**1)push ups**

1)Get down on all fours, placing your hands slightly wider than your shoulders.\n

2) Straighten your arms and legs.\n

3) Lower your body until your chest nearly touches the floor.\n

4)Pause, then push yourself back up.\n

5)Repeat.\n

1. Barbell Deadlift

1) Stand with your mid-foot under the barbell\n\n

2) Bend over and grab the bar with a shoulder-width grip\n\n

3)Bend your knees until your shins touch the bar\n\n

4)Lift your chest up and straighten your lower back\n\n

5)Take a big breath, hold it, and stand up with the weight\n\n

3)Barbell chest press

1)Lie on the bench with your eyes under the bar\n\n

2) Grab the bar with a medium grip-width \n\n

3) Lower the bar to your mid-chest\n\n

4) Press the bar back up until your arms are straight\n\n

4)Barbell biceps curl

1)Grasp a barbell at around shoulder width apart using an underhand grip (palms facing up).\n\n

2)Stand straight up, feet together, back straight, and with your arms fully extended.\n\n

3)The bar should not be touching your body.\n\n

4)Keeping your eyes facing forwards, elbows tucked in at your sides, and your body completely still, slowly curl the bar up.\n\n

5)Squeeze your biceps hard at the top of the movement, and then slowly lower it back to the starting position.\n\n

**5) plank**

• Begin in the plank position, face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor.\n\n

• Hold this position for 10 seconds. Release to floor.\n\n

• Over time work up to 30, 45, or 60 seconds.\n\n

**6)calf raises**

1) Keep your torso upright and rest your heels firmly on floor. \n\n

2)Raise your heels as high as possible by pushing through the balls of your feet and toes while extending your ankles. Hold for a count of one. \n\n

3)Return to the starting position by bending your ankles until you feel a stretch in your calves. \n\n

7) Barbell squats

1) Stand with the bar on your upper-back, and your feet shoulder-width apart\n\n

2)Squat down by pushing your knees to the side while moving hips back\n\n

3)*Break parallel* by Squatting down until your hips are lower than your knees\n\n

4)Squat back up while keeping your knees out and chest up\n\n

5)Stand with your hips and knees locked at the top\n\n

8) skull crusher

1. Holding a preacher curl barbell with an overhand grip, carefully sit on a bench. Slowly lie back and bring the barbell above your head. \n\n
2. Keep the upper arms in place as you bend at the elbow and allow the forearms to slowly dip back towards your head.\n\n
3. Once the barbell reaches the bottom, pause and slowly push the barbell back to the starting position.\n\n

9)seated shoulder press

1)sit on a flat bench and keep the back straight. \n\n

2) Hold a dumbbell in each hand at the shoulders with an overhand grip. Thumbs should be on the inside and knuckles facing up. \n\n

3)Raise the weights above the head in a controlled motion while exhaling. Pause at the top of the motion. \n\n

4) Return the [dumbbells](https://www.verywellfit.com/home-dumbbell-weight-training-program-3498514) to the shoulders while inhaling. \n\n

10)Barbell Wrist Curl

1)Sitting on a bench, grab a barbell with your palms facing up and your hands shoulder-width apart. \n\n

2)Rest your forearms on your thighs and allow your wrists to hang over your knees. \n\n

3)Perform the movement by curling your palms and wrists towards your face. \n\n

4) Pause for a moment in the top position, then slowly return the barbell to the starting position. \n\n