

Biceps	Triceps	Chest	Shoulders	Legs	Abs	Back	Cardio
Barbell curl	Rope pulldown	Barbell bench press	Dumbbell military press	Leg press	Sit ups	Lat pull downs	Burpees
Hammer Curl	Dumbbell kickbacks	Dumbbell Bench press	Barbell military press	Squat	Planks	Pull ups	Ski Jumps
Concentration curl	Over the head triceps extensions (with either rope or dumbbell)	Dumbbell flies	Front dumbbell raises	Lunges	Russian twists	Dumbbell rows	Jumping Jacks
Dumbbell curl	Dips	Incline bench press	Side dumbbell raises	Calf raises	Leg raises	Barbell rows	Mountain Climbers
Preacher curls	Skull crushers (dumbbell or barbell)	Decline bench press	Rear dumbbell raises	Leg extensions	Reverse crunches	Cable rows	Knee kicks
Chin ups	Close grip bench press	Cable flies	Shoulders shrugs (dumbbell or barbell)	Hamstring curls (seated or lying)	Bicycles	Back extensions	
					Crunches	Deadlifts	



No weights



Weights



Weights OR no weights