

THE LIFT LIST

O R I G Y M

MUSCLE	EXERCISE	FX	FW	BW	ISO	COM
BICEPS	EZ Bar Bicep Curl				①	
	Cable Bicep Curl				①	
	Dumbbell Bicep Curl				①	
	Bicep Body Row					②
	Machine Bicep Curl				①	
TRICEPS	Tricep Dips					②
	Lying Tricep Extensions				①	
	Close Grip Tricep Press					②
	Seated Tricep Push Down					②
	Triceps Push Down				①	
DELTOIDS	Frontal Raise				①	
	Lateral Raise				①	
	Upright Row					②
	Seated Shoulder Press					②
	Standing Overhead Press					②
PECTORALS	Rear Deltoid Fly				①	
	Dumbbell Bench Press					②
	Seated Chest Press					②
	Chest Fly				①	
	Pec Deck Fly				①	
TRAPEZIUS	Press Ups					②
	Barbell Bent Over Row					②
	Machine Seated Row - Pronated					②
	Dumbbell Single Arm Row					②
	Machine Seated Row - Neutral					②
RHOMBOID	Inverted Body Row					②
	Cable Seated Row - Supinated					②
	Seated Machine Rear Fly				①	
	Standing Cable Rear Crossover				①	
	Dumbbell Reverse Fly				①	
LATISSIMUS DORSI	Dumbbell Pull Over					②
	Lat Pull Down					②
	Chin Ups					②
	Pull Up					②
	Cable Pushdown				①	

MUSCLE	EXERCISE	FX	FW	BW	ISO	COM
OBLIQUES & HIP FLEXORS	Flutter Kicks				①	
	Plank				①	
	Bicycle Crunch					②
	Cable Wood Chop					②
RECTUS ABDOMINUS & ERECTOR SPINAЕ	Back Extension					②
	Abdominal Curl					②
	Seated Abdominal Crunch					②
	Seated Back Extension				①	
GLUTEALS	Rear Lunge					②
	Glute Kickbacks				①	
	Glute-Ham Raise				①	
	Glute Bridge				①	
	Squat					②
	Deadlift					②
	Lunge					②
	45° Leg Press					②
HAMSTRINGS	Seated Leg Curl				①	
	Lunge					②
	Deadlift					②
	Lying Leg Curl				①	
	45° Leg Press					②
	Squat					②
	Rear Lunge					②
QUADRICEPS	Squat					②
	Rear Lunge					②
	Lunge					②
	Back Squat					②
	Leg Press					②
	Leg Extension				①	
ABDUCTORS & ADDUCTORS	Glute Bridge Hip Abduction					②
	Total Hip Machine				①	
	Seated Hip Abduction				①	
	Seated Hip Adduction				①	
	Sumo Squat					②
GASTROCNEMIUS & SOLEUS	45° Calf Press				①	
	Seated Calf Raise					②
	Standing Calf Raise (Supported)				①	
	Standing Calf Raise				①	

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