

Chest

Bench push ups
Bench
Chest Dips
Fly to Press
Full Moons
Incline dumbbell press
Alt to compound press
Single arm dumbbell press
Incline Bench
Floor Kettle Press
Single Arm standing dumbbell fly
Push Ups
Landmine Press
Dumbbell landmine press
Dumbbell Flies

Tricep

Dumbbell extension
Nascars
Weighted bench dips
Single arm cable pull down
Cable pull downs
Cable extensions
Single Reverse grip
Dumbbell Kickback
Single dumbbell kickback
Skull Crushers
Dumbbell Overhead extension
Single dumbbell overhead extension
Diamond Pushups
Close grip Bench
Reverse Cable pull downs
Seated dumbbell overhead extension

Back

Lat Pull Downs
Machine row
Pendlay row
Bent over Barbell Row
Seated Cable row
Seated Single cable row
Pull ups
Dumbbell lawn mowers
Supermans
Reverse Hyper extension
T Bar row
Standing kettlebell row
Inverted row
Farmers walk
Good mornings
Chainsaw row
Scapula Shrugs
Single lat pull down
TRX row
Reverse Fly
Cable Pullover
Gorilla row
Landmine T Bar row
Chest supported Dumbbell row
Inverted Row
Single T Bar row

Bicep

Reverse barbell curl
21's
Barbell curl
Straight bar curl
Single cable curl

Cable curl
Squatting Cable curl
Incline dumbbell curl
Cable Flex curl
Single arm preacher curl
Hammer curl
Alt Hammer curl to compound
Concentrated hammer curl
Decline dumbbell curl
Ez Bar preacher curl
Seated Hammer curl
Zottman Curl
Pull Ups
Single Static Dumbbell curl
Dumbbell pyramid curl

Shoulders

Barbell Front Raise
Dumbbell front Raise
Lateral dumbbell raise
Front to Lateral raise
Standing barbell overhead press
Seated dumbbell overhead press
Rear Delt fly
Reverse Pec Dec
Single Lateral Barbell Raise
Seated lateral raise
Single Seated lateral raise
Upright row
Alt Dumbbell upright row
Handstand Pushups
Cable Front Raise
Single Lateral cable raise
Archer Push ups
X Pulls
Seated face Pulls

Standing Dumbbell press
Weighted arm circles
Y Raise
Landmine Press
Single landmine press

Legs

Squat
Deadlift
PowerClean
Hack Squat
Reverse Hack Squat
Hamstring Smith Machine Squat
Barbell Pivot Walk
Walking Lunges
Reverse Lunges
Curtsey Lunges
Lateral Lunges
Bulgarian Split Squats
Step Ups
Leg Press
Single leg leg press
RDL
Single leg RDL
Hip Thrusters
Bridges
Abduction
Adduction
Goblet Squat
Front Squat
Hex Bar Deadlift
Single leg Hex bar deadlift
Squat jumps
Lying Dumbbell leg Curls

Leg Extension
Leg curls
Single leg curl
Row leg curl
Rope Cable pull through
Single leg reverse hack squat
Single leg reverse Hack squat
Pulsing Smith machine lunge
Donkey kick backs
Banded lateral steps
Single leg hip thrust
Cossack squat
Cable Good Mornings
Pistol Squat
Nordic Hamstring curl
Sissy Squats