Chest and back

Standard push up

Wide front pull up

Military push up

Chin up

Wide push up

Close grip pull up

Decline push up

Heavy pants

Diamond push up

Lawnmower

Dive bomber push up

Back flys

Shoulder arms

Alternating shoulder press

Deep swimmers press

Upright rows

Two angle shoulder flys

In and out shoulder flys

Back and bicep

Elbow out lawmowers

Corn cob pull ups

Seated back flys

Scare crows

Y press

Weighted circles