

1. Push-ups
2. Bench press
3. Overhead press
4. Dumbbell flyes
5. Dumbbell lateral raises
6. Dumbbell shoulder press
7. Dumbbell rows
8. Pull-ups
9. Chin-ups
10. Lat pulldowns
11. Cable rows
12. Barbell curls
13. Dumbbell curls
14. Hammer curls
15. Tricep dips
16. Tricep pushdowns
17. Skull crushers
18. Shoulder shrugs
19. Arnold press
20. Incline bench press
21. Decline bench press
22. Cable chest flyes
23. Cable crossovers
24. Seated rows
25. Upright rows
26. Bent-over rows
27. Close-grip bench press
28. Military press
29. Lateral raises with resistance bands
30. Bent-over lateral raises
31. Reverse flyes
32. Push press
33. Farmer's walks
34. Russian twists
35. Plank variations (e.g., side plank, plank with shoulder taps)
36. Medicine ball slams
37. Medicine ball twists
38. Landmine press
39. Battle ropes
40. Renegade rows
41. Dumbbell pullovers
42. Seated lateral raises
43. Cable bicep curls
44. Cable tricep extensions
45. Barbell shrugs
46. Dumbbell pullovers
47. Reverse grip lat pulldowns
48. Preacher curls
49. Incline dumbbell curls

50. Diamond push-ups