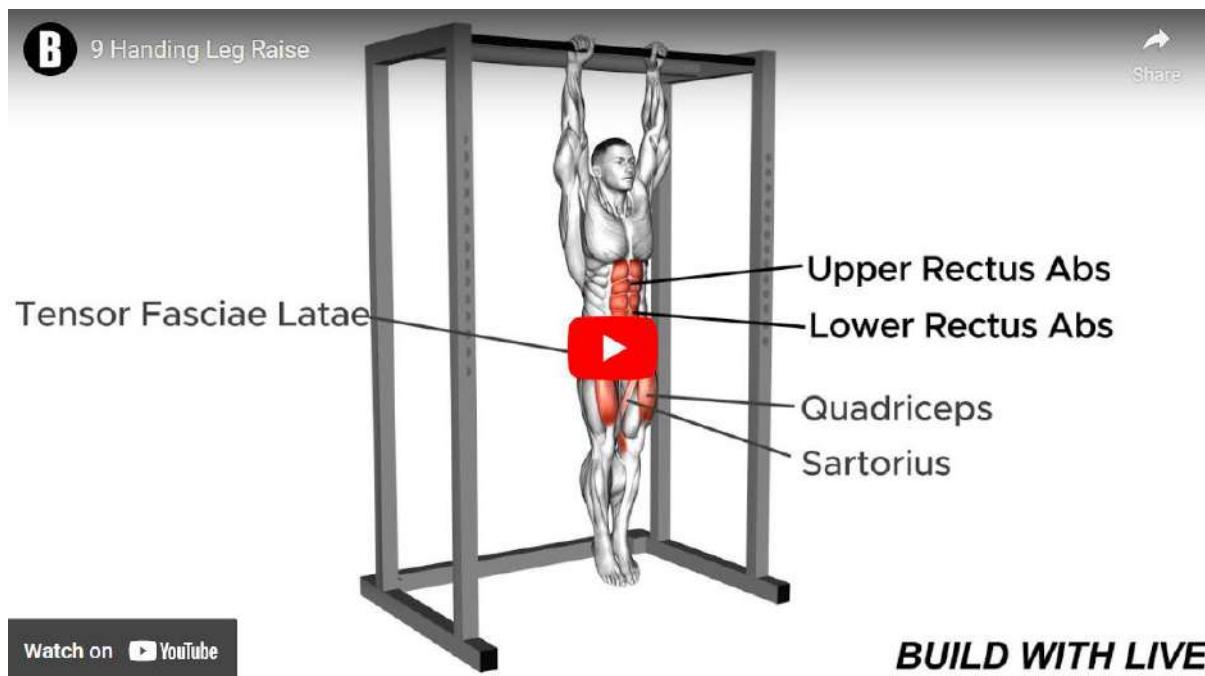
How to Do

1. With feet shoulder-width apart, hold a medicine ball above your head.
2. In a swift motion, slam the ball forcefully to the ground before you.
3. Catch the ball on the bounce back and repeat the movement for the desired repetitions.
4. Engage your core throughout the exercise and use your entire body to generate power.

Tips

- Hinge at your hips while keeping your back straight to engage your core and prevent strain on your lower back.
- Use the power from your hips and core to generate force when slamming the ball, and make sure to follow through with your arms to avoid straining your shoulders.
- Maintain control of the ball as you catch it on the rebound, and aim to slam it with intensity for an effective full-body workout

9. Hanging Leg Raise



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<https://youtu.be/NMqi-Koa0Q8>

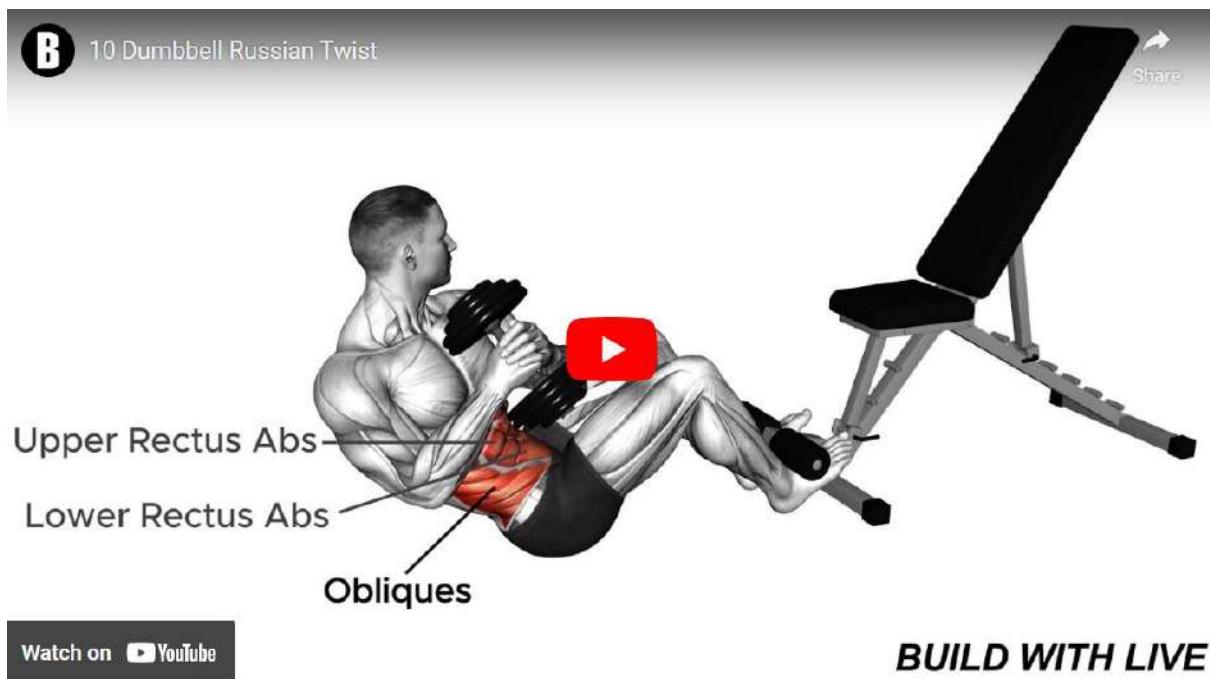
How to Do

1. Find a sturdy overhead bar or use a pull-up bar.
2. Hang from the bar and lift your legs as high as possible.
3. Lower them back down with control.

Tips

- At the gym, use a captain's chair or a hanging leg raise machine; lift your legs straight up, then lower them down.
- Maintain control throughout the movement, avoiding swinging or using momentum.
- Use proper grip strength and wrist support when hanging to prevent slipping or discomfort.

10. Dumbbell Russian Twist



https://youtu.be/J_B0CC036I8

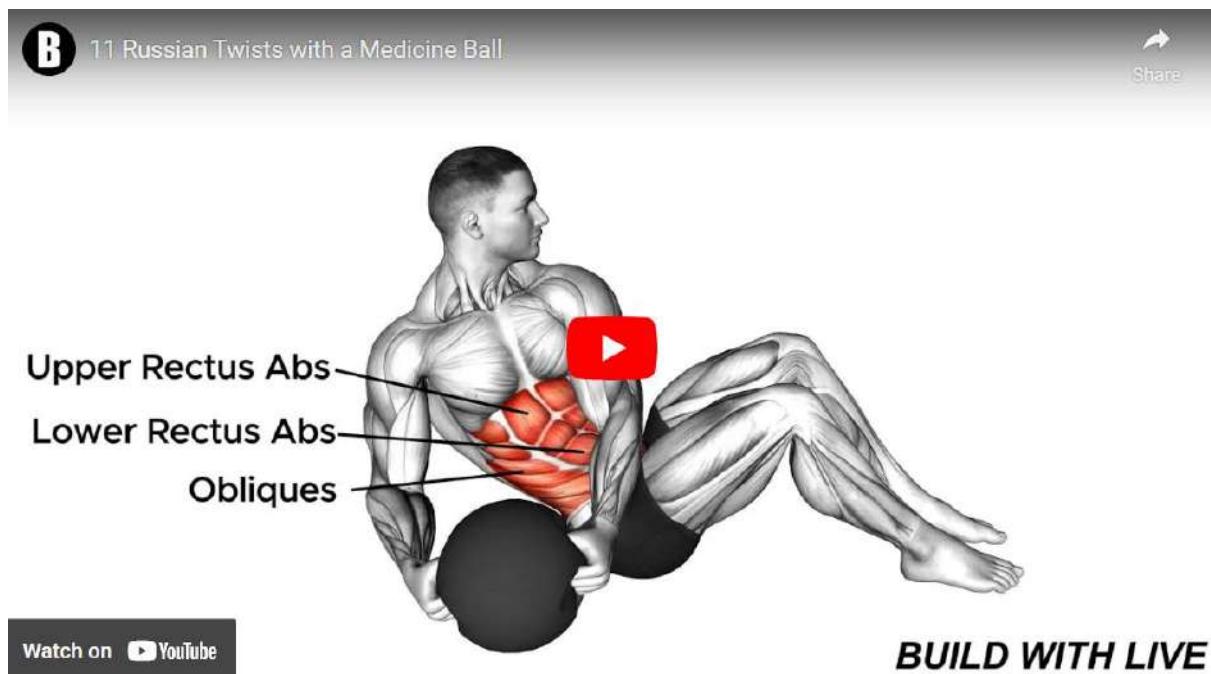
How to do

1. Select a dumbbell with the appropriate weight for your goals and fitness level.
2. Sit on the floor with your knees bent.
3. Tilt your torso back as you lift your feet off the floor.
4. Engage your core and take a breath in.
5. Raise your hands holding the dumbbell in front of your stomach.
6. Exhale and twist to bring the dumbbell toward the floor on your left side.
7. Inhale to return to the center. Exhale and twist to the right side.
8. Repeat for the desired number of reps and sets.

Tips

- Keep your legs still, with your feet together and core engaged.
- Start with a lighter weight or body weight only if you need to practice your form.
- Maintain a neutral neck and spine without rounding your lower back.

11. Russian Twists with A Medicine Ball



Watch on YouTube

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<https://youtu.be/ZDnX8DTH0oI>

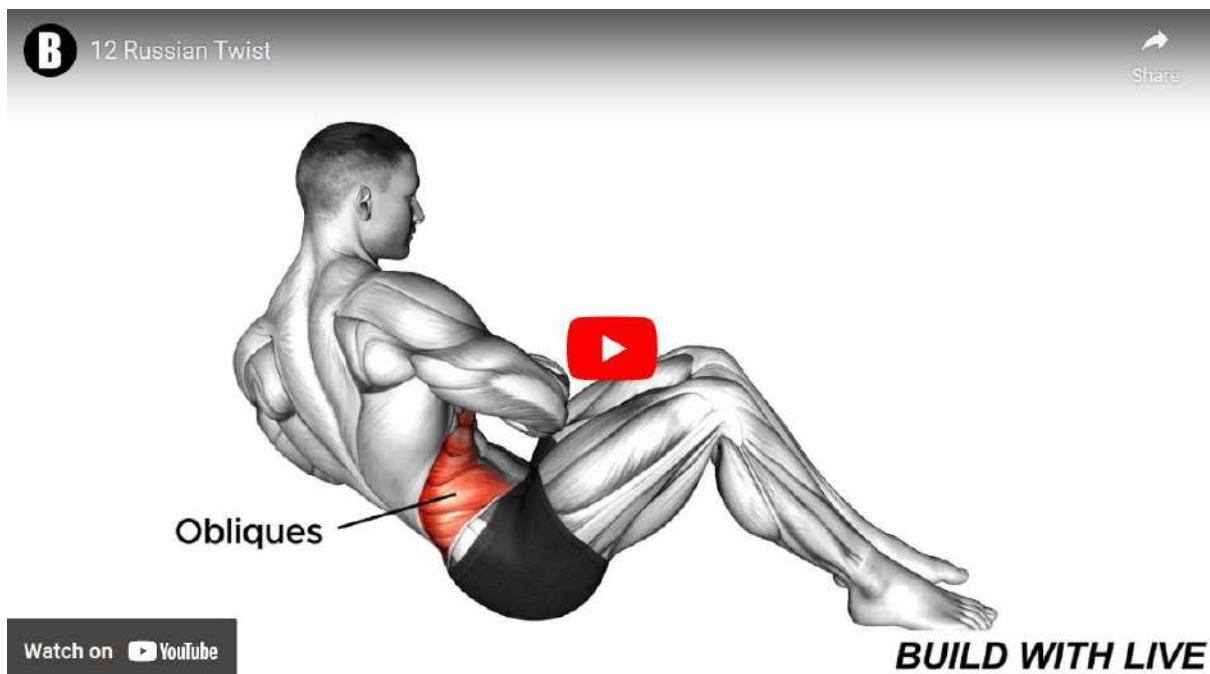
How to Do

1. Sit on the floor with your knees slightly bent and feet flat on the floor.
2. Hold a medicine ball or a weighted object in front of your chest.
3. Twist your torso from side to side, tapping the floor on each side with the medicine ball.
4. Maintain good posture while doing this, keeping your neck stretched and shoulders down, lifting with your abdominal muscles.

Tips

- Maintain a straight and upright posture, engaging your core to avoid straining your lower back.
- Twist from your torso, not just your arms, to engage your oblique muscles effectively.
- Choose an appropriate weight for the medicine ball to maintain control throughout the exercise.

12. Russian Twist



https://youtu.be/TOQuNbu_SUM

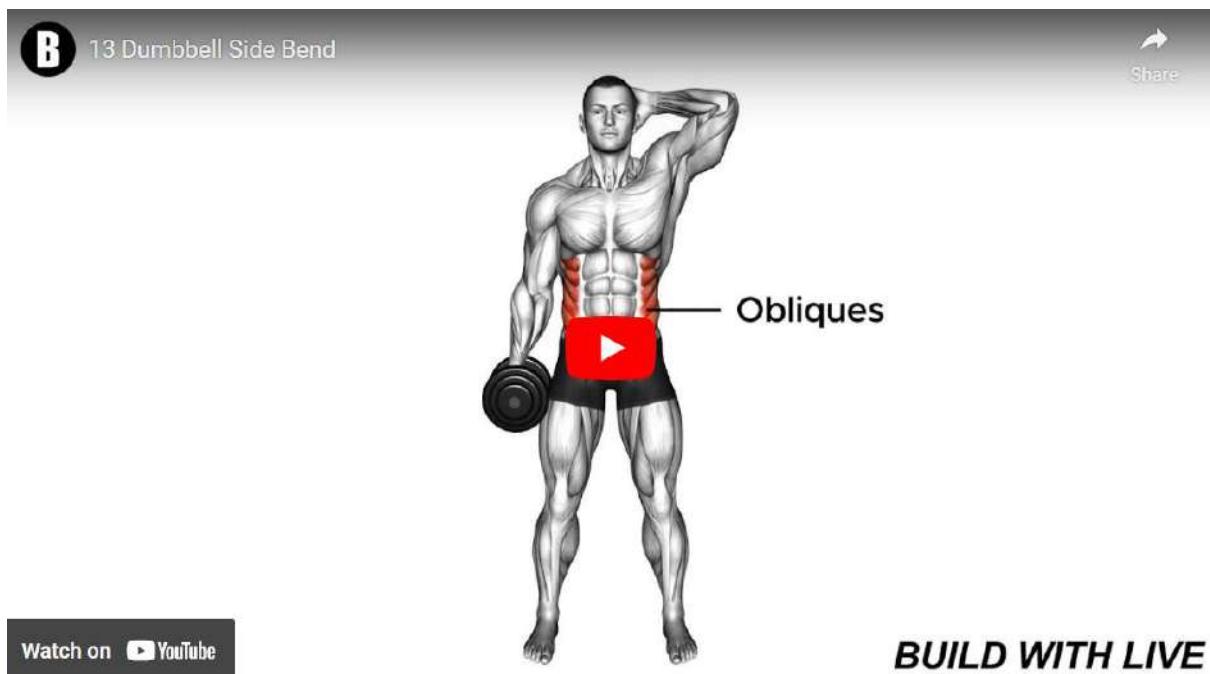
How to Do

1. Sit on the floor with your knees bent and feet flat.
2. Lean back slightly and twist your torso from side to side, touching the floor on each side with your hands or a weighted object.

Tips

- Keep your back straight and your core engaged throughout the exercise to protect your lower back.
- Twist from your torso while keeping your feet and hips stable on the ground.
- Use a controlled and deliberate motion, avoiding jerking or rushing the movement.

13. Dumbbell Side Bend



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<https://youtu.be/rvy4-b6dJVE>

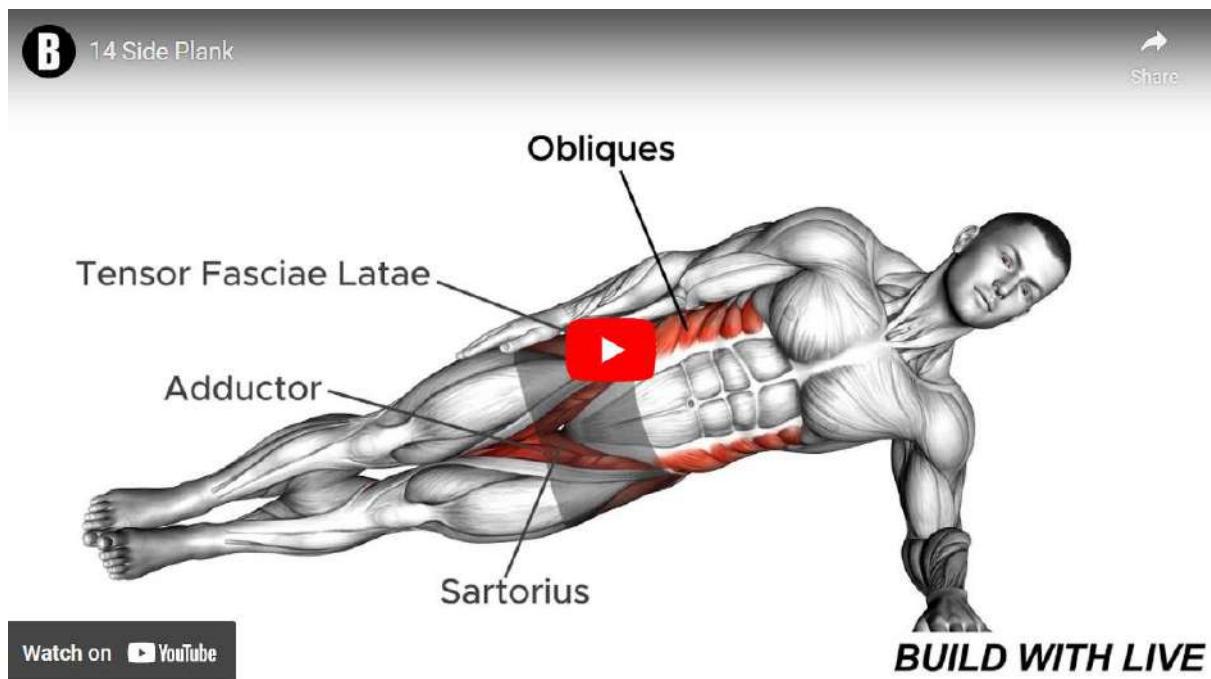
How to Do

1. Stand up straight with feet about hip-width apart, holding a dumbbell at your side in one hand.
2. Inhale and engage your core.
3. Exhale and slowly bend toward the weighted side until you feel a stretch on the opposite side of your torso.
4. Hold here for a count, engaging your obliques.
5. Inhale as you pull back up to stand straight.
6. Repeat for the desired repetitions on the one side then switch to the other side.
7. Continue on both sides for the desired reps and sets.

Tips

- Use a weight that is challenging enough that you feel your obliques kicking in to maintain stability.
- Keep your back neutral while bending without straining the lower back.
- Focus on proper breathing technique. Inhale to engage your core, exhale as you side bend, and inhale to pull back up.

14. Side Plank



<https://youtu.be/1QmfR3PAKbg>

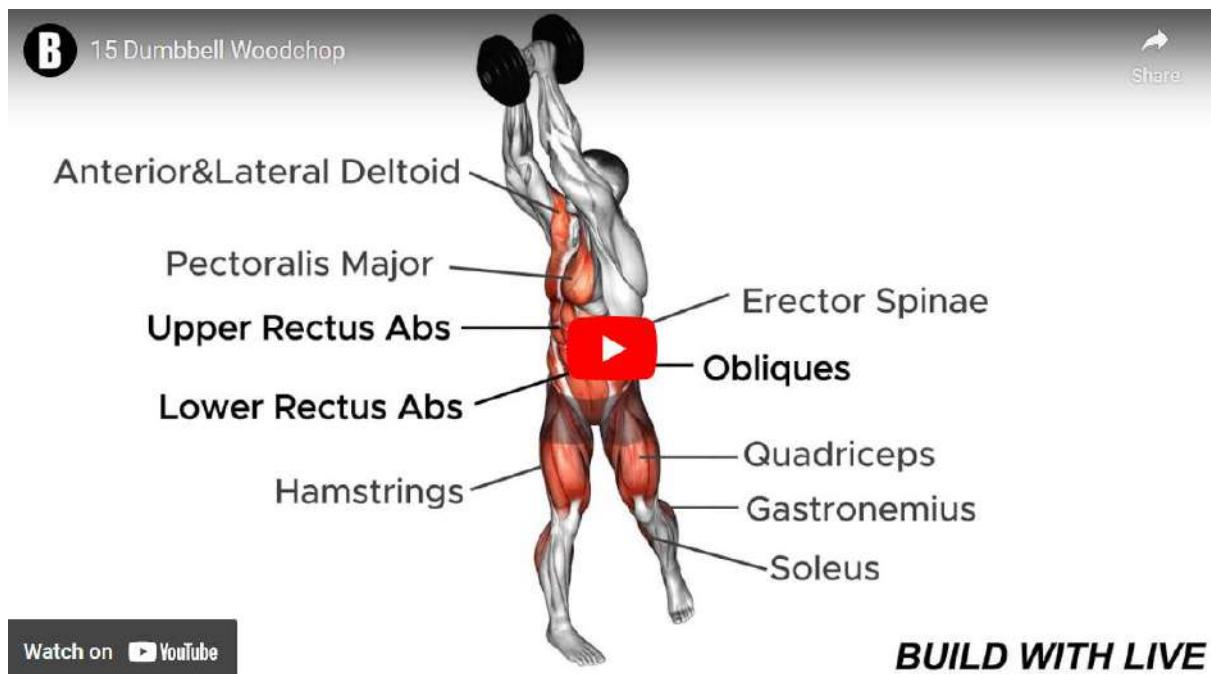
How to Do

1. Lie on your side, resting on the elbow.
2. Place your feet on top of each other or staggered if you need more balance.
3. Engage your core by pulling your belly button towards your spine.
4. Lift your hips away from the floor.
5. Hold this position for as long as you can maintain good control.
6. Lower your hips back to the ground and repeat on the other side.

Tips

- Start with shorter holds, as little as ten seconds, and gradually increase the duration as you build strength.
- Ensure your hips are not tilting back and your bum is tucked in.
- Keep your body straight; avoid letting your hips sag or pike upwards.
- Avoid holding your breath.
- If full side planks are challenging, try a modified version with knees bent.
- Stop if you feel any pain or notice bulging in your abdominal area.

15. Dumbbell Woodchop



<https://youtu.be/FZ3LuNX-3zc>

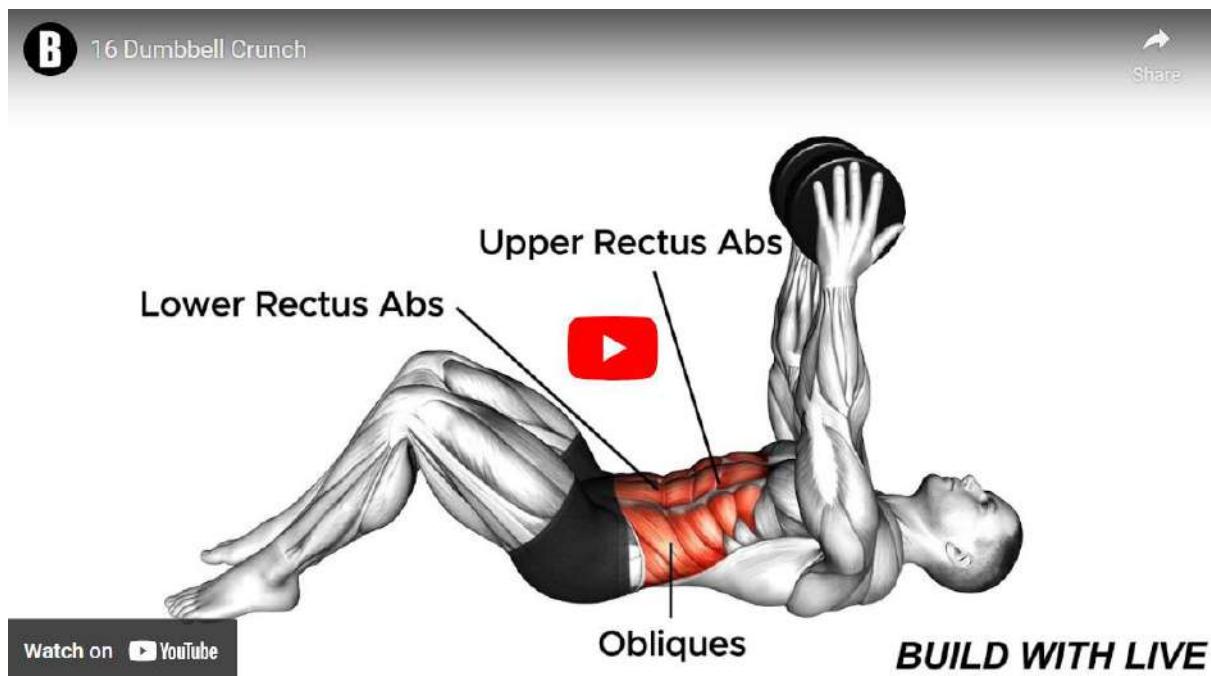
How to Do

1. Stand with your legs slightly staggered (one foot in front of the other). Hold a dumbbell in front of you with both hands and your arms extended.
2. Inhale and engage your core.
3. Raise the dumbbell above your head and over your shoulder.
4. Keep a slight bend in the elbows and your lower body steady as you twist. Hold at the top for a count, engaging your upper body and core muscles.
5. Then, bring the dumbbell down and across your body as you transition into a squat position. The dumbbell should be lower than your knees at the bottom of the movement.
6. This completes one repetition. Repeat for the desired repetitions on this side.
7. Switch to perform the reps on the other side. Continue for the desired number of sets.

Tips

- Practice different grips to see what works for you. You can hold the dumbbell on either end or both hands on the handle.
- Keep your core engaged without straining the lower back.
- Focus on controlled, steady movements. Don't use momentum or swing the dumbbell across your body.

16. Dumbbell Crunch



<https://youtu.be/WRni6MwcKMo>

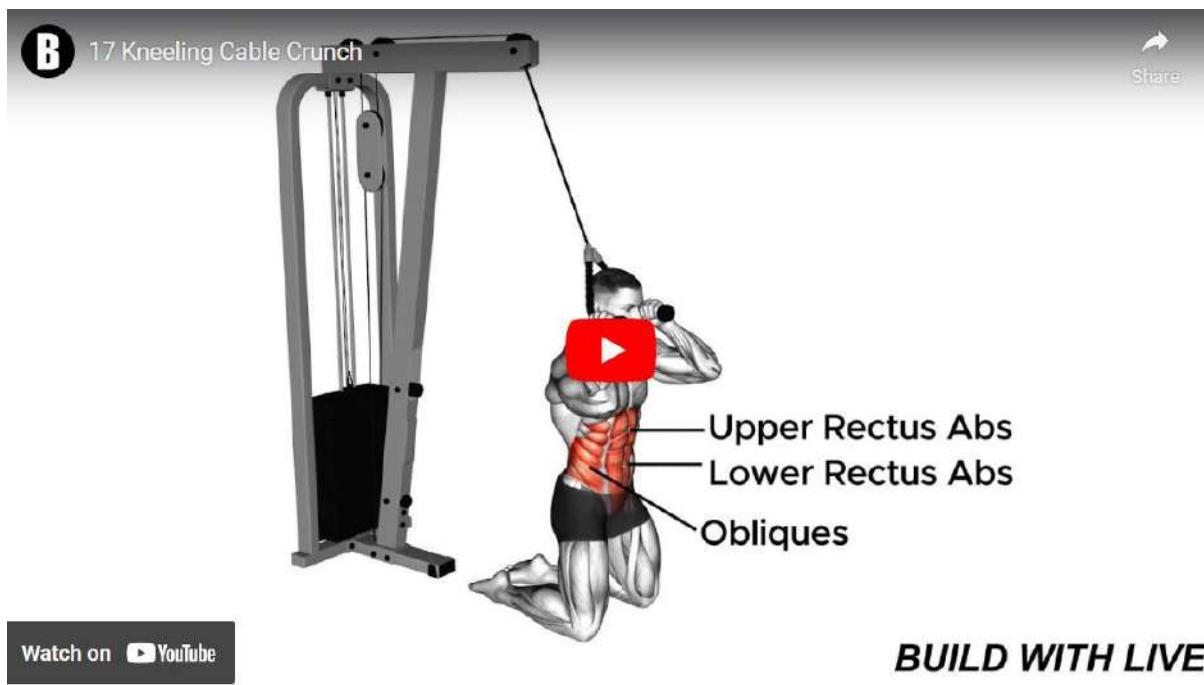
How to Do

1. Lie flat on your back with bent knees and feet on the floor.
2. Hold a dumbbell on your chest, keeping your elbows slightly bent.
3. Inhale and engage your core.
4. Exhale and lift your upper body off the floor, curling towards your knees.
5. Hold here for a count, engaging your abs.
6. Inhale and lower back down with control.
7. Repeat for the desired reps and sets.

Tips

- Place your hands behind your head, avoiding bending your neck to prevent strain.
- Focus on lifting your shoulders off the ground using your core muscles, not momentum.
- Start with a manageable weight and increase gradually to avoid overexertion or lower-back injury.

17. Kneeling Cable Crunch



<https://youtu.be/9udRxQEhk-8>

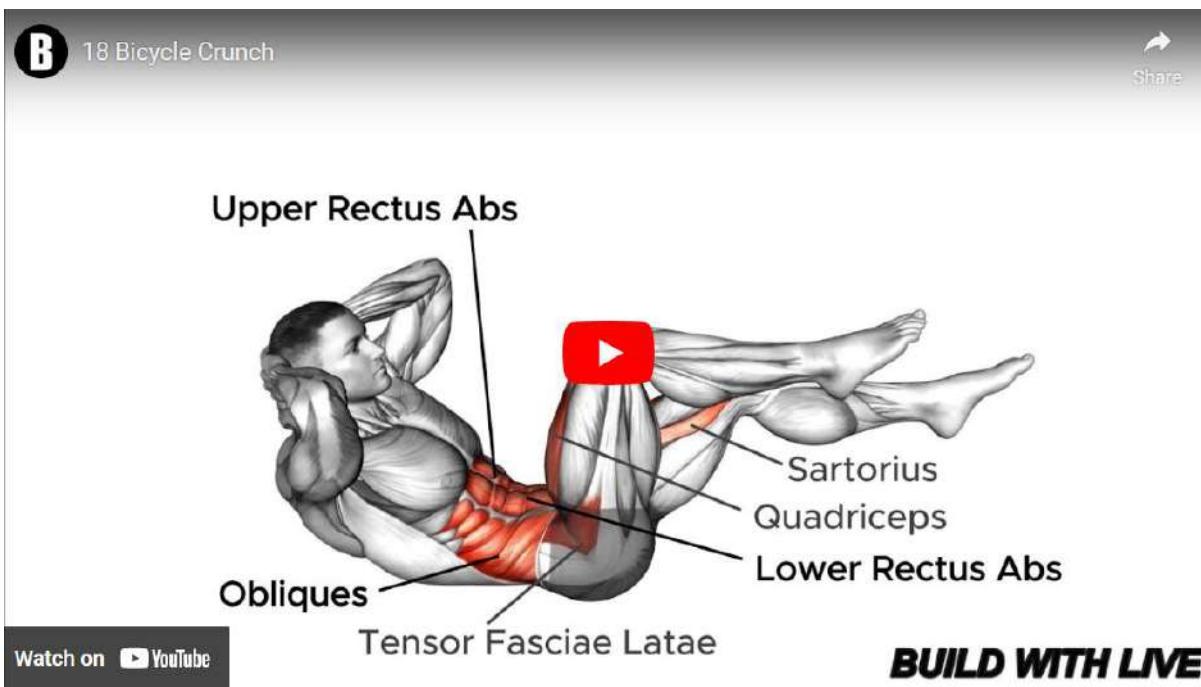
How to Do

1. Attach a rope handle to the top anchor point of a cable machine.
2. Grasp the rope handles with a neutral grip. Turn away from the machine and kneel. Bring the handles so they're next to your ears.
3. Inhale and engage your core. Exhale and flex your torso forward while maintaining the same arm position.
4. Pause briefly as you reach the maximum range of motion.
5. Inhale and slowly extend your torso back to the starting position under control.

Tips

- Keep the handles by your ears throughout each repetition. This helps to activate your core musculature.
- Use a padded area or mat to increase exercise comfort.

18. Bicycle Crunch



<https://youtu.be/jXsoFidw610>

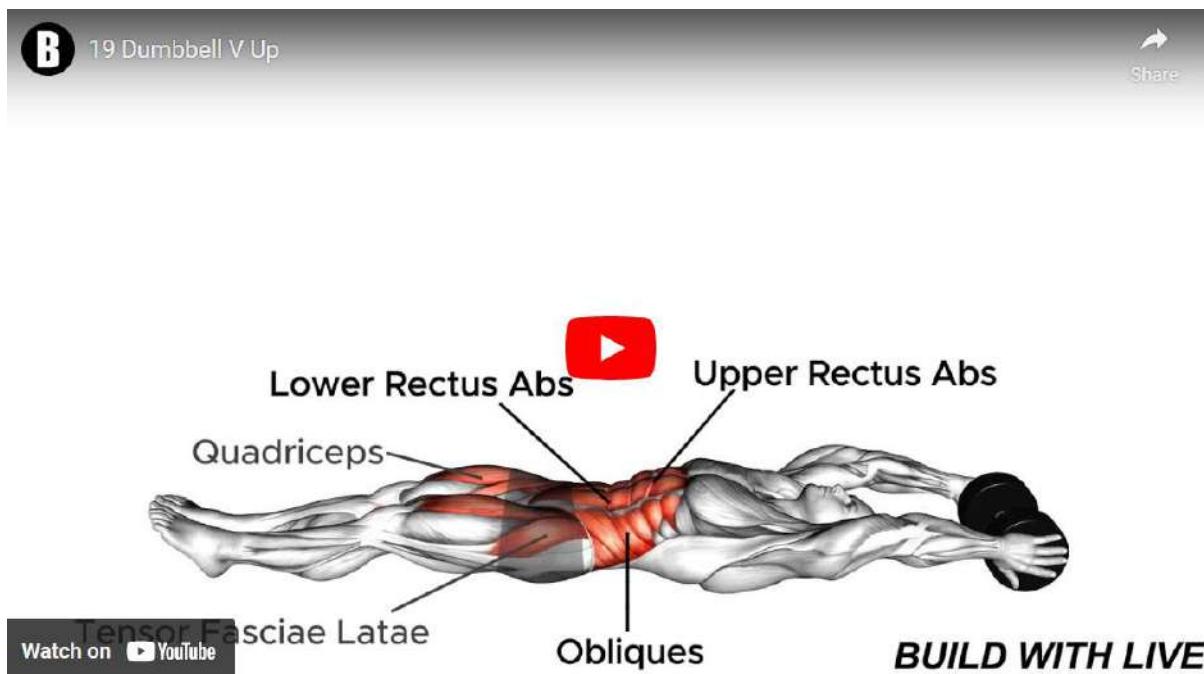
How to Do

1. Lie on your back, bring your knees up, and lift your shoulders.
2. Rotate your torso, touching your left elbow to your right knee while extending your left leg.
3. Switch legs, touching your right elbow to your left knee.

Tips

- Keep your elbows wide and avoid pulling on your neck to prevent strain.
- Engage your core and maintain a steady pace, focusing on proper form and control.
- Ensure your legs extend fully and elbows touch the opposite knee for a full range of motion.

19. Dumbbell V-Up



https://youtu.be/-H7_oT7Zlbo

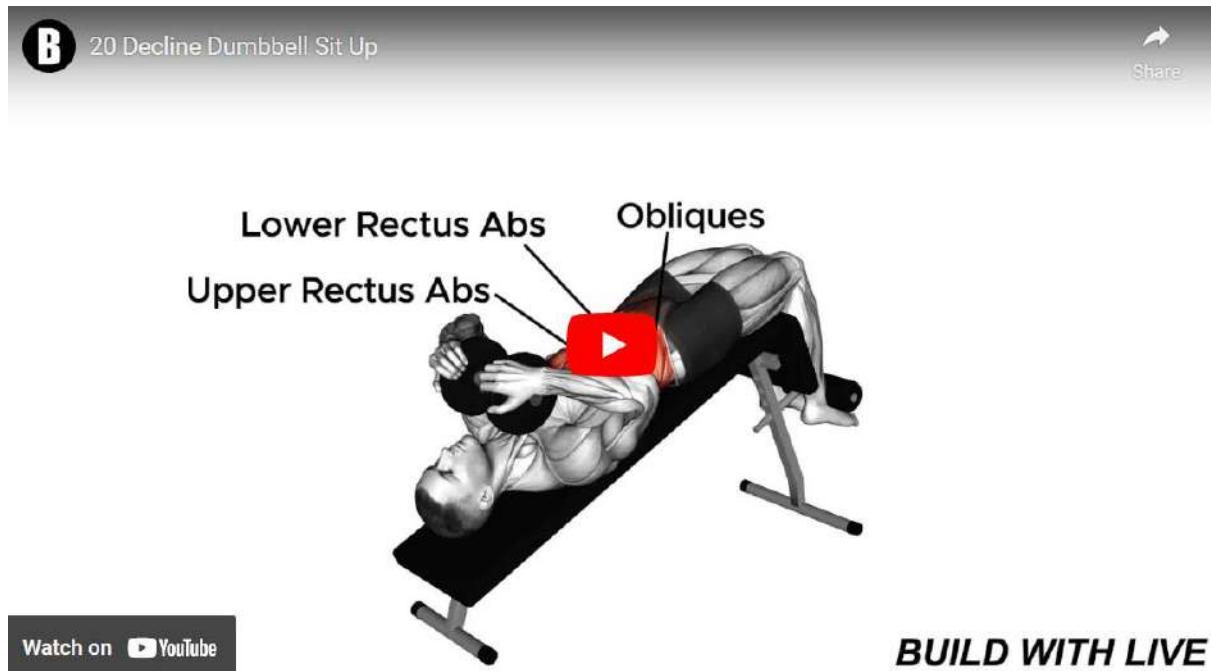
How to Do

20. Lie on your back with straight arms extended above your head, holding a dumbbell.
21. Inhale to engage your core.
22. Exhale as you slowly bring yourself up into a V shape until your hands touch your feet with the dumbbell.
23. Hold at the top for a count and engage your torso.
24. Inhale and slowly return to the starting position.
25. Repeat for the desired reps and sets.

Tips

- Keep your movements slow and controlled, emphasizing stability and balance.
- Engage your core and keep a steady, flat back as you lift up being careful not to strain your spine.
- Modify if needed to use only body weight at first until you perfect your form to avoid back strain.

20. Decline Dumbbell Sit-Up



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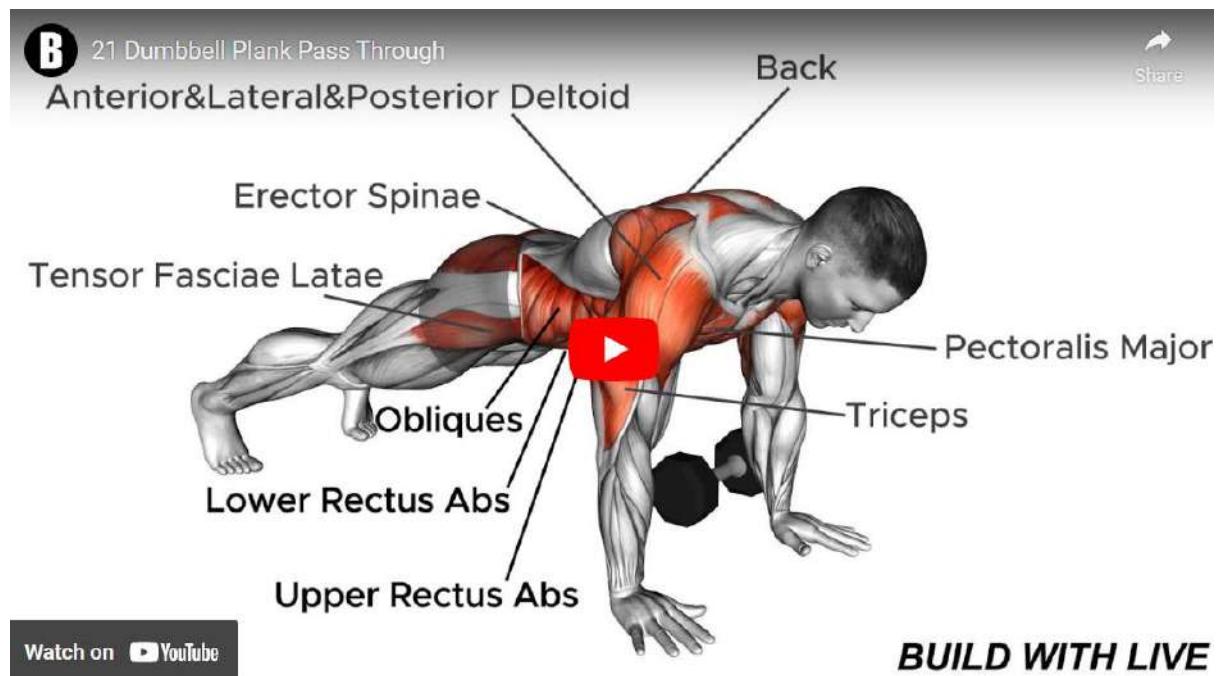
How to Do

1. Start by lying on a decline bench with your feet locked in place.
2. Hold a dumbbell with both hands against your chest.
3. Inhale and engage your core.
4. Exhale as you slowly pull yourself up until you are seated upright at the top of the bench.
5. Pause at the top of the movement and then exhale to slowly lower back down to the starting position.
6. Repeat for the desired number of reps and sets.

Tips

- Focus on engaging the core to pull yourself up to avoid spinal straining.
- Hold the dumbbell against your chest to maintain stability throughout the movement.
- Modify to reduce the incline of the bench initially until you improve your form and gain strength.

21.Dumbbell Plank Pass-Through



<https://youtu.be/d-IDSCDbEtk>

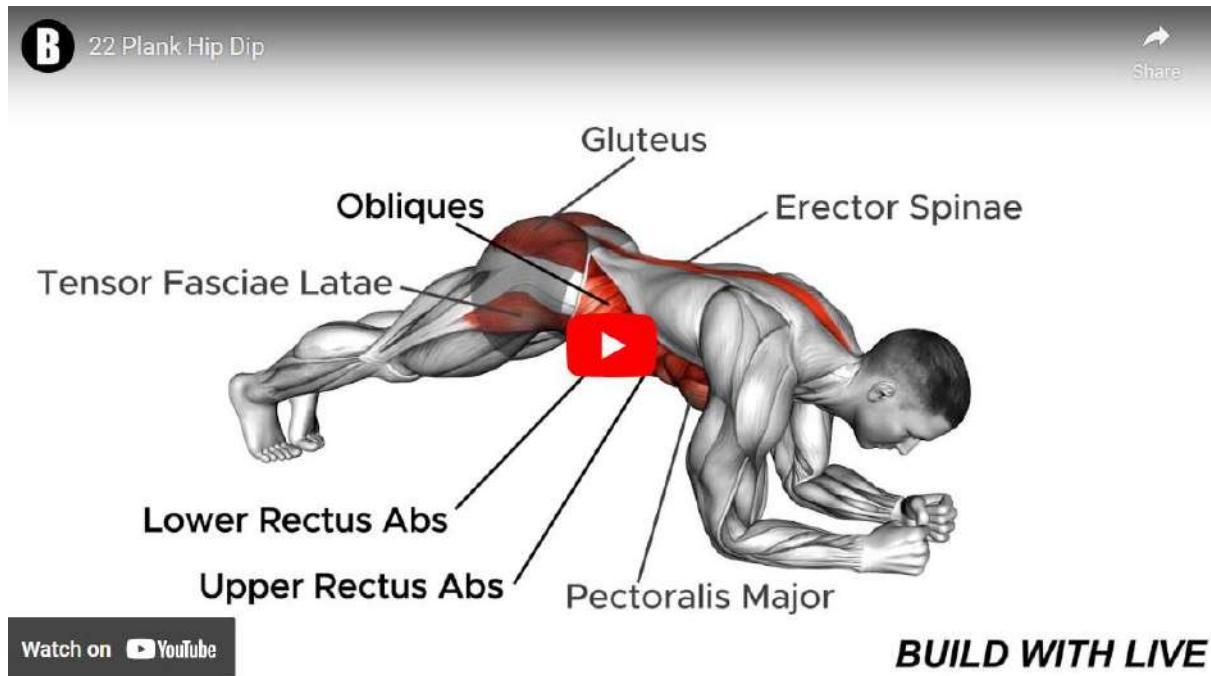
How to Do

1. Start in a high plank position with a dumbbell on the floor near your left hand.
2. Inhale and engage your core and glutes. Your body should form a straight line from your head to your heels.
3. Take the dumbbell in your right hand and exhale as you pull it across under your body to the right side.
4. Place the dumbbell on the ground. Repeat the movement with the left hand, passing it back over to your left side.
5. Continue passing the dumbbells across your body for the desired number of reps and sets.

Tips

- Keep your hips stable and avoid twisting or letting your lower back drop out of alignment.
- Keep your neck aligned with your spine to prevent neck or upper-back strain.
- Focus on squeezing your core and upper back during the movement to elicit maximum engagement.

22. Plank Hip Dip



<https://youtu.be/r8MdJB6PqW0>

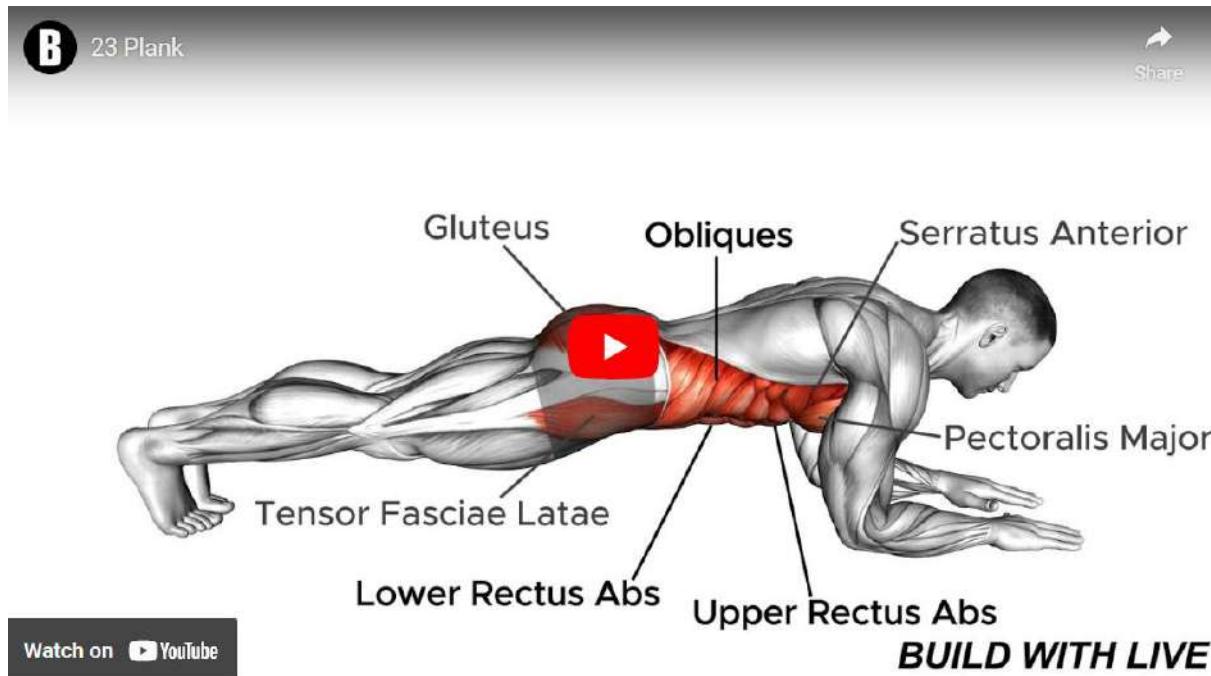
How to Do

1. Get into a forearm plank position with your elbows directly under your shoulders.
2. Lower your hips to one side without touching the floor, then alternate to the other.
3. Take a deep breath and keep your core engaged and your body straight.

Tips

- At the gym, place your forearms on the stability ball, and rotate your hips to one side and the other.
- Keep your core engaged and avoid excessive twisting or sagging of your hips.
- Keep your wrists aligned with your elbows to reduce wrist strain during the plank.

23. Plank



<https://youtu.be/c8VK7CKlwLU>

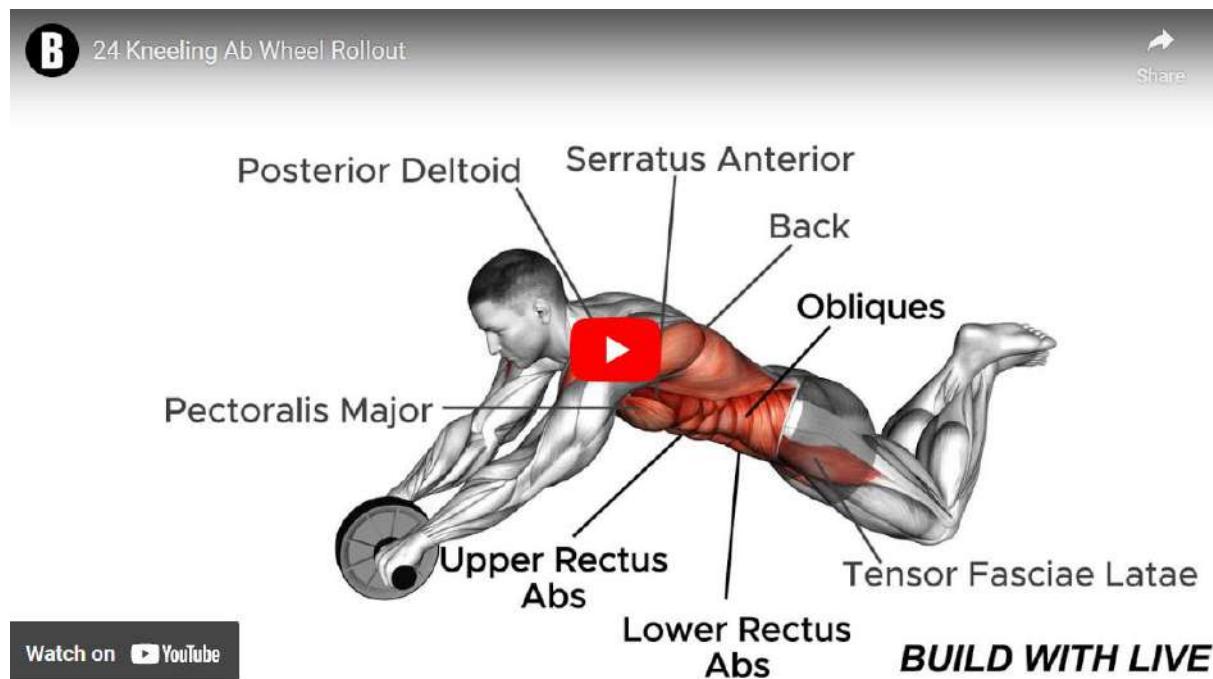
How to Do

1. Find a suitable padded area or gym mat away from obstruction or equipment.
2. Start on your hands and knees facing directly forward on the mat. Bring your hands so they're directly under your shoulders.
3. Engage your core. Extend both legs so your knees are straight. Your knees should be off the ground with a straight line from your heels to your head.
4. Ensure your toes are forward so your weight is on your heels. Your head should be facing the floor.
5. Hold the body position for the stated time.

Tips

- Maintain a straight line from your head to your heels throughout the movement.
- Use a controlled breathing pattern as you perform the isometric hold. This will ensure that you get enough oxygen to your brain and working muscles

24.Kneeling Ab Wheel Rollout



https://youtu.be/LwPhxN_v-wE

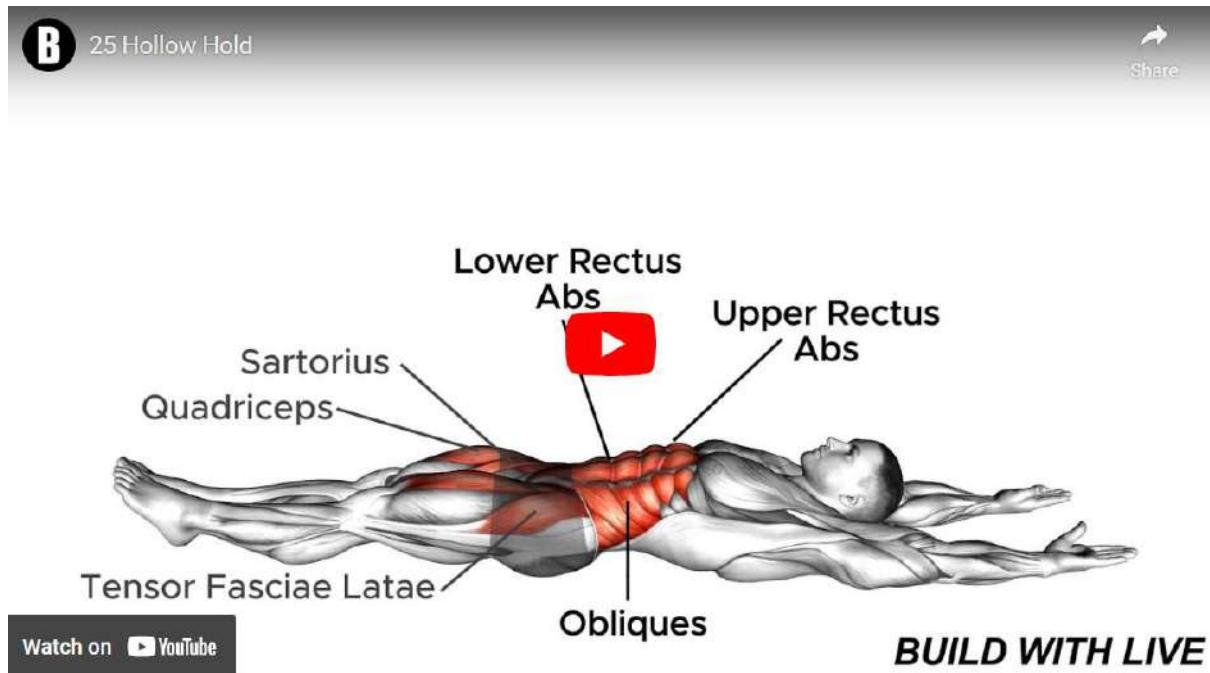
How to Do

1. Find a suitable gym mat or padded area and kneel with an ab roller wheel in front of you.
2. Ensure your feet are hip-width apart with a neutral back position. Grip the handles of the ab roller wheel firmly. Cross your heels while you continue to kneel on the floor.
3. Inhale and engage your core. Extend both arms in front of you and place the ab wheeler on the floor. Come forward slightly, allowing your heels to come off the ground and roller wheel to take your weight.
4. Exhale and roll forward until your body is parallel to the floor. Keep your core engaged to maintain a stable body position. Lower your body as far as possible while maintaining control.
5. Briefly hold the bottom position. Inhale and come back to the starting position. Use your core muscles to control the movement.

Tips

- Ensure you engage your core before performing the rollout. This helps to maintain a stable body position and stops your hips from sagging.
- Find a flat surface without any obstructions to perform the rollout exercise.

25. Hollow Hold



<https://youtu.be/C2XYF1JQVZE>

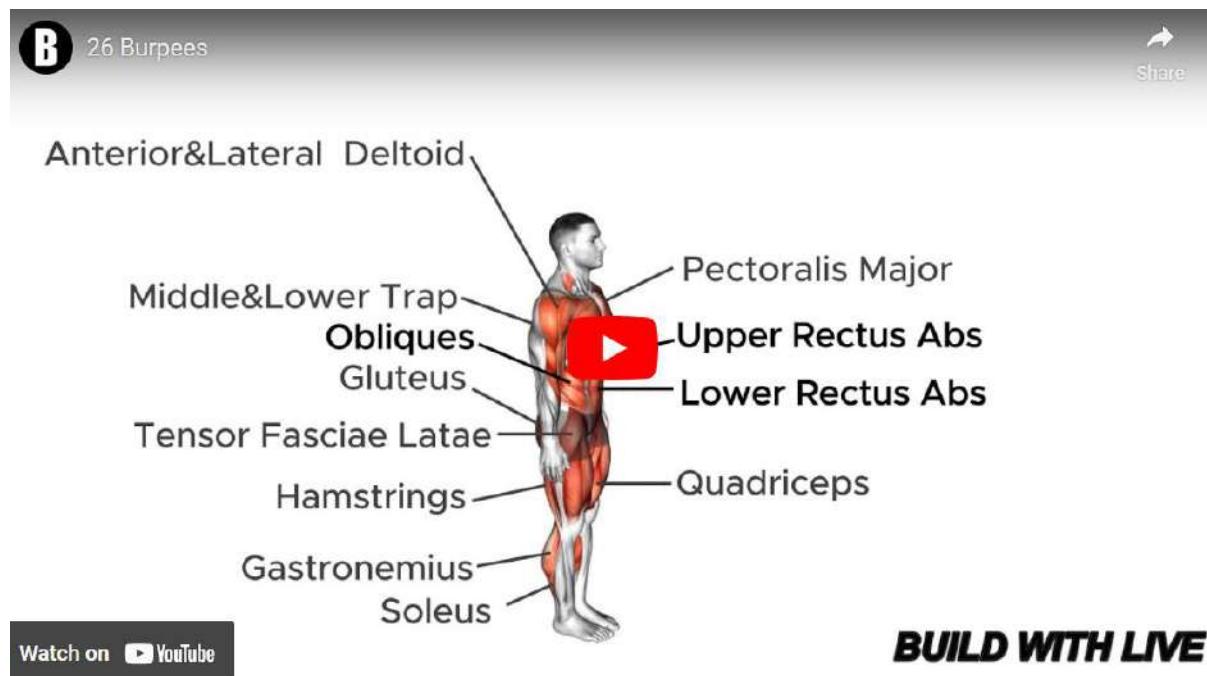
How to Do

1. Lie on your back on the floor.
2. With your legs straight, raise them to be slightly off of the ground.
3. Extend your arms and raise them overhead.
4. Engage your core and hold this position for as long as you choose.
5. If this is too difficult, bend your knees and tuck them closer to your chest.

Tips

- Make sure to actively press your lower back firmly into the ground, and maintain contact for the entire time.
- It's also important to make sure your neck remains in a neutral position, to avoid straining your neck muscles.

26.Burpees



<https://youtu.be/-A3Udkqv7k4>

How to Do

1. In a low squat, stand with your feet shoulder-width apart and drop your body toward the ground by sending your hips back.
2. Then, hop backward until your torso reaches the ground with your hands just outside of your heels.
3. Elevate your body weight into a plank position by pressing your palms against the ground, then hop your legs slightly outside of your hands.
4. Spring energetically into the air with your hands high, your bearing in your heels.
5. Rep the process numerous times.

Tips:

- Maintain proper form throughout the exercise by keeping your back straight, engaging your core, and landing softly to reduce the impact on your joints.
- Incorporate burpees into a high-intensity interval training (HIIT) routine to maximize calorie burn and fat loss.
- Start slow, then gradually increase the intensity and speed.

Finish.