

Chest:

- Bench press (Dumbbell or Barbell)
- Incline bench (Dumbbell or Barbell)
- Dumbbell Chest Flyes
- Cable Fly
- Chest dips

Shoulders:

- Shoulder press
- Upright row (Cable or Barbell)
- Dumbbell Raise (Front & Side)

Arms:

- Dumbbell Bicep curls
- Hammer curls
- Barbell Bicep curls
- Cable tricep pulldowns
- Dumbbell overhead tricep extensions
- Chin ups
- Tricep dips

Legs:

- Barbell Squats (Front & Back)
- Barbell Deadlifts
- Barbell Power Clean

- Barbell alternating lunges
- Leg extensions/Leg curls

Core:

- Planks (side as well)
- Hanging leg raises
- Crunches
- Barbell rollouts
- Medicine ball russian twists
- Leg raises