Cable Lat Stretch – Wide Grip	Laying Elbow-back Lifts	Cable Pulls	Overhead Triceps Extensions	Standing Heel Raises		Farmer One Hand Steps	Cable Lat Pull
	One-Arm Rows	Cable Lat Stretch – Narrow Grip  Incline Row	Triceps Kickbacks Triceps Extension	Kettlebell Swing  Kettlebell One- Hand Side Swing			Down State of the Control of the Con
Side Plank Bends	One leg cobra  Decline Crunches	Kettlebell Laying Hip Thrust Kneeling Wood Throws	Incline Curls	Reverse Bicep Curls  Hammer Curls  Biceps Curl	Lateral Raise	Bent-over Flyes Shoulder Sh	Cuban Press
Plank		Leg Raise	Concentration Curl	Curls	Arnold Press	Front Lateral Raise	
Laying Leg Lift And Hold	Standing Crunch	Standing Side Bend	Cable Flyes Straight Arm	Bench Press Cable Push  Shoulder Press	Romanian I		Kettlebell One-leg Opposite-side Deadlift Kettlebell Laying Hip Bridge Kettlebell
High Plank Pull–Through	Bird Dog	Cobra	Pullover bench reverse pres	Incline Two Arm Extension  Incline Press	laying side	hip adductor lif	One-leg Same-side Deadlift