

Exercise Translations

English: Barbell Bench Press

Chinese: 杠铃卧推

English: Barbell Floor Press

Chinese: 杠铃卧推

English: Close Grip Barbell Bench Press

Chinese: 窄握杠铃卧推

English: Dumbbell Bench Press

Chinese: 哑铃卧推

English: Dumbbell Floor Press

Chinese: 哑铃卧推

English: Incline Dumbbell Bench Press

Chinese: incline 哑铃卧推

English: Kettlebell Chest Press

Chinese: 壶铃卧推

English: Partial Lockout

Chinese: partial lockout

English: Cardio Core Crawl

Chinese: cardio 爬

English: Jumping Jacks

Chinese: jumping jacks

English: Jump Rope

Chinese: 跳绳

English: Squat Jacks

Chinese: 深蹲跳

English: Barbell Rollout

Chinese: 杠铃 rollout

English: Kneeling Ab Wheel

Chinese: kneeling ab wheel

English: Russian Twist

Chinese: russian twist

English: Swiss Ball Jackknife

Chinese: swiss ■ jackknife

English: Swiss Ball Rollout

Chinese: swiss ■ rollout

English: Bicycle Crunch

Chinese: bicycle ■■

English: Cable Crunch

Chinese: ■■ ■■

English: Crunch

Chinese: ■■

English: Hanging Knee Raise Oblique Crunch

Chinese: hanging knee ■■ oblique ■■

English: Kneeling Cable Crunch

Chinese: kneeling ■■ ■■

English: Reverse Crunch

Chinese: reverse ■■

English: Reverse Crunch On A Bench

Chinese: reverse ■■ on a ■■

English: Skater Crunch Cross

Chinese: skater ■■ cross

English: Swiss Ball Crunch

Chinese: swiss ■ ■■

English: Alternating Dumbbell Biceps Curl

Chinese: alternating ■■ biceps ■■

English: Alternating Incline Dumbbell Biceps Curl

Chinese: alternating incline ■■ biceps ■■

English: Barbell Biceps Curl

Chinese: ■■ biceps ■■

English: Dead Hang Biceps Curl

Chinese: dead hang biceps ■■

English: Dumbbell Hammer Curl

Chinese: ■■ hammer ■■

English: Forward Bend Biceps Curl

Chinese: forward bend biceps ■■

English: One Arm Concentration Curl

Chinese: one ■■ concentration ■■

English: Seated Alternating Dumbbell Biceps Curl

Chinese: seated alternating ■■ biceps ■■

English: Standing Alternating Dumbbell Curls

Chinese: standing alternating ■■ curls

English: Standing Dumbbell Biceps Curl

Chinese: standing ■■ biceps ■■

English: Barbell Deadlift

Chinese: ■■ ■■

English: Barbell Straight Leg Deadlift

Chinese: ■■ straight ■ ■■

English: Dumbbell Deadlift

Chinese: ■■ ■■

English: Dumbbell Straight Leg Deadlift

Chinese: ■■ straight ■ ■■

English: Single Leg Deadlift With Barbell

Chinese: single ■ ■■ with ■■

English: Dumbbell Flye

Chinese: ■■ flye

English: Barbell Hip Thrust On Floor

Chinese: ■■ hip thrust on floor

English: Hip Raise

Chinese: hip ■■

English: Kettlebell Swing

Chinese: ■■ swing

English: Single Leg Hip Raise

Chinese: single ■ hip ■■

English: External Hip Raise

Chinese: external hip ■■

English: Single Arm Dumbbell Swing

Chinese: single ■■ ■■ swing

English: One Arm Swing

Chinese: one ■■ swing

English: Swiss Ball Hyperextension

Chinese: swiss ■ hyperextension

English: Cable Front Raise

Chinese: ■ ■ ■ ■

English: Good Morning

Chinese: good morning

English: Hanging Leg Raise

Chinese: hanging ■ ■ ■

English: Alternating Dumbbell Lunge

Chinese: alternating ■ ■ ■ ■

English: Alternating Dumbbell Lunge With Reach

Chinese: alternating ■ ■ ■ ■ with reach

English: Barbell Bulgarian Split Squat

Chinese: ■ ■ bulgarian split ■ ■

English: Barbell Side Lunge

Chinese: ■ ■ ■ ■

English: Dumbbell Reverse Lunge

Chinese: ■ ■ reverse ■ ■

English: Low Lunge With Isometric Adduction

Chinese: low ■ ■ with isometric adduction

English: Lunge

Chinese: ■ ■

English: Lunge With Arm Reach

Chinese: ■ ■ with ■ ■ reach

English: Overhead Dumbbell Lunge

Chinese: ■ ■ ■ ■ ■ ■

English: Overhead Dumbbell Split Squat

Chinese: ■ ■ ■ ■ split ■ ■

English: Reverse Sliding Lunge

Chinese: reverse sliding ■ ■

English: Runners Lunge To Balance

Chinese: runners ■ ■ to balance

English: Shifting Side Lunge

Chinese: shifting ■ ■ ■

English: Side To Side Lunge Chops

Chinese: ■ to ■ ■■ chops

English: Walking Lunge

Chinese: walking ■■

English: Cross Body Mountain Climber

Chinese: cross body mountain climber

English: Elevator Abs

Chinese: elevator ■■

English: Mountain Climber

Chinese: mountain climber

English: Mountain Climber On Sliding Discs

Chinese: mountain climber on sliding discs

English: Mountain Climber With Feet On Bosu Ball

Chinese: mountain climber with feet on bosu ■

English: Plank

Chinese: ■■■■

English: Plank With Arm Raise

Chinese: ■■■■ with ■■ ■■

English: Plank With Oblique Crunch

Chinese: ■■■■ with oblique ■■

English: Side Plank

Chinese: ■ ■■■■

English: Side Plank And Row

Chinese: ■ ■■■■ and ■■

English: Side Plank With Feet On Bench

Chinese: ■ ■■■■ with feet on ■■

English: Weighted Plank

Chinese: ■■ ■■■■

English: 45 Degree Plank

Chinese: 45 degree ■■■■

English: Alternating Jump Lunge

Chinese: alternating ■ ■■

English: Barbell Jump Squat

Chinese: ■■ ■ ■■

English: Body Weight Jump Squat

Chinese: body weight ■ ■■

English: Medicine Ball Slam

Chinese: ■■ ■ slam

English: Side To Side Shuffle Jump

Chinese: ■ to ■ shuffle ■

English: Chin Up

Chinese: chin ■

English: Lat Pulldown

Chinese: lat pulldown

English: Pull Up

Chinese: ■ ■

English: Standing Cable Pullover

Chinese: standing ■■ pullover

English: Wide Grip Lat Pulldown

Chinese: ■ ■ lat pulldown

English: Push Up

Chinese: ■ ■

English: T Push Up

Chinese: t ■ ■

English: Alternating Dumbbell Row

Chinese: alternating ■■ ■■

English: Cable Row Standing

Chinese: ■■ ■■ standing

English: Dumbbell Row

Chinese: ■■ ■■

English: Face Pull

Chinese: face ■

English: Inverted Row

Chinese: inverted ■■

English: One Arm Bent Over Row

Chinese: one ■■ bent over ■■

English: Renegade Row

Chinese: renegade ■■

English: Reverse Grip Barbell Row

Chinese: reverse ■ ■■ ■■

English: Single Arm Neutral Grip Dumbbell Row And Rotation

Chinese: single ■■ neutral ■ ■■ ■■ and rotation

English: Jog

Chinese: jog

English: Run

Chinese: ■

English: Alternating Dumbbell Shoulder Press

Chinese: alternating ■■ ■■ ■■

English: Barbell Front Squat To Push Press

Chinese: ■■ ■ ■■ to ■ ■■

English: Dumbbell Push Press

Chinese: ■■ ■ ■■

English: Dumbbell Shoulder Press

Chinese: ■■ ■■ ■■

English: Single Arm Dumbbell Shoulder Press

Chinese: single ■■ ■■ ■■ ■■

English: Single Arm Step Up And Press

Chinese: single ■■ ■ ■■ and ■■

English: Smith Machine Overhead Press

Chinese: smith ■■ ■■ ■■

English: Barbell Upright Row

Chinese: ■■ upright ■■

English: Get Up Sit Up

Chinese: get ■ sit ■

English: Sit Up

Chinese: sit ■

English: V Up

Chinese: v ■

English: Back Squat With Body Bar

Chinese: ■■ ■■ with body ■

English: Barbell Back Squat

Chinese: ■■ ■■ ■■

English: Barbell Front Squat

Chinese: 杠铃前深蹲

English: Barbell Step Up

Chinese: 杠铃上台阶

English: Crossover Dumbbell Step Up

Chinese: 交叉哑铃上台阶

English: Dumbbell Front Squat

Chinese: 哑铃前深蹲

English: Dumbbell Split Squat

Chinese: 哑铃分腿深蹲

English: Dumbbell Squat

Chinese: 哑铃深蹲

English: Dumbbell Step Up

Chinese: 哑铃上台阶

English: Goblet Squat

Chinese: goblet 深蹲

English: Prisoner Squat

Chinese: 囚徒深蹲

English: Squat

Chinese: 深蹲

English: Squat And Side Kick

Chinese: 深蹲和侧踢

English: Squat Jumps In N Out

Chinese: 深蹲跳进和出

English: Wide Stance Goblet Squat

Chinese: 宽站距 goblet 深蹲

English: Burpee

Chinese: burpee

English: Squat Thrusts

Chinese: 深蹲推举

English: Alternating Dumbbell Lying Triceps Extension

Chinese: 交替哑铃卧臂屈伸

English: Cable Lying Triceps Extension

Chinese: 绳索卧臂屈伸

English: Dumbbell Kickback

Chinese: 哑铃踢腿

English: Dumbbell Lying Triceps Extension

Chinese: 哑铃卧臂屈伸

English: Ez Bar Overhead Triceps Extension

Chinese: ez 杠臂屈伸

English: Incline Dip

Chinese: 上斜俯卧撑

English: Reverse Grip Pressdown

Chinese: 反握臂屈伸

English: Rope Pressdown

Chinese: 绳臂屈伸

English: Seated Single Arm Overhead Dumbbell Extension

Chinese: 坐姿单臂哑铃臂屈伸

English: Single Leg Dip

Chinese: 单腿俯卧撑

English: Triceps Extension On Floor

Chinese: 臂屈伸

English: Triceps Press

Chinese: 臂屈伸

English: Triceps Pressdown

Chinese: 臂屈伸

English: Opposite Arm And Leg Balance

Chinese: 对侧臂腿平衡

English: Alternating Dumbbell Chest Press

Chinese: 交替哑铃卧推

English: Alternating Dumbbell Chest Press On Swiss Ball

Chinese: 交替哑铃卧推

English: Barbell Board Bench Press

Chinese: 杠铃卧推

English: Decline Dumbbell Bench Press

Chinese: 下斜哑铃卧推

English: Incline Barbell Bench Press

Chinese: 上斜杠铃卧推

English: Incline Smith Machine Bench Press

Chinese: incline smith ■■ ■■ ■■

English: Isometric Barbell Bench Press

Chinese: isometric ■■ ■■ ■■

English: Neutral Grip Dumbbell Bench Press

Chinese: neutral ■ ■■ ■■ ■■

English: Neutral Grip Dumbbell Incline Bench Press

Chinese: neutral ■ ■■ incline ■■ ■■

English: One Arm Floor Press

Chinese: one ■■ floor ■■

English: Reverse Grip Barbell Bench Press

Chinese: reverse ■ ■■ ■■ ■■

English: Reverse Grip Incline Bench Press

Chinese: reverse ■ incline ■■ ■■

English: Single Arm Cable Chest Press

Chinese: single ■■ ■■ ■■ ■■

English: Single Arm Dumbbell Bench Press

Chinese: single ■■ ■■ ■■ ■■

English: Smith Machine Bench Press

Chinese: smith ■■ ■■ ■■

English: Swiss Ball Dumbbell Chest Press

Chinese: swiss ■ ■■ ■■ ■■

English: Triple Stop Barbell Bench Press

Chinese: triple stop ■■ ■■ ■■

English: Weighted One Arm Floor Press

Chinese: ■■ one ■■ floor ■■

English: Wide Grip Barbell Bench Press

Chinese: ■ ■ ■■ ■■ ■■

English: Donkey Calf Raise

Chinese: donkey ■■ ■■

English: Seated Calf Raise

Chinese: seated ■■ ■■

English: Seated Dumbbell Toe Raise

Chinese: seated ■■ toe ■■

English: Single Leg Bent Knee Calf Raise

Chinese: single ■ bent knee ■■ ■■

English: Single Leg Decline Push Up

Chinese: single ■ decline ■ ■

English: Single Leg Donkey Calf Raise

Chinese: single ■ donkey ■■ ■■

English: Single Leg Hip Raise With Knee Hold

Chinese: single ■ hip ■■ with knee ■■

English: Single Leg Standing Calf Raise

Chinese: single ■ standing ■■ ■■

English: Single Leg Standing Dumbbell Calf Raise

Chinese: single ■ standing ■■ ■■ ■■

English: Standing Barbell Calf Raise

Chinese: standing ■■ ■■ ■■

English: Standing Calf Raise

Chinese: standing ■■ ■■

English: Standing Dumbbell Calf Raise

Chinese: standing ■■ ■■ ■■

English: Weighted Donkey Calf Raise

Chinese: ■■ donkey ■■ ■■

English: Weighted Seated Calf Raise

Chinese: ■■ seated ■■ ■■

English: Weighted Single Leg Bent Knee Calf Raise

Chinese: ■■ single ■ bent knee ■■ ■■

English: Weighted Single Leg Donkey Calf Raise

Chinese: ■■ single ■ donkey ■■ ■■

English: Weighted Standing Calf Raise

Chinese: ■■ standing ■■ ■■

English: 3 Way Calf Raise

Chinese: 3 way ■■ ■■

English: 3 Way Single Leg Calf Raise

Chinese: 3 way single ■ ■■ ■■

English: 3 Way Weighted Calf Raise

Chinese: 3 way ■■ ■■ ■■

English: 3 Way Weighted Single Leg Calf Raise

Chinese: 3 way ■■ single ■ ■■ ■■

English: Bob And Weave Circle

Chinese: bob and weave circle

English: Double Under

Chinese: double under

English: Jump Rope Crossover

Chinese: ■ rope crossover

English: Jump Rope Jog

Chinese: ■ rope jog

English: Ski Moguls

Chinese: ski moguls

English: Split Jacks

Chinese: split jacks

English: Triple Under

Chinese: triple under

English: Weighted Bob And Weave Circle

Chinese: ■■ bob and weave circle

English: Weighted Cardio Core Crawl

Chinese: ■■ cardio ■■ crawl

English: Weighted Double Under

Chinese: ■■ double under

English: Weighted Jumping Jacks

Chinese: ■■ jumping jacks

English: Weighted Jump Rope

Chinese: ■■ ■ rope

English: Weighted Jump Rope Crossover

Chinese: ■■ ■ rope crossover

English: Weighted Jump Rope Jog

Chinese: ■■ ■ rope jog

English: Weighted Ski Moguls

Chinese: ■■ ski moguls

English: Weighted Split Jacks

Chinese: ■■ split jacks

English: Weighted Squat Jacks

Chinese: ■■ ■■ jacks

English: Weighted Triple Under

Chinese: ■■ triple under

English: Bar Holds

Chinese: ■ holds

English: Farmers Walk

Chinese: farmers ■

English: Farmers Walk On Toes

Chinese: farmers ■ on toes

English: Hex Dumbbell Hold

Chinese: hex ■■ ■■

English: Overhead Carry

Chinese: ■■ carry

English: Cable Pull Through

Chinese: ■■ ■ through

English: Cable Rotational Lift

Chinese: ■■ rotational lift

English: Cable Woodchop

Chinese: ■■ woodchop

English: Cross Chop To Knee

Chinese: cross chop to knee

English: Dumbbell Chop

Chinese: ■■ chop

English: Half Kneeling Rotation

Chinese: half kneeling rotation

English: Half Kneeling Rotational Chop

Chinese: half kneeling rotational chop

English: Half Kneeling Rotational Reverse Chop

Chinese: half kneeling rotational reverse chop

English: Half Kneeling Stability Chop

Chinese: half kneeling stability chop

English: Half Kneeling Stability Reverse Chop

Chinese: half kneeling stability reverse chop

English: Kneeling Rotational Chop
Chinese: kneeling rotational chop
English: Kneeling Rotational Reverse Chop
Chinese: kneeling rotational reverse chop
English: Kneeling Stability Chop
Chinese: kneeling stability chop
English: Kneeling Woodchopper
Chinese: kneeling woodchopper
English: Medicine Ball Wood Chops
Chinese: ■■■ wood chops
English: Power Squat Chops
Chinese: power ■■ chops
English: Standing Rotational Chop
Chinese: standing rotational chop
English: Standing Split Rotational Chop
Chinese: standing split rotational chop
English: Standing Split Rotational Reverse Chop
Chinese: standing split rotational reverse chop
English: Standing Stability Reverse Chop
Chinese: standing stability reverse chop
English: Weighted Cross Chop To Knee
Chinese: ■■ cross chop to knee
English: Weighted Half Kneeling Rotation
Chinese: ■■ half kneeling rotation
English: Weighted Power Squat Chops
Chinese: ■■ power ■■ chops
English: Abs Jabs
Chinese: ■■ jabs
English: Alternating Plate Reach
Chinese: alternating ■ reach
English: Alternating Slide Out
Chinese: alternating slide ■
English: Body Bar Oblique Twist
Chinese: body ■ oblique twist

English: Cable Core Press

Chinese: ■■ ■■ ■■

English: Cable Side Bend

Chinese: ■■ ■ bend

English: Crescent Circle

Chinese: crescent circle

English: Cycling Russian Twist

Chinese: cycling russian twist

English: Elevated Feet Russian Twist

Chinese: elevated feet russian twist

English: Ghd Back Extensions

Chinese: ghd ■■ extensions

English: Half Turkish Get Up

Chinese: half turkish get ■

English: Inchworm

Chinese: inchworm

English: Kettlebell Windmill

Chinese: ■■ windmill

English: Modified Front Lever

Chinese: modified ■ lever

English: Open Knee Tucks

Chinese: open knee tucks

English: Overhead Walk

Chinese: ■■ ■

English: Side Abs Leg Lift

Chinese: ■ ■■ ■ lift

English: Side Bend

Chinese: ■ bend

English: Swiss Ball Pike

Chinese: swiss ■ pike

English: Triangle Hip Press

Chinese: triangle hip ■■

English: Trx Suspended Jackknife

Chinese: trx suspended jackknife

English: U Boat

Chinese: u boat

English: Weighted Abs Jabs

Chinese: ■■ ■■ jabs

English: Weighted Alternating Slide Out

Chinese: ■■ alternating slide ■

English: Weighted Barbell Rollout

Chinese: ■■ ■■ rollout

English: Weighted Crescent Circle

Chinese: ■■ crescent circle

English: Weighted Cycling Russian Twist

Chinese: ■■ cycling russian twist

English: Weighted Elevated Feet Russian Twist

Chinese: ■■ elevated feet russian twist

English: Weighted Ghd Back Extensions

Chinese: ■■ ghd ■■ extensions

English: Weighted Kneeling Ab Wheel

Chinese: ■■ kneeling ab wheel

English: Weighted Modified Front Lever

Chinese: ■■ modified ■ lever

English: Weighted Open Knee Tucks

Chinese: ■■ open knee tucks

English: Weighted Side Abs Leg Lift

Chinese: ■■ ■ ■■ ■ lift

English: Weighted Side Bend

Chinese: ■■ ■ bend

English: Weighted Swiss Ball Jackknife

Chinese: ■■ swiss ■ jackknife

English: Weighted Swiss Ball Pike

Chinese: ■■ swiss ■ pike

English: Weighted Swiss Ball Rollout

Chinese: ■■ swiss ■ rollout

English: Weighted Triangle Hip Press

Chinese: ■■ triangle hip ■■

English: Weighted Trx Suspended Jackknife

Chinese: ■■ trx suspended jackknife

English: Weighted U Boat

Chinese: ■■ u boat

English: Weighted Windmill Switches

Chinese: ■■ windmill switches

English: Windmill Switches

Chinese: windmill switches

English: Circular Arm Crunch

Chinese: circular ■■ ■■

English: Crossed Arms Crunch

Chinese: crossed arms ■■

English: Cross Leg Reverse Crunch

Chinese: cross ■ reverse ■■

English: Crunch Chop

Chinese: ■■ chop

English: Double Crunch

Chinese: double ■■

English: Elbow To Knee Crunch

Chinese: elbow to knee ■■

English: Flutter Kicks

Chinese: flutter kicks

English: Foam Roller Reverse Crunch On Bench

Chinese: foam roller reverse ■■ on ■■

English: Foam Roller Reverse Crunch With Dumbbell

Chinese: foam roller reverse ■■ with ■■

English: Foam Roller Reverse Crunch With Medicine Ball

Chinese: foam roller reverse ■■ with ■■ ■

English: Frog Press

Chinese: frog ■■

English: Hip Crossover

Chinese: hip crossover

English: Hollow Rock

Chinese: hollow rock

English: Incline Reverse Crunch
Chinese: incline reverse ■■

English: Kneeling Cross Crunch
Chinese: kneeling cross ■■

English: Kneeling Oblique Cable Crunch
Chinese: kneeling oblique ■■ ■■

English: Knees To Elbow
Chinese: knees to elbow

English: Leg Extensions
Chinese: ■ extensions

English: Leg Levers
Chinese: ■ levers

English: McGill Curl Up
Chinese: mcgill ■■ ■

English: Modified Pilates Roll Up With Ball
Chinese: modified pilates roll ■ with ■

English: Pilates Crunch
Chinese: pilates ■■

English: Pilates Roll Up With Ball
Chinese: pilates roll ■ with ■

English: Raised Legs Crunch
Chinese: raised legs ■■

English: Reverse Curl And Lift
Chinese: reverse ■■ and lift

English: Rotational Lift
Chinese: rotational lift

English: Seated Alternating Reverse Crunch
Chinese: seated alternating reverse ■■

English: Seated Leg U
Chinese: seated ■ u

English: Side To Side Crunch And Weave
Chinese: ■ to ■ ■■ and weave

English: Single Leg Reverse Crunch
Chinese: single ■ reverse ■■

English: Standing Cable Crunch

Chinese: standing ■■ ■■

English: Standing Side Crunch

Chinese: standing ■ ■■

English: Step Climb

Chinese: ■ climb

English: Swiss Ball Reverse Crunch

Chinese: swiss ■ reverse ■■

English: Swiss Ball Russian Twist

Chinese: swiss ■ russian twist

English: Swiss Ball Side Crunch

Chinese: swiss ■ ■ ■■

English: Thoracic Crunches On Foam Roller

Chinese: thoracic crunches on foam roller

English: Toes To Bar

Chinese: toes to ■

English: Triceps Crunch

Chinese: triceps ■■

English: Weighted Bicycle Crunch

Chinese: ■■ bicycle ■■

English: Weighted Crossed Arms Crunch

Chinese: ■■ crossed arms ■■

English: Weighted Cross Leg Reverse Crunch

Chinese: ■■ cross ■ reverse ■■

English: Weighted Crunch

Chinese: ■■ ■■

English: Weighted Crunch Chop

Chinese: ■■ ■■ chop

English: Weighted Double Crunch

Chinese: ■■ double ■■

English: Weighted Elbow To Knee Crunch

Chinese: ■■ elbow to knee ■■

English: Weighted Flutter Kicks

Chinese: ■■ flutter kicks

English: Weighted Foam Roller Reverse Crunch On Bench

Chinese: ■■ foam roller reverse ■■ on ■■

English: Weighted Hanging Knee Raise Oblique Crunch

Chinese: ■■ hanging knee ■■ oblique ■■

English: Weighted Hip Crossover

Chinese: ■■ hip crossover

English: Weighted Hollow Rock

Chinese: ■■ hollow rock

English: Weighted Incline Reverse Crunch

Chinese: ■■ incline reverse ■■

English: Weighted Kneeling Cross Crunch

Chinese: ■■ kneeling cross ■■

English: Weighted Leg Extensions

Chinese: ■■ ■ extensions

English: Weighted McGill Curl Up

Chinese: ■■ mcgill ■■ ■

English: Weighted Modified Pilates Roll Up With Ball

Chinese: ■■ modified pilates roll ■ with ■

English: Weighted Pilates Crunch

Chinese: ■■ pilates ■■

English: Weighted Pilates Roll Up With Ball

Chinese: ■■ pilates roll ■ with ■

English: Weighted Raised Legs Crunch

Chinese: ■■ raised legs ■■

English: Weighted Reverse Crunch

Chinese: ■■ reverse ■■

English: Weighted Reverse Crunch On A Bench

Chinese: ■■ reverse ■■ on a ■■

English: Weighted Reverse Curl And Lift

Chinese: ■■ reverse ■■ and lift

English: Weighted Rotational Lift

Chinese: ■■ rotational lift

English: Weighted Seated Alternating Reverse Crunch

Chinese: ■■ seated alternating reverse ■■

English: Weighted Seated Leg U

Chinese: 负重 seated 腿 u

English: Weighted Side To Side Crunch And Weave

Chinese: 负重 侧 to 侧 卷腹 and weave

English: Weighted Single Leg Reverse Crunch

Chinese: 负重 single 腿 reverse 卷腹

English: Weighted Skater Crunch Cross

Chinese: 负重 skater 卷腹 cross

English: Weighted Step Climb

Chinese: 负重 步 climb

English: Weighted Swiss Ball Crunch

Chinese: 负重 swiss 球 卷腹

English: Weighted Swiss Ball Reverse Crunch

Chinese: 负重 swiss 球 reverse 卷腹

English: Weighted Swiss Ball Russian Twist

Chinese: 负重 swiss 球 russian twist

English: Weighted Swiss Ball Side Crunch

Chinese: 负重 swiss 球 侧 卷腹

English: Weighted Thoracic Crunches On Foam Roller

Chinese: 负重 thoracic crunches on foam roller

English: Alternating Dumbbell Biceps Curl On Swiss Ball

Chinese: alternating 负重 biceps 负重 on swiss 球

English: Barbell Reverse Wrist Curl

Chinese: 杠铃 reverse wrist 卷腹

English: Barbell Wrist Curl

Chinese: 杠铃 wrist 卷腹

English: Behind The Back Barbell Reverse Wrist Curl

Chinese: behind the 杠铃 杠铃 reverse wrist 卷腹

English: Behind The Back One Arm Cable Curl

Chinese: behind the 杠铃 one 杠铃 杠铃 杠铃

English: Cable Biceps Curl

Chinese: 杠铃 biceps 卷腹

English: Cable Hammer Curl

Chinese: 杠铃 hammer 卷腹

English: Cheating Barbell Biceps Curl
Chinese: cheating ■■ biceps ■■

English: Close Grip Ez Bar Biceps Curl
Chinese: ■ ■ ez ■ biceps ■■

English: Cross Body Dumbbell Hammer Curl
Chinese: cross body ■■ hammer ■■

English: Decline Hammer Curl
Chinese: decline hammer ■■

English: Dumbbell Biceps Curl With Static Hold
Chinese: ■■ biceps ■■ with static ■■

English: Dumbbell Reverse Wrist Curl
Chinese: ■■ reverse wrist ■■

English: Dumbbell Wrist Curl
Chinese: ■■ wrist ■■

English: Ez Bar Preacher Curl
Chinese: ez ■ preacher ■■

English: Hammer Curl To Press
Chinese: hammer ■■ to ■■

English: Incline Dumbbell Biceps Curl
Chinese: incline ■■ biceps ■■

English: Incline Offset Thumb Dumbbell Curl
Chinese: incline offset thumb ■■ ■■

English: Kettlebell Biceps Curl
Chinese: ■■ biceps ■■

English: Lying Concentration Cable Curl
Chinese: lying concentration ■■ ■■

English: One Arm Preacher Curl
Chinese: one ■■ preacher ■■

English: Plate Pinch Curl
Chinese: ■ pinch ■■

English: Preacher Curl With Cable
Chinese: preacher ■■ with ■■

English: Reverse Ez Bar Curl
Chinese: reverse ez ■ ■■

English: Reverse Grip Barbell Biceps Curl

Chinese: reverse ■■■ biceps ■■

English: Reverse Grip Wrist Curl

Chinese: reverse ■ wrist ■■

English: Seated Dumbbell Biceps Curl

Chinese: seated ■■ biceps ■■

English: Seated Reverse Dumbbell Curl

Chinese: seated reverse ■■ ■■

English: Split Stance Offset Pinky Dumbbell Curl

Chinese: split ■■ offset pinky ■■ ■■

English: Standing Ez Bar Biceps Curl

Chinese: standing ez ■ biceps ■■

English: Standing Zottman Biceps Curl

Chinese: standing zottman biceps ■■

English: Static Curl

Chinese: static ■■

English: Swiss Ball Dumbbell Overhead Triceps Extension

Chinese: swiss ■ ■■ ■■ triceps ■■

English: Swiss Ball Ez Bar Preacher Curl

Chinese: swiss ■ ez ■ preacher ■■

English: Twisting Standing Dumbbell Biceps Curl

Chinese: twisting standing ■■ biceps ■■

English: Wide Grip Ez Bar Biceps Curl

Chinese: ■ ■ ez ■ biceps ■■

English: Dumbbell Single Leg Deadlift To Row

Chinese: ■■ single ■ ■■ to ■■

English: Kettlebell Floor To Shelf

Chinese: ■■ floor to shelf

English: One Arm One Leg Deadlift

Chinese: one ■■ one ■ ■■

English: Rack Pull

Chinese: ■ ■

English: Rotational Dumbbell Straight Leg Deadlift

Chinese: rotational ■■ straight ■ ■■

English: Single Arm Deadlift

Chinese: single ■■ ■■

English: Single Leg Barbell Deadlift

Chinese: single ■ ■■ ■■

English: Single Leg Barbell Straight Leg Deadlift

Chinese: single ■ ■■ straight ■ ■■

English: Single Leg Rdl Circuit

Chinese: single ■ rdl circuit

English: Single Leg Romanian Deadlift With Dumbbell

Chinese: single ■ romanian ■■ with ■■

English: Sumo Deadlift

Chinese: sumo ■■

English: Sumo Deadlift High Pull

Chinese: sumo ■■ high ■

English: Trap Bar Deadlift

Chinese: trap ■ ■■

English: Wide Grip Barbell Deadlift

Chinese: ■ ■ ■■ ■■

English: Cable Crossover

Chinese: ■■ crossover

English: Decline Dumbbell Flye

Chinese: decline ■■ flye

English: Incline Dumbbell Flye

Chinese: incline ■■ flye

English: Kettlebell Flye

Chinese: ■■ flye

English: Kneeling Rear Flye

Chinese: kneeling rear flye

English: Single Arm Standing Cable Reverse Flye

Chinese: single ■■ standing ■■ reverse flye

English: Swiss Ball Dumbbell Flye

Chinese: swiss ■ ■■ flye

English: Barbell Hip Thrust With Bench

Chinese: ■■ hip thrust with ■■

English: Bent Knee Swiss Ball Reverse Hip Raise

Chinese: bent knee swiss ■ reverse hip ■■

English: Bridge With Leg Extension

Chinese: bridge with ■ ■■

English: Clam Bridge

Chinese: clam bridge

English: Front Kick Tabletop

Chinese: ■ kick tabletop

English: Hip Extension And Cross

Chinese: hip ■■ and cross

English: Hip Raise With Feet On Swiss Ball

Chinese: hip ■■ with feet on swiss ■

English: Hip Raise With Head On Bosu Ball

Chinese: hip ■■ with head on bosu ■

English: Hip Raise With Head On Swiss Ball

Chinese: hip ■■ with head on swiss ■

English: Hip Raise With Knee Squeeze

Chinese: hip ■■ with knee squeeze

English: Incline Rear Leg Extension

Chinese: incline rear ■ ■■

English: Marching Hip Raise

Chinese: marching hip ■■

English: Marching Hip Raise With Feet On A Swiss Ball

Chinese: marching hip ■■ with feet on a swiss ■

English: Reverse Hip Raise

Chinese: reverse hip ■■

English: Single Leg Hip Raise With Foot On Bench

Chinese: single ■ hip ■■ with foot on ■■

English: Single Leg Hip Raise With Foot On Bosu Ball

Chinese: single ■ hip ■■ with foot on bosu ■

English: Single Leg Hip Raise With Foot On Foam Roller

Chinese: single ■ hip ■■ with foot on foam roller

English: Single Leg Hip Raise With Foot On Medicine Ball

Chinese: single ■ hip ■■ with foot on ■■ ■

English: Single Leg Hip Raise With Head On Bosu Ball

Chinese: single ■ hip ■■ with head on bosu ■

English: Single Leg Swiss Ball Hip Raise And Leg Curl

Chinese: single ■ swiss ■ hip ■■ and ■ ■■

English: Weighted Bent Knee Swiss Ball Reverse Hip Raise

Chinese: ■■ bent knee swiss ■ reverse hip ■■

English: Weighted Bridge With Leg Extension

Chinese: ■■ bridge with ■ ■■

English: Weighted Clam Bridge

Chinese: ■■ clam bridge

English: Weighted Front Kick Tabletop

Chinese: ■■ ■ kick tabletop

English: Weighted Hip Extension And Cross

Chinese: ■■ hip ■■ and cross

English: Weighted Hip Raise

Chinese: ■■ hip ■■

English: Weighted Hip Raise With Feet On Swiss Ball

Chinese: ■■ hip ■■ with feet on swiss ■

English: Weighted Hip Raise With Head On Bosu Ball

Chinese: ■■ hip ■■ with head on bosu ■

English: Weighted Hip Raise With Head On Swiss Ball

Chinese: ■■ hip ■■ with head on swiss ■

English: Weighted Hip Raise With Knee Squeeze

Chinese: ■■ hip ■■ with knee squeeze

English: Weighted Incline Rear Leg Extension

Chinese: ■■ incline rear ■ ■■

English: Weighted Marching Hip Raise

Chinese: ■■ marching hip ■■

English: Weighted Marching Hip Raise With Feet On A Swiss Ball

Chinese: ■■ marching hip ■■ with feet on a swiss ■

English: Weighted Reverse Hip Raise

Chinese: ■■ reverse hip ■■

English: Weighted Single Leg Hip Raise

Chinese: ■■ single ■ hip ■■

English: Weighted Single Leg Hip Raise With Foot On Bench

Chinese: ■■ single ■ hip ■■ with foot on ■■

English: Weighted Single Leg Hip Raise With Foot On Bosu Ball

Chinese: ■■ single ■ hip ■■ with foot on bosu ■

English: Weighted Single Leg Hip Raise With Foot On Foam Roller

Chinese: ■■ single ■ hip ■■ with foot on foam roller

English: Weighted Single Leg Hip Raise With Foot On Medicine Ball

Chinese: ■■ single ■ hip ■■ with foot on ■■ ■

English: Weighted Single Leg Hip Raise With Head On Bosu Ball

Chinese: ■■ single ■ hip ■■ with head on bosu ■

English: Band Side Lying Leg Raise

Chinese: ■■■ ■ lying ■ ■■

English: Dead Bug

Chinese: dead bug

English: Fire Hydrant Kicks

Chinese: fire hydrant kicks

English: Hip Circles

Chinese: hip circles

English: Inner Thigh Lift

Chinese: inner ■■ lift

English: Lateral Walks With Band At Ankles

Chinese: lateral walks with ■■■ at ankles

English: Lying Abduction Stretch

Chinese: lying abduction stretch

English: Pretzel Side Kick

Chinese: pretzel ■ kick

English: Prone Hip Internal Rotation

Chinese: prone hip internal rotation

English: Quadruped

Chinese: quadruped

English: Quadruped Hip Extension

Chinese: quadruped hip ■■

English: Quadruped With Leg Lift

Chinese: quadruped with ■ lift

English: Side Lying Leg Raise
Chinese: ■ lying ■ ■■
English: Sliding Hip Adduction
Chinese: sliding hip adduction
English: Standing Adduction
Chinese: standing adduction
English: Standing Cable Hip Abduction
Chinese: standing ■■ hip abduction
English: Standing Hip Abduction
Chinese: standing hip abduction
English: Standing Rear Leg Raise
Chinese: standing rear ■ ■■
English: Supine Hip Internal Rotation
Chinese: supine hip internal rotation
English: Weighted Dead Bug
Chinese: ■■ dead bug
English: Weighted External Hip Raise
Chinese: ■■ external hip ■■
English: Weighted Fire Hydrant Kicks
Chinese: ■■ fire hydrant kicks
English: Weighted Hip Circles
Chinese: ■■ hip circles
English: Weighted Inner Thigh Lift
Chinese: ■■ inner ■■ lift
English: Weighted Pretzel Side Kick
Chinese: ■■ pretzel ■ kick
English: Weighted Prone Hip Internal Rotation
Chinese: ■■ prone hip internal rotation
English: Weighted Quadruped Hip Extension
Chinese: ■■ quadruped hip ■■
English: Weighted Quadruped With Leg Lift
Chinese: ■■ quadruped with ■ lift
English: Weighted Side Lying Leg Raise
Chinese: ■■ ■ lying ■ ■■

English: Weighted Sliding Hip Adduction

Chinese: ■■ sliding hip adduction

English: Weighted Standing Adduction

Chinese: ■■ standing adduction

English: Weighted Standing Hip Abduction

Chinese: ■■ standing hip abduction

English: Weighted Standing Rear Leg Raise

Chinese: ■■ standing rear ■ ■■

English: Weighted Supine Hip Internal Rotation

Chinese: ■■ supine hip internal rotation

English: Single Arm Kettlebell Swing

Chinese: single ■■ ■■ swing

English: Step Out Swing

Chinese: ■ ■ swing

English: Back Extension With Opposite Arm And Leg Reach

Chinese: ■■ ■■ with opposite ■■ and ■ reach

English: Base Rotations

Chinese: base rotations

English: Bent Knee Reverse Hyperextension

Chinese: bent knee reverse hyperextension

English: Hollow Hold And Roll

Chinese: hollow ■■ and roll

English: Kicks

Chinese: kicks

English: Kneeling Superman

Chinese: kneeling superman

English: Knee Raises

Chinese: knee raises

English: Lat Pull Down With Row

Chinese: lat ■ ■ with ■■

English: Medicine Ball Deadlift To Reach

Chinese: ■■ ■ ■■ to reach

English: One Arm One Leg Row

Chinese: one ■■ one ■ ■■

English: One Arm Row With Band

Chinese: one ■■ ■■ with ■■■■

English: Overhead Lunge With Medicine Ball

Chinese: ■■ ■■ with ■■ ■

English: Plank Knee Tucks

Chinese: ■■■■■ knee tucks

English: Side Step

Chinese: ■ ■

English: Single Leg Back Extension

Chinese: single ■ ■■ ■■

English: Spine Extension

Chinese: spine ■■

English: Static Back Extension

Chinese: static ■■ ■■

English: Superman From Floor

Chinese: superman from floor

English: Superman On Swiss Ball

Chinese: superman on swiss ■

English: Swiss Ball Back Extension

Chinese: swiss ■ ■■ ■■

English: Swiss Ball Opposite Arm And Leg Lift

Chinese: swiss ■ opposite ■■ and ■ lift

English: Weighted Back Extension With Opposite Arm And Leg Reach

Chinese: ■■ ■■ ■■ with opposite ■■ and ■ reach

English: Weighted Base Rotations

Chinese: ■■ base rotations

English: Weighted Bent Knee Reverse Hyperextension

Chinese: ■■ bent knee reverse hyperextension

English: Weighted Hollow Hold And Roll

Chinese: ■■ hollow ■■ and roll

English: Weighted Kicks

Chinese: ■■ kicks

English: Weighted Kneeling Superman

Chinese: ■■ kneeling superman

English: Weighted Knee Raises

Chinese: ■■ knee raises

English: Weighted Plank Knee Tucks

Chinese: ■■ ■■■■ knee tucks

English: Weighted Side Step

Chinese: ■■ ■ ■

English: Weighted Single Leg Back Extension

Chinese: ■■ single ■ ■■ ■■

English: Weighted Spine Extension

Chinese: ■■ spine ■■

English: Weighted Static Back Extension

Chinese: ■■ static ■■ ■■

English: Weighted Superman From Floor

Chinese: ■■ superman from floor

English: Weighted Swiss Ball Back Extension

Chinese: ■■ swiss ■ ■■ ■■

English: Weighted Swiss Ball Hyperextension

Chinese: ■■ swiss ■ hyperextension

English: Weighted Swiss Ball Opposite Arm And Leg Lift

Chinese: ■■ swiss ■ opposite ■■ and ■ lift

English: Alternating Lateral Raise With Static Hold

Chinese: alternating lateral ■■ with static ■■

English: Bar Muscle Up

Chinese: ■ muscle ■

English: Bent Over Lateral Raise

Chinese: bent over lateral ■■

English: Cable Diagonal Raise

Chinese: ■■ diagonal ■■

English: Calorie Row

Chinese: calorie ■■

English: Combo Shoulder Raise

Chinese: combo ■■ ■■

English: Dumbbell Diagonal Raise

Chinese: ■■ diagonal ■■

English: Dumbbell V Raise

Chinese: ■■ v ■■

English: Front Raise

Chinese: ■ ■■

English: Leaning Dumbbell Lateral Raise

Chinese: leaning ■■ lateral ■■

English: Lying Dumbbell Raise

Chinese: lying ■■ ■■

English: Muscle Up

Chinese: muscle ■

English: One Arm Cable Lateral Raise

Chinese: one ■■ ■■ lateral ■■

English: Overhand Grip Rear Lateral Raise

Chinese: overhand ■ rear lateral ■■

English: Plate Raises

Chinese: ■ raises

English: Ring Dip

Chinese: ring ■■■

English: Ring Muscle Up

Chinese: ring muscle ■

English: Rope Climb

Chinese: rope climb

English: Scaption

Chinese: scaption

English: Seated Lateral Raise

Chinese: seated lateral ■■

English: Seated Rear Lateral Raise

Chinese: seated rear lateral ■■

English: Side Lying Lateral Raise

Chinese: ■ lying lateral ■■

English: Standing Lift

Chinese: standing lift

English: Suspended Row

Chinese: suspended ■■

English: Underhand Grip Rear Lateral Raise

Chinese: ■■ ■ rear lateral ■■

English: Wall Slide

Chinese: wall slide

English: Weighted Ring Dip

Chinese: ■■ ring ■■■

English: Weighted Ring Muscle Up

Chinese: ■■ ring muscle ■

English: Weighted Rope Climb

Chinese: ■■ rope climb

English: Weighted Wall Slide

Chinese: ■■ wall slide

English: 45 Degree Cable External Rotation

Chinese: 45 degree ■■ external rotation

English: Leg Curl

Chinese: ■ ■■

English: Seated Barbell Good Morning

Chinese: seated ■■ good morning

English: Single Leg Barbell Good Morning

Chinese: single ■ ■■ good morning

English: Single Leg Sliding Leg Curl

Chinese: single ■ sliding ■ ■■

English: Sliding Leg Curl

Chinese: sliding ■ ■■

English: Split Barbell Good Morning

Chinese: split ■■ good morning

English: Split Stance Extension

Chinese: split ■■ ■■

English: Staggered Stance Good Morning

Chinese: staggered ■■ good morning

English: Swiss Ball Hip Raise And Leg Curl

Chinese: swiss ■ hip ■■ and ■ ■■

English: Weighted Leg Curl

Chinese: ■■ ■ ■■

English: Zercher Good Morning
Chinese: zercher good morning

English: Hanging Knee Raise
Chinese: hanging knee ■■

English: Hanging Single Leg Raise
Chinese: hanging single ■ ■■

English: Kettlebell Leg Raises
Chinese: ■■ ■ raises

English: Lateral Stepover
Chinese: lateral stepover

English: Leg Lowering Drill
Chinese: ■ lowering drill

English: Lying Straight Leg Raise
Chinese: lying straight ■ ■■

English: Medicine Ball Leg Drops
Chinese: ■■ ■ ■ drops

English: Quadruped Leg Raise
Chinese: quadruped ■ ■■

English: Reverse Leg Raise
Chinese: reverse ■ ■■

English: Reverse Leg Raise On Swiss Ball
Chinese: reverse ■ ■■ on swiss ■

English: Single Leg Lowering Drill
Chinese: single ■ lowering drill

English: Weighted Hanging Knee Raise
Chinese: ■■ hanging knee ■■

English: Weighted Hanging Leg Raise
Chinese: ■■ hanging ■ ■■

English: Weighted Hanging Single Leg Raise
Chinese: ■■ hanging single ■ ■■

English: Weighted Lateral Stepover
Chinese: ■■ lateral stepover

English: Weighted Leg Lowering Drill
Chinese: ■■ ■ lowering drill

English: Weighted Lying Straight Leg Raise

Chinese: ■■ lying straight ■ ■■

English: Weighted Quadruped Leg Raise

Chinese: ■■ quadruped ■ ■■

English: Weighted Reverse Leg Raise

Chinese: ■■ reverse ■ ■■

English: Weighted Reverse Leg Raise On Swiss Ball

Chinese: ■■ reverse ■ ■■ on swiss ■

English: Weighted Single Leg Lowering Drill

Chinese: ■■ single ■ lowering drill

English: Alternating Barbell Forward Lunge

Chinese: alternating ■■ forward ■■

English: Back Foot Elevated Dumbbell Split Squat

Chinese: ■■ foot elevated ■■ split ■■

English: Barbell Box Lunge

Chinese: ■■ ■ ■■

English: Barbell Crossover Lunge

Chinese: ■■ crossover ■■

English: Barbell Front Split Squat

Chinese: ■■ ■ split ■■

English: Barbell Lunge

Chinese: ■■ ■■

English: Barbell Reverse Lunge

Chinese: ■■ reverse ■■

English: Barbell Split Squat

Chinese: ■■ split ■■

English: Core Control Rear Lunge

Chinese: ■■ control rear ■■

English: Diagonal Lunge

Chinese: diagonal ■■

English: Drop Lunge

Chinese: drop ■■

English: Dumbbell Box Lunge

Chinese: ■■ ■ ■■

English: Dumbbell Bulgarian Split Squat

Chinese: ■■ bulgarian split ■■

English: Dumbbell Crossover Lunge

Chinese: ■■ crossover ■■

English: Dumbbell Diagonal Lunge

Chinese: ■■ diagonal ■■

English: Dumbbell Lunge

Chinese: ■■ ■■

English: Dumbbell Lunge And Rotation

Chinese: ■■ ■■ and rotation

English: Dumbbell Overhead Bulgarian Split Squat

Chinese: ■■ ■■ bulgarian split ■■

English: Dumbbell Reverse Lunge To High Knee And Press

Chinese: ■■ reverse ■■ to high knee and ■■

English: Dumbbell Side Lunge

Chinese: ■■ ■ ■■

English: Elevated Front Foot Barbell Split Squat

Chinese: elevated ■ foot ■■ split ■■

English: Front Foot Elevated Dumbbell Split Squat

Chinese: ■ foot elevated ■■ split ■■

English: Gunslinger Lunge

Chinese: gunslinger ■■

English: Lawnmower Lunge

Chinese: lawnmower ■■

English: Low Side To Side Lunge

Chinese: low ■ to ■ ■■

English: Lunge Matrix

Chinese: ■■ matrix

English: Lunge With Diagonal Reach

Chinese: ■■ with diagonal reach

English: Lunge With Side Bend

Chinese: ■■ with ■ bend

English: Offset Dumbbell Lunge

Chinese: offset ■■ ■■

English: Offset Dumbbell Reverse Lunge

Chinese: offset ■■ reverse ■■

English: Overhead Bulgarian Split Squat

Chinese: ■■ bulgarian split ■■

English: Overhead Dumbbell Reverse Lunge

Chinese: ■■ ■■ reverse ■■

English: Overhead Lunge

Chinese: ■■ ■■

English: Overhead Lunge With Rotation

Chinese: ■■ ■■ with rotation

English: Reverse Barbell Box Lunge

Chinese: reverse ■■ ■ ■■

English: Reverse Box Lunge

Chinese: reverse ■ ■■

English: Reverse Dumbbell Box Lunge

Chinese: reverse ■■ ■ ■■

English: Reverse Dumbbell Crossover Lunge

Chinese: reverse ■■ crossover ■■

English: Reverse Dumbbell Diagonal Lunge

Chinese: reverse ■■ diagonal ■■

English: Reverse Lunge With Reach Back

Chinese: reverse ■■ with reach ■■

English: Reverse Lunge With Twist And Overhead Reach

Chinese: reverse ■■ with twist and ■■ reach

English: Reverse Sliding Box Lunge

Chinese: reverse sliding ■ ■■

English: Scissor Power Switch

Chinese: scissor power switch

English: Side And Crossover Lunge

Chinese: ■ and crossover ■■

English: Side Lunge

Chinese: ■ ■■

English: Side Lunge And Press

Chinese: ■ ■■ and ■■

English: Side Lunge Jump Off

Chinese: 侧弓步跳 off

English: Side Lunge Sweep

Chinese: 侧弓步扫 sweep

English: Side Lunge To Crossover Tap

Chinese: 侧弓步到交叉步点 tap

English: Siff Jump Lunge

Chinese: 侧弓步跳 siff 侧弓步

English: Single Arm Reverse Lunge And Press

Chinese: 单臂反向弓步和推 and 侧弓步

English: Sliding Lateral Lunge

Chinese: 滑动侧弓步 lateral 侧弓步

English: Walking Barbell Lunge

Chinese: 行走杠铃弓步 walking 杠铃 侧弓步

English: Walking Dumbbell Lunge

Chinese: 行走哑铃弓步 walking 哑铃 侧弓步

English: Weighted Lunge

Chinese: 负重侧弓步 杠铃 侧弓步

English: Weighted Lunge Matrix

Chinese: 负重侧弓步 matrix 侧弓步

English: Weighted Reverse Lunge With Reach Back

Chinese: 负重反向弓步 with reach 侧弓步

English: Weighted Reverse Lunge With Twist And Overhead Reach

Chinese: 负重反向弓步 with twist and 侧弓步 reach

English: Weighted Reverse Sliding Box Lunge

Chinese: 负重反向滑动侧弓步 侧弓步 侧弓步

English: Weighted Reverse Sliding Lunge

Chinese: 负重反向滑动侧弓步 侧弓步

English: Weighted Runners Lunge To Balance

Chinese: 负重跑步者侧弓步 to balance

English: Weighted Side And Crossover Lunge

Chinese: 负重侧弓步 and crossover 侧弓步

English: Weighted Side Lunge

Chinese: 负重侧弓步 侧弓步 侧弓步

English: Weighted Side Lunge Sweep

Chinese: 侧弓步扫腿

English: Weighted Side Lunge To Crossover Tap

Chinese: 侧弓步交叉步点地

English: Weighted Side To Side Lunge Chops

Chinese: 侧弓步侧向劈腿

English: Weighted Siff Jump Lunge

Chinese: 侧弓步跳

English: Weighted Sliding Lateral Lunge

Chinese: 侧弓步侧向滑步

English: Weighted Walking Lunge

Chinese: 侧弓步行走

English: Wide Grip Overhead Barbell Split Squat

Chinese: 宽握高杠深蹲

English: Barbell Hang Power Clean

Chinese: 高杠抓举

English: Barbell Hang Power Snatch

Chinese: 高杠抓举

English: Barbell Hang Pull

Chinese: 高杠拉

English: Barbell Hang Squat Clean

Chinese: 高杠深蹲抓举

English: Barbell High Pull

Chinese: 高杠拉

English: Barbell Power Clean

Chinese: 抓举

English: Barbell Power Snatch

Chinese: 抓举

English: Barbell Snatch

Chinese: 抓举

English: Barbell Split Jerk

Chinese: 抓举

English: Barbell Squat Clean

Chinese: 深蹲抓举

English: Clean

Chinese: clean

English: Clean And Jerk

Chinese: clean and jerk

English: Dumbbell Clean

Chinese: ■■ clean

English: Dumbbell Hang Pull

Chinese: ■■ hang ■

English: One Hand Dumbbell Split Snatch

Chinese: one hand ■■ split snatch

English: Push Jerk

Chinese: ■ jerk

English: Single Arm Dumbbell Snatch

Chinese: single ■■ ■■ snatch

English: Single Arm Hang Snatch

Chinese: single ■■ hang snatch

English: Single Arm Kettlebell Snatch

Chinese: single ■■ ■■ snatch

English: Split Jerk

Chinese: split jerk

English: Squat Clean And Jerk

Chinese: ■■ clean and jerk

English: Bear Crawl

Chinese: bear crawl

English: Elbow Plank Pike Jacks

Chinese: elbow ■■■■ pike jacks

English: Elevated Feet Plank

Chinese: elevated feet ■■■■

English: Extended Plank

Chinese: extended ■■■■

English: Full Plank Passe Twist

Chinese: full ■■■■ passe twist

English: Inching Elbow Plank

Chinese: inching elbow ■■■■

English: Inchworm To Side Plank

Chinese: inchworm to ■ ■■■■

English: Kneeling Plank

Chinese: kneeling ■■■■

English: Kneeling Side Plank With Leg Lift

Chinese: kneeling ■ ■■■■ with ■ lift

English: Lateral Roll

Chinese: lateral roll

English: Lying Reverse Plank

Chinese: lying reverse ■■■■

English: Medicine Ball Mountain Climber

Chinese: ■■ ■ mountain climber

English: Modified Mountain Climber And Extension

Chinese: modified mountain climber and ■■

English: Mountain Climber With Hands On Bench

Chinese: mountain climber with hands on ■■

English: Mountain Climber With Hands On Swiss Ball

Chinese: mountain climber with hands on swiss ■

English: Plank Jacks With Feet On Sliding Discs

Chinese: ■■■■ jacks with feet on sliding discs

English: Plank Knee Twist

Chinese: ■■■■ knee twist

English: Plank Pikes

Chinese: ■■■■ pikes

English: Plank Pike Jumps

Chinese: ■■■■ pike jumps

English: Plank To Stand Up

Chinese: ■■■■ to stand ■

English: Plank With Feet On Swiss Ball

Chinese: ■■■■ with feet on swiss ■

English: Plank With Knee To Elbow

Chinese: ■■■■ with knee to elbow

English: Plyometric Side Plank

Chinese: plyometric ■ ■■■■

English: Rolling Side Plank

Chinese: rolling ■ ■■■■

English: Side Kick Plank

Chinese: ■ kick ■■■■

English: Side Plank Lift

Chinese: ■ ■■■■ lift

English: Side Plank To Plank With Reach Under

Chinese: ■ ■■■■ to ■■■■ with reach under

English: Side Plank With Elbow On Bosu Ball

Chinese: ■ ■■■■ with elbow on bosu ■

English: Side Plank With Knee Circle

Chinese: ■ ■■■■ with knee circle

English: Side Plank With Knee Tuck

Chinese: ■ ■■■■ with knee tuck

English: Side Plank With Leg Lift

Chinese: ■ ■■■■ with ■ lift

English: Side Plank With Reach Under

Chinese: ■ ■■■■ with reach under

English: Single Leg Elevated Feet Plank

Chinese: single ■ elevated feet ■■■■

English: Single Leg Flex And Extend

Chinese: single ■ flex and extend

English: Single Leg Side Plank

Chinese: single ■ ■ ■■■■

English: Spiderman Plank

Chinese: spiderman ■■■■

English: Straight Arm Plank

Chinese: straight ■■ ■■■■

English: Straight Arm Plank With Shoulder Touch

Chinese: straight ■■ ■■■■ with ■■ touch

English: Swiss Ball Plank

Chinese: swiss ■ ■■■■

English: Swiss Ball Plank Leg Lift

Chinese: swiss ■ ■■■■ ■ lift

English: Swiss Ball Plank Leg Lift And Hold

Chinese: swiss ■ ■■■■ ■ lift and ■■

English: Swiss Ball Plank With Feet On Bench

Chinese: swiss ■ ■■■■ with feet on ■■

English: Swiss Ball Prone Jackknife

Chinese: swiss ■ prone jackknife

English: Swiss Ball Side Plank

Chinese: swiss ■ ■ ■■■■

English: Three Way Plank

Chinese: three way ■■■■

English: Towel Plank And Knee In

Chinese: towel ■■■■ and knee ■

English: Turkish Get Up To Side Plank

Chinese: turkish get ■ to ■ ■■■■

English: Two Point Plank

Chinese: two point ■■■■

English: T Stabilization

Chinese: t stabilization

English: Weighted 45 Degree Plank

Chinese: ■■ 45 degree ■■■■

English: Weighted 90 Degree Static Hold

Chinese: ■■ 90 degree static ■■

English: Weighted Bear Crawl

Chinese: ■■ bear crawl

English: Weighted Cross Body Mountain Climber

Chinese: ■■ cross body mountain climber

English: Weighted Elbow Plank Pike Jacks

Chinese: ■■ elbow ■■■■ pike jacks

English: Weighted Elevated Feet Plank

Chinese: ■■ elevated feet ■■■■

English: Weighted Elevator Abs

Chinese: ■■ elevator ■■

English: Weighted Extended Plank

Chinese: ■■ extended ■■■■

English: Weighted Full Plank Passe Twist

Chinese: ■■ full ■■■■ passe twist

English: Weighted Inching Elbow Plank

Chinese: ■■ inching elbow ■■■■

English: Weighted Inchworm To Side Plank

Chinese: ■■ inchworm to ■ ■■■■

English: Weighted Kneeling Plank

Chinese: ■■ kneeling ■■■■

English: Weighted Kneeling Side Plank With Leg Lift

Chinese: ■■ kneeling ■ ■■■■ with ■ lift

English: Weighted Lateral Roll

Chinese: ■■ lateral roll

English: Weighted Lying Reverse Plank

Chinese: ■■ lying reverse ■■■■

English: Weighted Medicine Ball Mountain Climber

Chinese: ■■ ■■ ■ mountain climber

English: Weighted Modified Mountain Climber And Extension

Chinese: ■■ modified mountain climber and ■■

English: Weighted Mountain Climber

Chinese: ■■ mountain climber

English: Weighted Mountain Climber On Sliding Discs

Chinese: ■■ mountain climber on sliding discs

English: Weighted Mountain Climber With Feet On Bosu Ball

Chinese: ■■ mountain climber with feet on bosu ■

English: Weighted Mountain Climber With Hands On Swiss Ball

Chinese: ■■ mountain climber with hands on swiss ■

English: Weighted Plank Jacks With Feet On Sliding Discs

Chinese: ■■ ■■■■ jacks with feet on sliding discs

English: Weighted Plank Knee Twist

Chinese: ■■ ■■■■ knee twist

English: Weighted Plank Pikes

Chinese: ■■ ■■■■ pikes

English: Weighted Plank Pike Jumps

Chinese: ■■ ■■■■ pike jumps

English: Weighted Plank To Stand Up

Chinese: 负重侧平板支撑起身

English: Weighted Plank With Arm Raise

Chinese: 负重侧平板支撑抬臂

English: Weighted Plank With Knee To Elbow

Chinese: 负重侧平板支撑膝触肘

English: Weighted Plank With Oblique Crunch

Chinese: 负重侧平板支撑侧屈收腹

English: Weighted Plyometric Side Plank

Chinese: 负重侧平板支撑跳

English: Weighted Rolling Side Plank

Chinese: 负重侧平板支撑滚动

English: Weighted Side Kick Plank

Chinese: 负重侧平板支撑踢腿

English: Weighted Side Plank

Chinese: 负重侧平板支撑

English: Weighted Side Plank And Row

Chinese: 负重侧平板支撑划船

English: Weighted Side Plank Lift

Chinese: 负重侧平板支撑抬腿

English: Weighted Side Plank With Elbow On Bosu Ball

Chinese: 负重侧平板支撑肘撑在波速球上

English: Weighted Side Plank With Feet On Bench

Chinese: 负重侧平板支撑脚踩在凳子上

English: Weighted Side Plank With Knee Circle

Chinese: 负重侧平板支撑膝画圈

English: Weighted Side Plank With Knee Tuck

Chinese: 负重侧平板支撑膝屈

English: Weighted Side Plank With Leg Lift

Chinese: 负重侧平板支撑抬腿

English: Weighted Side Plank With Reach Under

Chinese: 负重侧平板支撑伸手下

English: Weighted Single Leg Elevated Feet Plank

Chinese: 负重单腿抬高脚侧平板支撑

English: Weighted Single Leg Flex And Extend

Chinese: 负重单腿屈伸

English: Weighted Single Leg Side Plank

Chinese: 负重单腿侧平板

English: Weighted Spiderman Plank

Chinese: 负重蜘蛛侠平板

English: Weighted Straight Arm Plank

Chinese: 负重直臂平板

English: Weighted Straight Arm Plank With Shoulder Touch

Chinese: 负重直臂平板触肩

English: Weighted Swiss Ball Plank

Chinese: 负重瑞士球平板

English: Weighted Swiss Ball Plank Leg Lift

Chinese: 负重瑞士球平板抬腿

English: Weighted Swiss Ball Plank With Feet On Bench

Chinese: 负重瑞士球平板脚踩凳

English: Weighted Swiss Ball Prone Jackknife

Chinese: 负重瑞士球俯卧剪刀

English: Weighted Swiss Ball Side Plank

Chinese: 负重瑞士球侧平板

English: Weighted Three Way Plank

Chinese: 负重三向平板

English: Weighted Towel Plank And Knee In

Chinese: 负重毛巾平板屈膝

English: Weighted Turkish Get Up To Side Plank

Chinese: 负重土耳其起身侧平板

English: Weighted Two Point Plank

Chinese: 负重两点平板

English: Weighted T Stabilization

Chinese: 负重T型稳定

English: Weighted Wide Stance Plank With Diagonal Arm Lift

Chinese: 负重宽距平板对角抬臂

English: Weighted Wide Stance Plank With Diagonal Leg Lift

Chinese: 负重宽距平板对角抬腿

English: Wide Stance Plank With Diagonal Arm Lift

Chinese: ■ ■■ ■■■■ with diagonal ■■ lift

English: Wide Stance Plank With Diagonal Leg Lift

Chinese: ■ ■■ ■■■■ with diagonal ■ lift

English: Wide Stance Plank With Leg Lift

Chinese: ■ ■■ ■■■■ with ■ lift

English: 90 Degree Static Hold

Chinese: 90 degree static ■■

English: Cross Knee Strike

Chinese: cross knee strike

English: Depth Jump

Chinese: depth ■

English: Dumbbell Jump Squat

Chinese: ■■ ■ ■■

English: Dumbbell Split Jump

Chinese: ■■ split ■

English: Front Knee Strike

Chinese: ■ knee strike

English: High Box Jump

Chinese: high ■ ■

English: Isometric Explosive Body Weight Jump Squat

Chinese: isometric explosive body weight ■ ■■

English: Lateral Leap And Hop

Chinese: lateral leap and hop

English: Lateral Plyo Squats

Chinese: lateral plyo squats

English: Lateral Slide

Chinese: lateral slide

English: Medicine Ball Overhead Throws

Chinese: ■■ ■ ■■ throws

English: Medicine Ball Side Throw

Chinese: ■■ ■ ■ throw

English: Side To Side Medicine Ball Throws

Chinese: ■ to ■ ■■ ■ throws

English: Squat Jumps In And Out

Chinese: ■■ jumps ■ and ■

English: Squat Jump Onto Box

Chinese: ■■ ■ onto ■

English: Weighted Alternating Jump Lunge

Chinese: ■■ alternating ■ ■■

English: Weighted Cross Knee Strike

Chinese: ■■ cross knee strike

English: Weighted Depth Jump

Chinese: ■■ depth ■

English: Weighted Front Knee Strike

Chinese: ■■ ■ knee strike

English: Weighted High Box Jump

Chinese: ■■ high ■ ■

English: Weighted Isometric Explosive Jump Squat

Chinese: ■■ isometric explosive ■ ■■

English: Weighted Jump Squat

Chinese: ■■ ■ ■■

English: Weighted Lateral Leap And Hop

Chinese: ■■ lateral leap and hop

English: Weighted Lateral Plyo Squats

Chinese: ■■ lateral plyo squats

English: Weighted Lateral Slide

Chinese: ■■ lateral slide

English: Weighted Side To Side Shuffle Jump

Chinese: ■■ ■ to ■ shuffle ■

English: Weighted Squat Jumps In And Out

Chinese: ■■ ■■ jumps ■ and ■

English: Weighted Squat Jump Onto Box

Chinese: ■■ ■■ ■ onto ■

English: Banded Pull Ups

Chinese: banded ■ ups

English: Band Assisted Chin Up

Chinese: ■■■■ assisted chin ■

English: Burpee Pull Up

Chinese: burpee ■ ■

English: Close Grip Chin Up

Chinese: ■ ■ chin ■

English: Close Grip Lat Pulldown

Chinese: ■ ■ lat pulldown

English: Crossover Chin Up

Chinese: crossover chin ■

English: Ez Bar Pullover

Chinese: ez ■ pullover

English: Hanging Hurdle

Chinese: hanging hurdle

English: Jumping Pull Ups

Chinese: jumping ■ ups

English: Kipping Pull Up

Chinese: kipping ■ ■

English: Kneeling Lat Pulldown

Chinese: kneeling lat pulldown

English: Kneeling Underhand Grip Lat Pulldown

Chinese: kneeling ■ ■ ■ lat pulldown

English: L Pull Up

Chinese: l ■ ■

English: Mixed Grip Chin Up

Chinese: mixed ■ chin ■

English: Mixed Grip Pull Up

Chinese: mixed ■ ■ ■

English: Neutral Grip Chin Up

Chinese: neutral ■ chin ■

English: Reverse Grip Pulldown

Chinese: reverse ■ pulldown

English: Straight Arm Pulldown

Chinese: straight ■ ■ pulldown

English: Suspended Chin Up

Chinese: suspended chin ■

English: Swiss Ball Ez Bar Pullover

Chinese: swiss ■ ez ■ pullover

English: Towel Pull Up

Chinese: towel ■ ■

English: Weighted Burpee Pull Up

Chinese: ■■ burpee ■ ■

English: Weighted Chin Up

Chinese: ■■ chin ■

English: Weighted Close Grip Chin Up

Chinese: ■■ ■ ■ chin ■

English: Weighted Crossover Chin Up

Chinese: ■■ crossover chin ■

English: Weighted Hanging Hurdle

Chinese: ■■ hanging hurdle

English: Weighted Jumping Pull Ups

Chinese: ■■ jumping ■ ups

English: Weighted Kipping Pull Up

Chinese: ■■ kipping ■ ■

English: Weighted L Pull Up

Chinese: ■■ l ■ ■

English: Weighted Mixed Grip Chin Up

Chinese: ■■ mixed ■ chin ■

English: Weighted Mixed Grip Pull Up

Chinese: ■■ mixed ■ ■ ■

English: Weighted Pull Up

Chinese: ■■ ■ ■

English: Weighted Towel Pull Up

Chinese: ■■ towel ■ ■

English: Weighted Wide Grip Pull Up

Chinese: ■■ ■ ■ ■ ■

English: Wide Grip Pull Up

Chinese: ■ ■ ■ ■

English: 30 Degree Lat Pulldown

Chinese: 30 degree lat pulldown

English: Alternating Hands Medicine Ball Push Up

Chinese: alternating hands ■■ ■ ■ ■

English: Alternating Staggered Push Up

Chinese: alternating staggered ■ ■

English: Bosu Ball Push Up

Chinese: bosu ■ ■ ■

English: Chest Press With Band

Chinese: ■■ ■■ with ■■■■

English: Clapping Push Up

Chinese: clapping ■ ■

English: Close Grip Medicine Ball Push Up

Chinese: ■ ■ ■■ ■ ■ ■

English: Close Hands Push Up

Chinese: ■ hands ■ ■

English: Decline Push Up

Chinese: decline ■ ■

English: Diamond Push Up

Chinese: diamond ■ ■

English: Explosive Crossover Push Up

Chinese: explosive crossover ■ ■

English: Explosive Push Up

Chinese: explosive ■ ■

English: Feet Elevated Side To Side Push Up

Chinese: feet elevated ■ to ■ ■ ■

English: Handstand Push Up

Chinese: handstand ■ ■

English: Hand Release Push Up

Chinese: hand release ■ ■

English: Incline Push Up

Chinese: incline ■ ■

English: Isometric Explosive Push Up

Chinese: isometric explosive ■ ■

English: Judo Push Up

Chinese: judo ■ ■

English: Kneeling Push Up

Chinese: kneeling ■ ■

English: Medicine Ball Chest Pass

Chinese: ■■ ■ ■■ pass

English: Medicine Ball Push Up

Chinese: ■■ ■ ■ ■

English: One Arm Push Up

Chinese: one ■■ ■ ■

English: Parallette Handstand Push Up

Chinese: parallette handstand ■ ■

English: Push Up And Row

Chinese: ■ ■ and ■■

English: Push Up Plus

Chinese: ■ ■ plus

English: Push Up With Feet On Swiss Ball

Chinese: ■ ■ with feet on swiss ■

English: Push Up With One Hand On Medicine Ball

Chinese: ■ ■ with one hand on ■■ ■

English: Ring Handstand Push Up

Chinese: ring handstand ■ ■

English: Ring Push Up

Chinese: ring ■ ■

English: Shoulder Push Up

Chinese: ■■ ■ ■

English: Single Arm Medicine Ball Push Up

Chinese: single ■■ ■■ ■ ■ ■

English: Spiderman Push Up

Chinese: spiderman ■ ■

English: Stacked Feet Push Up

Chinese: stacked feet ■ ■

English: Staggered Hands Push Up

Chinese: staggered hands ■ ■

English: Suspended Push Up

Chinese: suspended ■ ■

English: Swiss Ball Push Up

Chinese: swiss ■ ■ ■

English: Swiss Ball Push Up Plus

Chinese: swiss ■ ■ ■ plus

English: Triple Stop Push Up

Chinese: triple stop ■ ■

English: Weighted Alternating Hands Medicine Ball Push Up

Chinese: ■■ alternating hands ■■ ■ ■ ■

English: Weighted Alternating Staggered Push Up

Chinese: ■■ alternating staggered ■ ■

English: Weighted Bosu Ball Push Up

Chinese: ■■ bosu ■ ■ ■

English: Weighted Clapping Push Up

Chinese: ■■ clapping ■ ■

English: Weighted Close Grip Medicine Ball Push Up

Chinese: ■■ ■ ■ ■■ ■ ■ ■

English: Weighted Close Hands Push Up

Chinese: ■■ ■ hands ■ ■

English: Weighted Decline Push Up

Chinese: ■■ decline ■ ■

English: Weighted Diamond Push Up

Chinese: ■■ diamond ■ ■

English: Weighted Explosive Crossover Push Up

Chinese: ■■ explosive crossover ■ ■

English: Weighted Explosive Push Up

Chinese: ■■ explosive ■ ■

English: Weighted Feet Elevated Side To Side Push Up

Chinese: ■■ feet elevated ■ to ■ ■ ■

English: Weighted Handstand Push Up

Chinese: ■■ handstand ■ ■

English: Weighted Hand Release Push Up

Chinese: ■■ hand release ■ ■

English: Weighted Incline Push Up

Chinese: ■■ incline ■ ■

English: Weighted Isometric Explosive Push Up

Chinese: ■■ isometric explosive ■ ■

English: Weighted Judo Push Up

Chinese: ■■ judo ■ ■

English: Weighted Kneeling Push Up

Chinese: ■■ kneeling ■ ■

English: Weighted Medicine Ball Push Up

Chinese: ■■ ■■ ■ ■ ■

English: Weighted One Arm Push Up

Chinese: ■■ one ■■ ■ ■

English: Weighted Parallette Handstand Push Up

Chinese: ■■ parallette handstand ■ ■

English: Weighted Push Up

Chinese: ■■ ■ ■

English: Weighted Push Up And Row

Chinese: ■■ ■ ■ and ■■

English: Weighted Push Up Plus

Chinese: ■■ ■ ■ plus

English: Weighted Push Up With Feet On Swiss Ball

Chinese: ■■ ■ ■ with feet on swiss ■

English: Weighted Push Up With One Hand On Medicine Ball

Chinese: ■■ ■ ■ with one hand on ■■ ■

English: Weighted Ring Handstand Push Up

Chinese: ■■ ring handstand ■ ■

English: Weighted Shoulder Push Up

Chinese: ■■ ■■ ■ ■

English: Weighted Single Arm Medicine Ball Push Up

Chinese: ■■ single ■■ ■■ ■ ■ ■

English: Weighted Spiderman Push Up

Chinese: ■■ spiderman ■ ■

English: Weighted Stacked Feet Push Up

Chinese: ■■ stacked feet ■ ■

English: Weighted Staggered Hands Push Up

Chinese: ■■ staggered hands ■ ■

English: Weighted Suspended Push Up

Chinese: ■■ suspended ■ ■

English: Weighted Swiss Ball Push Up

Chinese: ■■ swiss ■ ■ ■

English: Weighted Swiss Ball Push Up Plus

Chinese: ■■ swiss ■ ■ ■ plus

English: Weighted Triple Stop Push Up

Chinese: ■■ triple stop ■ ■

English: Weighted T Push Up

Chinese: ■■ t ■ ■

English: Weighted Wide Hands Push Up

Chinese: ■■ ■ hands ■ ■

English: Wide Hands Push Up

Chinese: ■ hands ■ ■

English: Barbell Straight Leg Deadlift To Row

Chinese: ■■ straight ■ ■■ to ■■

English: Elevated Feet Inverted Row

Chinese: elevated feet inverted ■■

English: Face Pull With External Rotation

Chinese: face ■ with external rotation

English: Inverted Row With Feet On Swiss Ball

Chinese: inverted ■■ with feet on swiss ■

English: Kettlebell Row

Chinese: ■■ ■■

English: Modified Inverted Row

Chinese: modified inverted ■■

English: Neutral Grip Alternating Dumbbell Row

Chinese: neutral ■ alternating ■■ ■■

English: One Legged Dumbbell Row

Chinese: one legged ■■ ■■

English: Rope Handle Cable Row

Chinese: rope handle ■■ ■■

English: Row

Chinese: ■■

English: Seated Cable Row

Chinese: seated ■■ ■■

English: Seated Dumbbell Row

Chinese: seated ■■ ■■

English: Single Arm Cable Row

Chinese: single ■■ ■■ ■■

English: Single Arm Cable Row And Rotation

Chinese: single ■■ ■■ ■■ and rotation

English: Single Arm Inverted Row

Chinese: single ■■ inverted ■■

English: Single Arm Neutral Grip Dumbbell Row

Chinese: single ■■ neutral ■ ■■ ■■

English: Suspended Inverted Row

Chinese: suspended inverted ■■

English: Towel Grip Inverted Row

Chinese: towel ■ inverted ■■

English: T Bar Row

Chinese: t ■ ■■

English: Underhand Grip Cable Row

Chinese: ■■ ■ ■■ ■■

English: V Grip Cable Row

Chinese: v ■ ■■ ■■

English: Weighted Elevated Feet Inverted Row

Chinese: ■■ elevated feet inverted ■■

English: Weighted Inverted Row With Feet On Swiss Ball

Chinese: ■■ inverted ■■ with feet on swiss ■

English: Weighted Modified Inverted Row

Chinese: ■■ modified inverted ■■

English: Weighted Row

Chinese: ■■ ■■

English: Weighted Single Arm Inverted Row

Chinese: ■■ single ■■ inverted ■■

English: Weighted Suspended Inverted Row

Chinese: ■■ suspended inverted ■■

English: Weighted Towel Grip Inverted Row

Chinese: 毛巾倒握负重划船

English: Wide Grip Seated Cable Row

Chinese: 宽握坐姿滑轮划船

English: Run Or Walk

Chinese: 跑或走

English: Sprint

Chinese: 冲刺

English: Walk

Chinese: 行走

English: Arnold Press

Chinese: 阿诺德推举

English: Barbell Push Press

Chinese: 杠铃推举

English: Barbell Shoulder Press

Chinese: 杠铃推举

English: Dead Curl Press

Chinese: 杠铃推举

English: Dumbbell Alternating Shoulder Press And Twist

Chinese: 哑铃交替推举和扭转

English: Dumbbell Hammer Curl To Lunge To Press

Chinese: 哑铃锤式弯举到弓步到推举

English: Floor Inverted Shoulder Press

Chinese: 地板倒握推举

English: Inverted Shoulder Press

Chinese: 倒握推举

English: One Arm Push Press

Chinese: 单臂推举

English: Overhead Barbell Press

Chinese: 杠铃过头推举

English: Overhead Dumbbell Press

Chinese: 哑铃过头推举

English: Seated Barbell Shoulder Press

Chinese: 坐姿杠铃推举

English: Seated Dumbbell Shoulder Press

Chinese: seated ■■ ■■ ■■

English: Split Stance Hammer Curl To Press

Chinese: split ■■ hammer ■■ to ■■

English: Swiss Ball Dumbbell Shoulder Press

Chinese: swiss ■ ■■ ■■ ■■

English: Weighted Floor Inverted Shoulder Press

Chinese: ■■ floor inverted ■■ ■■

English: Weighted Inverted Shoulder Press

Chinese: ■■ inverted ■■ ■■

English: Weight Plate Front Raise

Chinese: weight ■ ■ ■■

English: Band External Rotation

Chinese: ■■■ external rotation

English: Band Internal Rotation

Chinese: ■■■ internal rotation

English: Bent Arm Lateral Raise And External Rotation

Chinese: bent ■■ lateral ■■ and external rotation

English: Cable External Rotation

Chinese: ■■ external rotation

English: Dumbbell Face Pull With External Rotation

Chinese: ■■ face ■ with external rotation

English: Floor I Raise

Chinese: floor i ■■

English: Floor T Raise

Chinese: floor t ■■

English: Floor Y Raise

Chinese: floor y ■■

English: Incline I Raise

Chinese: incline i ■■

English: Incline L Raise

Chinese: incline l ■■

English: Incline T Raise

Chinese: incline t ■■

English: Incline W Raise

Chinese: incline w ■■

English: Incline Y Raise

Chinese: incline y ■■

English: Lying External Rotation

Chinese: lying external rotation

English: Seated Dumbbell External Rotation

Chinese: seated ■■ external rotation

English: Standing L Raise

Chinese: standing l ■■

English: Swiss Ball I Raise

Chinese: swiss ■ i ■■

English: Swiss Ball T Raise

Chinese: swiss ■ t ■■

English: Swiss Ball W Raise

Chinese: swiss ■ w ■■

English: Swiss Ball Y Raise

Chinese: swiss ■ y ■■

English: Weighted Floor I Raise

Chinese: ■■ floor i ■■

English: Weighted Floor T Raise

Chinese: ■■ floor t ■■

English: Weighted Floor Y Raise

Chinese: ■■ floor y ■■

English: Weighted Incline I Raise

Chinese: ■■ incline i ■■

English: Weighted Incline L Raise

Chinese: ■■ incline l ■■

English: Weighted Incline T Raise

Chinese: ■■ incline t ■■

English: Weighted Incline W Raise

Chinese: ■■ incline w ■■

English: Weighted Incline Y Raise

Chinese: ■■ incline y ■■

English: Weighted Swiss Ball I Raise

Chinese: ■■■ swiss ■ i ■■■

English: Weighted Swiss Ball T Raise

Chinese: ■■■ swiss ■ t ■■■

English: Weighted Swiss Ball W Raise

Chinese: ■■■ swiss ■ w ■■■

English: Weighted Swiss Ball Y Raise

Chinese: ■■■ swiss ■ y ■■■

English: 90 Degree Cable External Rotation

Chinese: 90 degree ■■■ external rotation

English: Barbell Jump Shrug

Chinese: ■■■ ■ shrug

English: Barbell Shrug

Chinese: ■■■ shrug

English: Behind The Back Smith Machine Shrug

Chinese: behind the ■■■ smith ■■■ shrug

English: Dumbbell Jump Shrug

Chinese: ■■■ ■ shrug

English: Dumbbell Shrug

Chinese: ■■■ shrug

English: Dumbbell Upright Row

Chinese: ■■■ upright ■■■

English: Incline Dumbbell Shrug

Chinese: incline ■■■ shrug

English: Overhead Barbell Shrug

Chinese: ■■■ ■■■ shrug

English: Overhead Dumbbell Shrug

Chinese: ■■■ ■■■ shrug

English: Scaption And Shrug

Chinese: scaption and shrug

English: Scapular Retraction

Chinese: scapular retraction

English: Serratus Chair Shrug

Chinese: serratus chair shrug

English: Serratus Shrug
Chinese: serratus shrug
English: Weighted Serratus Chair Shrug
Chinese: ■■ serratus chair shrug
English: Weighted Serratus Shrug
Chinese: ■■ serratus shrug
English: Wide Grip Barbell Shrug
Chinese: ■ ■ ■■ shrug
English: Wide Grip Jump Shrug
Chinese: ■ ■ ■ shrug
English: Alternating Sit Up
Chinese: alternating sit ■
English: Bent Knee V Up
Chinese: bent knee v ■
English: Butterfly Sit Up
Chinese: butterfly sit ■
English: Crossed Arms Sit Up
Chinese: crossed arms sit ■
English: Cross Punch Roll Up
Chinese: cross punch roll ■
English: Hovering Sit Up
Chinese: hovering sit ■
English: Kettlebell Sit Up
Chinese: ■■ sit ■
English: Medicine Ball Alternating V Up
Chinese: ■■ ■ alternating v ■
English: Medicine Ball Sit Up
Chinese: ■■ ■ sit ■
English: Medicine Ball V Up
Chinese: ■■ ■ v ■
English: Modified Sit Up
Chinese: modified sit ■
English: Negative Sit Up
Chinese: negative sit ■

English: One Arm Full Sit Up

Chinese: one ■■ full sit ■

English: Reclining Circle

Chinese: reclining circle

English: Reverse Curl Up

Chinese: reverse ■■ ■

English: Single Leg Swiss Ball Jackknife

Chinese: single ■ swiss ■ jackknife

English: The Teaser

Chinese: the teaser

English: The Teaser Weighted

Chinese: the teaser ■■

English: Three Part Roll Down

Chinese: three part roll ■

English: Weighted Alternating Sit Up

Chinese: ■■ alternating sit ■

English: Weighted Bent Knee V Up

Chinese: ■■ bent knee v ■

English: Weighted Butterfly Situp

Chinese: ■■ butterfly situp

English: Weighted Crossed Arms Sit Up

Chinese: ■■ crossed arms sit ■

English: Weighted Cross Punch Roll Up

Chinese: ■■ cross punch roll ■

English: Weighted Get Up Sit Up

Chinese: ■■ get ■ sit ■

English: Weighted Hovering Sit Up

Chinese: ■■ hovering sit ■

English: Weighted Reclining Circle

Chinese: ■■ reclining circle

English: Weighted Reverse Curl Up

Chinese: ■■ reverse ■■ ■

English: Weighted Russian Twist On Swiss Ball

Chinese: ■■ russian twist on swiss ■

English: Weighted Single Leg Swiss Ball Jackknife

Chinese: ■■ single ■ swiss ■ jackknife

English: Weighted Sit Up

Chinese: ■■ sit ■

English: Weighted Three Part Roll Down

Chinese: ■■ three part roll ■

English: Weighted V Up

Chinese: ■■ v ■

English: Weighted X Abs

Chinese: ■■ x ■■

English: X Abs

Chinese: x ■■

English: Back Squats

Chinese: ■■ squats

English: Balancing Squat

Chinese: balancing ■■

English: Barbell Box Squat

Chinese: ■■ ■ ■■

English: Barbell Hack Squat

Chinese: ■■ hack ■■

English: Barbell Hang Squat Snatch

Chinese: ■■ hang ■■ snatch

English: Barbell Lateral Step Up

Chinese: ■■ lateral ■ ■

English: Barbell Quarter Squat

Chinese: ■■ quarter ■■

English: Barbell Siff Squat

Chinese: ■■ siff ■■

English: Barbell Squat Snatch

Chinese: ■■ ■■ snatch

English: Barbell Squat With Heels Raised

Chinese: ■■ ■■ with heels raised

English: Barbell Stepover

Chinese: ■■ stepover

English: Bench Squat With Rotational Chop

Chinese: ■■ ■■ with rotational chop

English: Body Weight Wall Squat

Chinese: body weight wall ■■

English: Box Step Squat

Chinese: ■ ■ ■■

English: Braced Squat

Chinese: braced ■■

English: Crossed Arm Barbell Front Squat

Chinese: crossed ■■ ■■ ■ ■■

English: Dumbbell Squat Clean

Chinese: ■■ ■■ clean

English: Dumbbell Stepper

Chinese: ■■ stepper

English: Elevated Single Leg Squat

Chinese: elevated single ■ ■■

English: Figure Four Squats

Chinese: figure four squats

English: Kbs Overhead

Chinese: kbs ■■

English: Kettlebell Squat

Chinese: ■■ ■■

English: Kettlebell Swing Overhead

Chinese: ■■ swing ■■

English: Kettlebell Swing With Flip To Squat

Chinese: ■■ swing with flip to ■■

English: Lateral Dumbbell Step Up

Chinese: lateral ■■ ■ ■

English: Leg Press

Chinese: ■ ■■

English: One Legged Squat

Chinese: one legged ■■

English: Overhead Dumbbell Squat

Chinese: ■■ ■■ ■■

English: Overhead Squat

Chinese: ■■ ■■

English: Partial Single Leg Squat

Chinese: partial single ■ ■■

English: Pistol Squat

Chinese: pistol ■■

English: Plie Slides

Chinese: plie slides

English: Plie Squat

Chinese: plie ■■

English: Single Leg Bench Get Up

Chinese: single ■ ■■ get ■

English: Single Leg Bench Squat

Chinese: single ■ ■■ ■■

English: Single Leg Squat On Swiss Ball

Chinese: single ■ ■■ on swiss ■

English: Squats With Band

Chinese: squats with ■■■■

English: Staggered Squat

Chinese: staggered ■■

English: Step Up

Chinese: ■ ■

English: Suitcase Squats

Chinese: suitcase squats

English: Sumo Squat

Chinese: sumo ■■

English: Sumo Squat Slide In

Chinese: sumo ■■ slide ■

English: Sumo Squat To High Pull

Chinese: sumo ■■ to high ■

English: Sumo Squat To Stand

Chinese: sumo ■■ to stand

English: Sumo Squat With Rotation

Chinese: sumo ■■ with rotation

English: Swiss Ball Body Weight Wall Squat

Chinese: swiss ■ body weight wall ■■

English: Thrusters

Chinese: thrusters

English: Uneven Squat

Chinese: uneven ■■

English: Waist Slimming Squat

Chinese: waist slimming ■■

English: Wall Ball

Chinese: wall ■

English: Weighted Back Squats

Chinese: ■■ ■■ squats

English: Weighted Balancing Squat

Chinese: ■■ balancing ■■

English: Weighted Bench Squat With Rotational Chop

Chinese: ■■ ■■ ■■ with rotational chop

English: Weighted Box Step Squat

Chinese: ■■ ■ ■ ■■

English: Weighted Elevated Single Leg Squat

Chinese: ■■ elevated single ■ ■■

English: Weighted Figure Four Squats

Chinese: ■■ figure four squats

English: Weighted Partial Single Leg Squat

Chinese: ■■ partial single ■ ■■

English: Weighted Pistol Squat

Chinese: ■■ pistol ■■

English: Weighted Plie Slides

Chinese: ■■ plie slides

English: Weighted Plie Squat

Chinese: ■■ plie ■■

English: Weighted Prisoner Squat

Chinese: ■■ prisoner ■■

English: Weighted Single Leg Bench Get Up

Chinese: ■■ single ■ ■■ get ■

English: Weighted Single Leg Bench Squat

Chinese: ■■ single ■ ■■ ■■

English: Weighted Single Leg Squat On Swiss Ball

Chinese: ■■ single ■ ■■ on swiss ■

English: Weighted Squat

Chinese: ■■ ■■

English: Weighted Staggered Squat

Chinese: ■■ staggered ■■

English: Weighted Step Up

Chinese: ■■ ■ ■

English: Weighted Sumo Squat Slide In

Chinese: ■■ sumo ■■ slide ■

English: Weighted Sumo Squat To Stand

Chinese: ■■ sumo ■■ to stand

English: Weighted Sumo Squat With Rotation

Chinese: ■■ sumo ■■ with rotation

English: Weighted Swiss Ball Wall Squat

Chinese: ■■ swiss ■ wall ■■

English: Weighted Uneven Squat

Chinese: ■■ uneven ■■

English: Weighted Wall Squat

Chinese: ■■ wall ■■

English: Wide Stance Barbell Squat

Chinese: ■ ■■ ■■ ■■

English: Zercher Squat

Chinese: zercher ■■

English: Burpee Box Jump

Chinese: burpee ■ ■

English: High Pull Burpee

Chinese: high ■ burpee

English: Man Makers

Chinese: man makers

English: One Arm Burpee

Chinese: one ■■ burpee

English: Squat Plank Push Up

Chinese: ■■ ■■■■ ■ ■

English: Standing T Rotation Balance

Chinese: standing t rotation balance

English: Weighted Burpee

Chinese: ■■ burpee

English: Weighted Burpee Box Jump

Chinese: ■■ burpee ■ ■

English: Weighted Squat Plank Push Up

Chinese: ■■ ■■ ■■■■ ■ ■

English: Weighted Squat Thrusts

Chinese: ■■ ■■ thrusts

English: Weighted Standing T Rotation Balance

Chinese: ■■ standing t rotation balance

English: Bench Dip

Chinese: ■■ ■■■■

English: Body Weight Dip

Chinese: body weight ■■■■

English: Cable Kickback

Chinese: ■■ kickback

English: Cable Overhead Triceps Extension

Chinese: ■■ ■■ triceps ■■

English: Incline Ez Bar Lying Triceps Extension

Chinese: incline ez ■ lying triceps ■■

English: Lying Dumbbell Pullover To Extension

Chinese: lying ■■ pullover to ■■

English: Lying Ez Bar Triceps Extension

Chinese: lying ez ■ triceps ■■

English: Lying Triceps Extension To Close Grip Bench Press

Chinese: lying triceps ■■ to ■ ■ ■■ ■■

English: Overhead Dumbbell Triceps Extension

Chinese: ■■ ■■ triceps ■■

English: Reclining Triceps Press

Chinese: reclining triceps ■■

English: Reverse Grip Triceps Pressdown

Chinese: reverse ■ triceps pressdown

English: Seated Barbell Overhead Triceps Extension

Chinese: seated ■■ ■■ triceps ■■

English: Seated Dumbbell Overhead Triceps Extension

Chinese: seated ■■ ■■ triceps ■■

English: Seated Ez Bar Overhead Triceps Extension

Chinese: seated ez ■ ■■ triceps ■■

English: Single Arm Dumbbell Overhead Triceps Extension

Chinese: single ■■ ■■ ■■ triceps ■■

English: Single Dumbbell Seated Overhead Triceps Extension

Chinese: single ■■ seated ■■ triceps ■■

English: Single Leg Bench Dip And Kick

Chinese: single ■ ■■ ■■■ and kick

English: Static Lying Triceps Extension

Chinese: static lying triceps ■■

English: Suspended Dip

Chinese: suspended ■■■

English: Swiss Ball Dumbbell Lying Triceps Extension

Chinese: swiss ■ ■■ lying triceps ■■

English: Swiss Ball Ez Bar Lying Triceps Extension

Chinese: swiss ■ ez ■ lying triceps ■■

English: Swiss Ball Ez Bar Overhead Triceps Extension

Chinese: swiss ■ ez ■ ■■ triceps ■■

English: Tabletop Dip

Chinese: tabletop ■■■

English: Weighted Bench Dip

Chinese: ■■ ■■ ■■■

English: Weighted Dip

Chinese: ■■ ■■■

English: Weighted Incline Dip

Chinese: ■■ incline ■■■

English: Weighted Single Leg Bench Dip And Kick

Chinese: ■■ single ■ ■■ ■■■ and kick

English: Weighted Single Leg Dip

Chinese: ■■ single ■ ■■■

English: Weighted Suspended Dip

Chinese: ■■ suspended ■■■

English: Weighted Tabletop Dip

Chinese: ■■ tabletop ■■■

English: Ankle Circles

Chinese: ankle circles

English: Ankle Dorsiflexion With Band

Chinese: ankle dorsiflexion with ■■■

English: Ankle Internal Rotation

Chinese: ankle internal rotation

English: Arm Circles

Chinese: ■■ circles

English: Bent Over Reach To Sky

Chinese: bent over reach to sky

English: Biceps Stretch

Chinese: biceps stretch

English: Cat Camel

Chinese: cat camel

English: Elbow To Foot Lunge

Chinese: elbow to foot ■■

English: Forward And Backward Leg Swings

Chinese: forward and backward ■ swings

English: Glutes Stretch

Chinese: glutes stretch

English: Groiners

Chinese: groiners

English: Inverted Hamstring Stretch

Chinese: inverted hamstring stretch

English: Lateral Duck Under

Chinese: lateral duck under

English: Neck Rotations

Chinese: neck rotations

English: Neck Tilts

Chinese: neck tilts

English: Quadruped Rocking

Chinese: quadruped rocking

English: Reach Roll And Lift

Chinese: reach roll and lift

English: Scorpion

Chinese: scorpion

English: Shoulder Circles

Chinese: ■■ circles

English: Side To Side Leg Swings

Chinese: ■ to ■ ■ swings

English: Sleeper Stretch

Chinese: sleeper stretch

English: Slide Out

Chinese: slide ■

English: Standing Hamstring Stretch

Chinese: standing hamstring stretch

English: Swiss Ball Hip Crossover

Chinese: swiss ■ hip crossover

English: Swiss Ball Reach Roll And Lift

Chinese: swiss ■ reach roll and lift

English: Swiss Ball Windshield Wipers

Chinese: swiss ■ windshield wipers

English: Thoracic Rotation

Chinese: thoracic rotation

English: Walking High Kicks

Chinese: walking high kicks

English: Walking High Knees

Chinese: walking high knees

English: Walking Knee Hugs

Chinese: walking knee hugs

English: Walking Leg Cradles

Chinese: walking ■ cradles

English: Walkout

Chinese: walkout

English: Walkout From Push Up Position

Chinese: walkout from ■ ■ ■■