

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LEGS:			
SQUATS	With feet shoulder width, toes straight ahead or slightly out, place bar across the shoulders (behind your head) where it's comfortable. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Quadriceps, Gluteus Maximus, Hamstrings.	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
ONE-LEG SQUATS	With feet shoulder width, toes straight ahead or slightly out, place bar across the shoulders (behind your head) where it's comfortable. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Place one foot on a block positioned behind you, so that when you are in a squatting position the back of your knee comes down to the same line as the back of the other heel. Perform this one leg at a time. Stop just before the lower back starts to round out.	Quadriceps, Gluteus Maximus, Hamstrings.	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
HALF SQUATS	With feet wider than shoulder width, toes straight ahead or slightly out, place the bar 6 – 8 inches lower on your back than where you position it for squats. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop half way down.	Quadriceps, Hamstrings.	Gluteus Maximus, Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
POWER SQUATS	With feet shoulder width, toes straight ahead or slightly out, place bar across the shoulders (behind your head) where it's comfortable. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Gluteus Maximus, Hamstrings, Quadriceps.	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
STEP-UPS	Pick a bench that's height is such that your knee never has to bend more than 90°. Step up with the left leg, and lower onto the right leg.	Gluteus Maximus, Hamstrings, Quadriceps.	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.

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SAFETY BAR SQUATS	Stand with your feet shoulder width apart, toes straight-ahead or turned slightly out. A special bar with a yoke that fits over your shoulders is used. This allows your hands to be free to spot yourself. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Gluteus Maximus, Hamstrings, Quadriceps.	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
MACHINE SQUATS	With feet shoulder width apart, in front of body to take stress off the lower back, toes straight ahead or slightly out, place bar across the shoulders (behind your head) where it's comfortable. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Gluteus Maximus, Hamstrings, Quadriceps.	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
FRONT SQUATS	With feet shoulder width, toes straight ahead or slightly out, place bar across the shoulders (behind your head) where it's comfortable. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Gluteus Maximus, Hamstrings, Quadriceps	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.
HACK SQUATS	Lie on your back with your upper body supported on the pad of the machine. Place your feet shoulder width apart on the platform, in front of your hips to take stress off the lower back, toes straight ahead or slightly out. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round and the pelvic girdle tilts forward.	Gluteus Maximus, Hamstrings, Quadriceps	Abdominals, Erectors, Upper/Mid back, Arms, Calves, Adductors / Abductors.

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DUCK SQUATS/PLIES	With feet in a wider than shoulder width stance, toes turned out, place bar across the shoulders (behind your head) where it's comfortable. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Adductors, Quadriceps, Hamstrings, Gluteus Maximus.	Abdominals, Erectors, Upper/Mid back. Arms. Calves, Abductors.
SISSY SQUATS	With feet in close, raise up onto your toes and bend your knees so they track out right you're your toes. Keep your hips forward and the whole body straight. You can add resistance by holding weight across your chest.	Quadriceps.	Abdominals.
ROMAN CHAIR SQUATS	Similar to the above exercise, only with your feet hooked under the pads and your calves supported just under the knees. Lean back as far as possible and perform a squat.	Quadriceps.	Hamstrings, Gluteus Maximus.
BOX SQUATS	Place a block (about 4" high) to the side of your right leg. Place your right foot on the block, keeping a shoulder width stance. Keeping your arms out in front of your body for balance, bend your knees in a squatting motion to approximately 45 degrees (visualizing sitting back into a chair). Repeat with the other leg.	Quadriceps.	Hamstrings, Gluteus Maximus.
LEG PRESS	With feet shoulder width apart on the platform, toes straight ahead or slightly out. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Quadriceps.	Hamstrings, Gluteus Maximus.
WIDE STANCE LEG PRESS	With feet in a wider than shoulder width stance on the platform, toes turned out, place bar across the shoulders (behind your head) where it's comfortable. Keep your abdominals tight and your back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Quadriceps.	Hamstrings, Gluteus Maximus.

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LUNGES	Starting from a standing position, step forward as far as possible, keeping the back leg straight. As you squat down on the front leg, the back leg must bend. The front leg should have a 90° angle at the knee. Adjust the length of the step accordingly. Push off with your front leg as hard as possible to return to the standing position in one step. Alternate legs.	Gluteus Maximus, Hamstrings, Quadriceps.	Calves, Abdominals, Upper body.
LUNGES ON A BLOCK	Starting from a standing position, step forward as far as possible, onto a block, keeping the back leg straight. As you squat down on the front leg, the back leg must bend. The front leg should have a 90° angle at the knee. Adjust the length of the step accordingly. Push off with your front leg as hard as possible to return to the standing position in one step. Alternate legs.	Gluteus Maximus, Hamstrings, Quadriceps.	Calves, Abdominals, Upper body.
WALKING LUNGES	Starting from a standing position, step forward as far as possible, onto a block, keeping the back leg straight. As you squat down on the front leg, the back leg must bend. The front leg should have a 90° angle at the knee. Adjust the length of the step accordingly. Rise up on the front leg. Alternate legs.	Quadriceps, Hamstrings, Gluteus Maximus.	Calves, Abdominals, Upper body.
SMITH LUNGES	Use a Smith machine, and bring both feet in front of your body slightly. Step back with one leg, keeping it as straight as possible while squatting down on the front leg. Return to the starting position and repeat with the other leg.	Quadriceps, Hamstrings, Gluteus Maximus.	Calves, Abdominals, Upper body.
SIDE LUNGES	Start the same as lunges but, instead of stepping forward, step directly out to the side. Keep the stationary leg straight, and rise up on the ball of the foot on the leg you're stepping out with to squat down further. Squat until a stretch is felt on the inside of the stationary leg. Push off as strongly as possible to return to a standing position.	Abductors, Adductors.	Quadriceps, Gluteus Maximus, Hamstrings.
LEG EXTENSIONS	Adjust the seat so your knees are in line with the center of the cam and your back is supported. The crossbar should be close to your feet, wherever is comfortable. Keep your toes pointed up towards your shins and extend your legs up to full lockout. Stop just before weights touch on the return.	Quadriceps.	
LEG CURLS	Line your knees up with the center of the cam. Keep your toes pointed up towards your shins. Curl your legs until your knees are at less than a 90° angle. These are performed lying face down.	Hamstrings, towards insertion.	
STANDING LEG CURLS	Line your knee up with the center of the cam. Keep your toes pointed up towards your shins. Curl your leg until your knees are at less than a 90° angle.	Hamstrings, towards origin.	

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SEATED LEG CURLS	Get into a comfortable position on the seat, with the front edge of the seat against the inside of your knees, and your back against the back rest. Make sure that your knees are in-line with the cam. Curl your leg until your knees are at less than a 90° angle. Keep your toes pointed towards your shins.	Hamstrings, belly of muscle.	
STIFF-LEG DEADLIFTS	Starting from a standing position, keeping your knees slightly bent, abdominals tight, a natural arch in the back, and the bar close to and in front of the body, bend forward from the hip. Bend forward until a stretch is felt on the hamstrings.	Hamstrings, Gluteus Maximus.	Erectors.
HIP FLEXION	Starting from a standing position, bring your knee up so the thigh is parallel to the floor.	Hip flexors.	
HIP EXTENSION	Starting from a standing position, bring your leg to the rear as far as possible without leaning forward.	Gluteus Maximus.	
HIP ABDUCTION	Keeping your hips square, bring one leg out away from your body roughly 30°. Let your leg return slightly past the midline of the body to get a good stretch.	Abductors.	
HIP ADDUCTION	Keeping the hips square, bring your leg across the midline of your body while rotating the leg in slightly. Let your leg go out to a 30° angle to complete the stretch.	Adductors.	Sartorius.
DONKEY KICKS	Kneeling on all fours, extend one leg back and up until your knee is in line with your hip and your thigh is parallel to the floor. Straighten your leg at the knee as you lift up and from the hip.	Gluteus Maximus.	Hamstrings.
BUTT BLASTER	Assume the correct position within the machine. Kneeling on all fours, extend one leg back and up until your knee is in line with your hip and your thigh is parallel to the floor. Straighten your leg at the knee as you lift up and from the hip.	Gluteus Maximus.	Hamstrings.
REAR LEG SCISSORS	Lying on your abdominals, alternate lifting your legs up off the floor as high as possible (similar to a flutter kick), keeping a slight bend in your knee.	Gluteus Maximus.	Hamstrings.
LEG CURL WITH CROSS-OVER	Kneeling on all fours, straighten one leg out behind you. Lift the straight leg up until it is parallel to the floor. Curl your heel in towards your bottom, then cross your leg over the other one so the knee of the curled leg crosses over the stationary leg. Return to the curled position; straighten your leg back out and lower it to the floor. Repeat with the other leg.	Gluteus Maximus, Hamstrings, Abductors, Adductors.	
QUAD LIFTS	Sitting on the floor, lean back so your upper body is supported with your arms. Bend one knee up to relieve pressure on your lower back. Lift your straight leg up until it is even with your bent thigh (~45°) and return. Repeat with the other leg.	Quadriceps.	Hip flexors.

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CHAIR THRUSTS	Lying on your back, place your feet on a low bench. Cross one leg over the other. Lift your hips up slightly. Squeeze your Gluteus Maximus to lift the hips roughly 6" and return. Repeat with the other side.	Gluteus Maximus.	
FISH TAILS	Lying on your side, with your upper body supported on your elbows, lift both legs up to the side and to the front of the body slightly. Repeat on the other side.	Abductors, Obliques.	
UPPER BACK:			
WIDE-GRIP BEHIND THE NECK CHINS	Take a grip a little wider than shoulder width. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar touches the base of your skull.	Teres and Rhomboids.	Latisimus Dorsi, Biceps, Forearms.
WIDE-GRIP FRONT CHINS	Take a grip 6 inches wider than shoulder width. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar is in front of your head, to just under your chin.	Latisimus Dorsi.	Biceps, Forearms, Upper back.
LEVITRON CHINS	Use a machine that reduces your body weight for this exercise. Take a grip 6 inches wider than shoulder width. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar is in front of your head, to just under your chin.	Latisimus Dorsi.	Biceps, Forearms, Upper back.
CLOSE-GRIP CHINS	Take a grip a little narrower than shoulder width. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar touches the base of your skull.	Lower Latisimus Dorsi.	Same.
UNDER GRIP CHINS	Take a grip that is about shoulder width, with your palms facing you. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar touches the base of your skull.	Biceps.	Latisimus Dorsi.
UNDER GRIP PULLDOWNS	Using a cable machine, take a grip that is about shoulder width, with your palms facing you. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar touches the base of your skull.	Biceps.	Latisimus Dorsi.
SCAPULA ROLLS	Same position as a chin or pulldown, only the only movement is downward rotation of the scapula.	Latisimus Dorsi.	

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FRONT PULL DOWNS	Using a cable machine, take a grip 6 inches wider than shoulder width on the bar. Keeping the back arched pull the bar down bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull down so that the bar just misses your chin, and then down to your upper chest.	Latisimus Dorsi.	Biceps, Forearms, Upper back.
BEHIND THE NECK PULLDOWNS	Using a cable machine, take a grip a little wider than shoulder width on the bar. Keeping the back arched pull the bar down bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull down so the bar touches the base of your skull.	Upper back.	Latisimus Dorsi, Forearms, Biceps.
CLOSE-GRIP PULLDOWNS	Using a cable machine take a grip a little narrower than shoulder width on the bar. Keeping your back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull down so the bar touches the base of your skull.	Latisimus Dorsi.	Upper back, Forearms, Biceps.
MEDIUM PARALLEL GRIP PULLDOWNS	Using a cable machine, take a grip 6 inches wider than shoulder width on the bar, with your palms facing you. Keeping your back arched pull the bar down bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull down so that the bar just misses your chin, and then down to your upper chest.	Latisimus Dorsi.	Upper back, Forearms, Biceps.
MODIFIED ROWS	On a high pulley, lean back parallel to the floor. Pull in so the handle comes to the lower part of the sternum.	Rhomboids, Teres, Latisimus Dorsi.	Biceps, Forearms
BENT-OVER BARBELL ROWS	Stand with your knees bent, and your upper body parallel to the floor. Grab the bar slightly wider than shoulder width. Pull the bar up to the lower part of your sternum keeping your elbows out away from your sides.	Upper/ Mid back	Biceps, Forearms, Latisimus Dorsi.
T-BAR ROWS	Stand with your knees bent, and your upper body at a 45° angle to the floor. Grab the bar slightly wider than shoulder width. Pull the bar up to the lower part of your sternum keeping your elbows out away from your sides.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
BENT-OVER DUMBBELL ROWS	Stand with your knees bent, and your upper body parallel to the floor. Hold a dumbbell on either side of you with your palms facing into your sides, slightly wider than shoulder width. Pull the dumbbells up to your sides, keeping your elbows out away from your sides.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
ONE-ARM DUMBBELL ROW	Put one knee and hand on a bench for support and to take strain off the lower back. Put your other foot out wide enough to keep your hips even and keep your knee bent. This position should form a tripod. With your free arm bring the dumbbell up to the side of your ribs.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.

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ONE-ARM CABLE ROW	Face the low pulley with your knees bent, slightly leaning forward, and place one hand on your knee to take the strain off your lower back. With your free hand, grab loop handle, palm facing down. Turn your hand so the palm faces your body as you bring the handle to the side of your ribs.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
SUPPORTED T-BAR ROWS	Stand with your knees bent, and your upper body at a 45° angle to the floor, with your chest supported. Grab the bar slightly wider than shoulder width. Pull the bar up to the lower part of your sternum keeping your elbows out away from your sides.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
INCLINE ROWS	Lying face down on an incline bench, bring the dumbbells up to your sides.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
SEATED ROWS	On a low pulley cable, keeping your knees slightly bent, lean all the way forward to get a full stretch. Then sit up to a twelve o'clock position. Keep your elbows in to your sides and bring the handle into your upper abdomen.	Latisimus Dorsi, Rhomboids, Teres, Erectors.	Biceps, Forearms.
VERTICAL ROWS	On a low pulley cable, keeping your knees slightly bent, and your chest supported, lean all the way forward to get a full stretch. Then sit up to a twelve o'clock position. Keep your elbows in to your sides and bring the handle into your upper abdomen. Make sure not to allow scapula adduction.	Latisimus Dorsi.	Biceps, Forearms.
BENT-ARM PULLOVERS	Lie on your back and place the bar at your lower sternum, using a shoulder width grip. Bring your arms directly overhead keeping your elbows bent at a 90° angle and in, as much as comfortable. Continue until a stretch is felt in the triceps.	Upper/Mid back.	Pectoralis Major/Minor. Triceps.
MACHINE PULLOVERS	Using a machine, lay on your back and place the bar at your lower sternum, using a shoulder width grip. Bring your arms directly overhead keeping your elbows bent at a 90° angle and in, as much as comfortable. Continue until a stretch is felt in the triceps.	Upper/Mid back.	Pectoralis Major/Minor. Triceps.
STIFF-ARM PULLDOWNS	Facing a high pulley, grab a straight bar roughly shoulder width. With your elbows slightly bent, bring your hands down to your thighs in a large semi-circle. Pinch your shoulder blades back at the bottom. Keep your knees bent and your abdominals tight.	Latisimus Dorsi/Triceps/Posterior deltoids	Pectoralis major and minor/Abdominals/Serratus
DEADLIFTS	Squatting down with your hips above your knees, and your shoulders above your hips, place the bar as close to your shins as possible. Take a reverse grip on the bar. Start the pull with your legs and continue with your back until you are standing upright.	Legs, Lower/Upper back, Trapezius.	Rest of the body.

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POWER CLEANS	Grab a bar about shoulder width. Begin pulling the barbell with relatively straight arms from just below the knees by beginning to straighten your legs. As your legs near the straight position, begin to straighten your back. Follow through by pulling your arms to add final upward momentum to the bar. At the top of the bar's momentum, whip your elbows under the bar to catch it at your shoulders. You may dip your knees a little to let your abdominals absorb the shock of the bar landing on your shoulders. Keep the bar in close to your body.	Lower and Upper back, Legs, Trapezius.	Arms, shoulders, calves.
CLEAN AND PRESS	Start with the bar next to your shins. Keep your back arched, head up, and shoulders in front of the bar, while squatting down. Keep your shoulders above your hips, your hips above your knees. Pull the bar from the floor keeping it as close to your body as possible. Pull the bar straight up and extend your hips forward as if you were jumping. Pull the bar as high as possible (similar to an upright row). At the top, pull yourself under the bar, and catch it on your shoulders. The rest is the same as the push-press.	Quadriceps; Hamstrings; Calves; Erectors; Mid and Upper back; Deltoids; Triceps; Traps.	The rest of the body.
HIGH PULLS	Similar to the Upright Row movement, but you are moving a heavier weight by "cheating" with your hips and back. Keep your elbows out and higher than the bar.	Shoulder girdle and upper back.	
POWER SNATCH	Grab the bar out by the collars. Start with the bar just below your knees. Your shoulders should be in front of the bar. Straighten your legs as if you were jumping. Pulling the bar as high as possible, keeping your arms straight, drop under the bar and catch it above your head with your arms straight. Then return to the standing position.	Shoulder girdle and upper back.	The rest of the body.
DUMBBELL SHRUGS	Holding a dumbbell on either side of you, with palms facing in, shrug your shoulders. Then return to the starting position.	Trapezius.	Forearms.
BARBELL SHRUGS	Similar to dumbbell shrugs but substituting a barbell for resistance. Your palms are facing your body as the movement is performed.	Trapezius.	Forearms.
CABLE SHRUGS	Similar to dumbbell shrugs but substituting a straight bar on the low pulley for resistance; palms facing your body.	Trapezius.	Forearms.
CHEST:			
FLAT BENCH PRESS	Your forearms should be perpendicular to the floor when the bar is just above your chest. Lower the bar to your mid-chest (but not touching). Raise it, following a natural arch up over your face. Keep your elbows out and perpendicular to your body.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.

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MACHINE BENCH PRESS	Perform this exercise on a machine. Your forearms should be perpendicular to the floor when the bar is just above your chest. Lower the bar to your mid-chest (but not touching). Raise it, following a natural arch up over your face. Keep your elbows out and perpendicular to your body.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
INCLINE BENCH PRESS	Use a 30-45 degree angle on the bench. Lower the bar to the top of your chest. Keep your elbows perpendicular to your body. Follow a natural arch and press back over your face.	Upper pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
FLAT DUMBBELL BENCH PRESS	Using dumbbells on a flat bench, your palms facing forward, lower the dumbbells to mid-chest. You should feel a good stretch when the dumbbells are lowered. Watch your shoulders for limited ROM.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
INCLINE DUMBBELL BENCH PRESS	Use a 30-45 degree angle on the bench. Lower the dumbbells to your upper chest, and then press them back up to a starting position with your palms facing forward throughout the movement.	Upper pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
DECLINE DUMBBELL BENCH PRESS	Lie on a decline bench of ~45 degrees. Palms facing forward, lower weights at shoulder height to chest, and press weights back to starting position.	Lower pectorals.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
DECLINE BENCH PRESS	Lie on a decline bench, with a grip on the barbell such that your forearms are perpendicular to the bar when the bar is lowered to your chest.	Lower pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
DIPS	Lean forward with your chin down, and your elbows out. Lower yourself until you feel a stretch across your chest and shoulders.	Lower pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
LEVITRON DIPS	Use a machine that allows your body weight to be removed. Lean forward with your chin down, and your elbows out. Lower yourself until you feel a stretch across your chest and shoulders.	Lower pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.

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DUMBBELL FLYES	Lie on a bench with the dumbbells at arms length above you; your palms facing each other. Lower the weights out and down to either side in a wide arc as far as possible. Your palms remain facing each other throughout the movement. Bend your arms slightly to reduce the stress on your shoulders and elbows.	Pectoralis major.	Anterior deltoids, biceps.
INCLINE DUMBBELL FLYES	Sit with your head raised up higher than your hips at an angle of 30-45 degrees, on an incline bench. Hold the dumbbells at arms length above you; your palms facing each other. Lower the weights out and down to either side in a wide arc as far as possible. Your palms remain facing each other throughout the movement. Bend your arms slightly to reduce the stress on your shoulders and elbows.	Upper pectoralis major.	Anterior deltoids, biceps.
CABLE CROSS-OVERS	Grabbing the high pulleys, bend forward at the waist slightly. With your elbows slightly bent, bring your arms down in front of your body in a large arc. Your palms should be facing at the bottom as the hands come together. Similar to a “Most Muscular” pose.	Lower and Outer Pectoralis major.	Anterior deltoids, biceps.
PULLOVERS	Lying on a flat bench, hold a dumbbell above your chest. Keeping the elbows slightly bent, lower the dumbbell behind your head until a stretch is felt in the triceps. Inhale as you lower, hold, and exhale on the exertion.	Lower pectoralis major, Serratus.	Latisimus Dorsi, Triceps, Shoulders.
STANDING CABLE FLYES	Hold the handles of the cables (on overhead pulleys), step slightly forward of pulleys, and extend your arms almost straight out to either side. Bend forward so your torso is parallel to the floor, bring your hands around in a hugging motion, elbows slightly bent, until your hands meet in the middle.	Upper pectoralis major.	Anterior deltoids.
LOW PULLEY CROSS-OVERS	Similar to cable cross-overs but utilizing lower pulleys. Keep your back straight, knees slightly bent. Pull with your arms from low to high position, your hands crossing at upper chest level.	Pectoralis major.	Anterior deltoids.
FLAT BENCH CABLE FLYES	Lying on your back on a flat bench between cable pulleys, using the lower pulley, execute a flat flye motion. Your palms should be facing each other, with your elbows slightly bent.	Pectoralis major.	Anterior deltoids.
INCLINE CABLE FLYES	Same as flat bench cable flyes, except on an incline bench of 30-45 degrees.	Upper pectoralis major.	Anterior deltoids.
DECLINE CABLE FLYES	Lay on a decline bench of ~45 degrees, between cable pulleys, using the lower pulley, execute a flat flye motion. Your palms should be facing each other, with your elbows slightly bent.	Lower pectoralis major.	Anterior deltoids.
STIFF-ARM PULLOVERS	Lying on your back on a flat bench, your arms extended overhead with a barbell in your hands, extend straight arms up over your chest in an arc.	Pectoralis major & Serratus anterior.	Anterior deltoids.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
PEC DECK	Keeping your elbows at shoulder level, bring your arms together in front of you, with your palms facing each other. Squeeze your chest to give yourself an extra isometric contraction as your hands come together.	Pectoralis major.	Anterior deltoids.
CLOSE-GRIP BENCH PRESS	Similar to a bench press, but execute with your hands about shoulder width apart. Watch to see that your wrists are straight, and that your arms stay relatively close to your sides throughout the exercise.	Triceps, Anterior deltoids.	Pectoralis major, shoulder girdle.
CLOSE-GRIP MACHINE PRESS	Similar to a bench press, but execute with your hands about shoulder width apart; palms facing each other. Watch to see that your wrists are straight, and that your arms stay relatively close to your sides throughout the exercise.	Triceps, Anterior deltoids.	Pectoralis major, shoulder girdle.
MACHINE FLYES	Similar to the Pec deck, but with a wider/neutral grip depending on the machine. May be performed on a pec-deck with hands flat on pads, pressing palms together.	Pectoralis major, Anterior deltoids.	
SHOULDERS:			
BEHIND THE NECK PRESS	Keeping your elbows out perpendicular to body, bring the barbell down to the base of the skull.	Lateral head of the deltoids.	Posterior/Anterior head of deltoids; Triceps.
ARNOLD PRESS	Using dumbbells, start with your palms facing the rear. Press upwards, and when your hands are even with your head, rotate your palms forward. Reverse the process to lower them.	Anterior head of deltoids.	Posterior/Lateral head of deltoids; Triceps.
MODIFIED ARNOLD PRESS	Perform the first half of a seated dumbbell curl. At the top of the curl, perform an Arnold press. Perform the lowering of the curl & repeat.	Anterior head of deltoids; Biceps.	Posterior/Lateral head of deltoids; Triceps; Forearms.
DUMBBELL SHOULDER PRESS	Keep your elbows out, perpendicular to your body, with your palms facing forward. Inside plates should be outside of your shoulder. Press the dumbbells up over your head, touching the plates at the top.	Lateral head of deltoids.	Anterior/Posterior head of deltoids; Triceps.
MILITARY PRESS	Keep your elbows in front of your body. Starting with the barbell under your chin, press it up over your head.	Anterior head of deltoids.	Triceps.
MACHINE PRESS	Using a machine, and keeping your elbows out perpendicular to body, bring the bar down to the base of the skull. Then, push it straight overhead.	Anterior head of deltoids.	Triceps.
PUSH PRESS	Performed standing and using the legs to initiate the movement, so more weight can be handled. Keep your elbows in front of your body. Starting with the barbell under your chin, press it up over your head.	Anterior head of deltoids.	Lateral/Posterior head of deltoids; Triceps; Shoulder girdle muscles.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
STANDING LATERAL RAISE	Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
SEATED LATERAL RAISE	Sit in a bench, against the back for support. Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
LEANING LATERALS	Sit in a bench, against the back for support. Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor. Lean out to the side to make it a peak contraction movement.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
ONE-ARM CROSS CABLE LATERALS	Start with the handle in front of your leg, palm facing in. With a slight bend in the elbow, bring the arm directly out to the side, rotating the front of the handle towards the ground. Bring your arm up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
ONE-ARM SIDE CABLE LATERALS	Start with the handle in front of your leg, palm facing in. With a slight bend in the elbow, bring the arm directly out to the side, rotating the front of the handle towards the ground. Bring your arm up parallel to the floor. Lean out to the side to make it a peak contraction movement.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
SEATED ONE-ARM CABLE CROSS LATERAL	Sit on a bench. Start with the handle in front of your leg, palm facing in. With a slight bend in the elbow, bring the arm directly out to the side, rotating the front of the handle towards the ground. Bring your arm up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
REVERSE OVERHEAD DUMBBELL LATERALS	Start by standing with the dumbbells in front of your body, palms facing each other. Bring your arms directly out to your sides, rotating your palms upward. With your palms facing up, lift your arms in a big arc overhead. Keep your elbows slightly bent.	Anterior head of deltoids; Lateral head of deltoids.	Biceps; Trapezius.
FRONT DUMBBELL RAISES	Stand with your palms facing to the rear, keeping your elbows slightly bent. Bring your arms away from your body out in front, crossing towards the midline. Raise until your hands are even with forehead.	Anterior head of deltoids.	Trapezius.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
SEATED BENT-OVER DUMBBELL LATERALS	Seated on the end of a bench, lean forward and rest your chest across your knees. Try to keep your upper body parallel to the floor. Hold the dumbbells under your legs with your palms facing each other. Bring the dumbbells out to the side, keeping the elbows slightly bent and forward (perpendicular to the body). Rotate the front of the dumbbells down, and raise them until your arms are parallel to the floor.	Posterior head of deltoids.	Trapezius; Rhomboids; Teres Major and Minor.
BENT-OVER CABLE LATERAL	Seated on the end of a bench, lean forward and rest your chest across your knees. Try to keep your upper body parallel to the floor. Hold the cable handles under your legs with your palms facing each other. Bring the handles out to the side, keeping the elbows slightly bent and forward (perpendicular to the body). Rotate the front of the handles down, and raise them until your arms are parallel to the floor.	Posterior head of deltoids.	Trapezius; Rhomboids; Teres Major and Minor.
LYING SIDE LATERALS	Lying on your side, palms facing your body, bring the dumbbell up until tension is lost on the lateral deltoid. Stay directly on your side, and use arm abduction only.	Lateral head of deltoids.	Supraspinatus.
3/5 PRESS	Lean forward with your hips against a bench. Start with dumbbells at shoulder height, palms facing forward. Keep the little finger above the rest throughout the movement. Without straightening the arm, lift the elbows up and back in an arc so that if you could, your elbows would touch behind your head. Bring your arms out to the side as you straighten them as much as possible while moving back to the starting point.	Lateral head of deltoids; Anterior/Posterior head of deltoids.	Trapezius; Rhomboids; Teres Major/Minor.
STANDING BENT-OVER DUMBBELL LATERALS	Bend over at the waist until your torso is parallel to the floor. Hang your arms perpendicular to floor, your palms facing each other, and your arms bent slightly. Move the dumbbells out to the sides and upward until your arms are parallel to the floor. Your arms should be perpendicular to the body as they raise. Turn your wrists so that the pinkie fingers are higher than your thumbs.	Posterior deltoid.	Teres and Rhomboids.
UPRIGHT ROWS	Stand grasping barbell with overhand grip, hands 6-10 inches apart. Let bar hang straight down in front of you. Raise the bar straight up to the chin, keeping bar close to body. Keep back straight and feel traps contract throughout movement. Strict movement.	Traps & frontal deltoids.	Pectorals.
SUPRA RAISES	Rotate thumb towards thigh. Elbow slightly bent. Lift arm away from body at 30 degree angle.	Supraspinatus.	deltoids.
INTERNAL/EXTERNAL ROTATIONS	Pin elbow at side. Keep at 90 degree angle. Rotate at shoulder only.	Rotator cuff muscles.	
TRICEPS:			

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
ONE-ARM CABLE REVERSE PRESS DOWNS	On a high pulley with a loop handle, grab with palm facing up. Keep elbow pinned at side and straighten arm keeping cable going straight down, not back. Keep wrists straight.	Triceps	
TRICEPS PRESS DOWNS	On a high pulley with a loop handle, grab with palms facing down. Keep elbows pinned at side and straighten arms, keeping cable going straight down, not back. Keep wrists straight.	Triceps	
ROPE PRESSDOWNS	On a high pulley with a rope, grab with palm facing down. Keep elbow pinned at side and straighten arm keeping cable going straight down, not back. Keep wrists straight.	Outer head of the Triceps.	
ONE-ARM TRICEP PRESSDOWN	Use one arm at a time. On a high pulley with a loop handle, grab with palm facing down. Keep elbow pinned at side and straighten arm, keeping cable going straight down, not back. Keep wrist straight.	Outer head of the Triceps.	
FRENCH PRESS	From a standing position, grasp a barbell about shoulder width and extend arms overhead. Keep elbows in a much as comfortable. Lower bar behind head. Raise with a combination pressing/extension movement.	Long head of Triceps.	Lateral and Medial head of Triceps.
LYING TRICEPS EXTENSION	Lying face up with head just off the end of a bench. Grasp a barbell shoulder width. Bring barbell back behind head to keep tension on the triceps. Keeping elbows stationary and in as much as is comfortable ; lower bar to top of forehead and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
LYING DUMBBELL EXTENSION	Lying face up with head just off the end of a bench. Grasp dumbbells at shoulder width. Bring dumbbells back behind head to keep tension on the triceps. Keeping elbows stationary and in as much as is comfortable ; lower dumbbells to top of forehead and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
LYING CROSS FACE TRICEPS EXTENSION	Lying face up with head just off the end of a bench. Grasp dumbbells at shoulder width. Bring dumbbells back to opposite shoulder instead of straight back. Keeping elbows stationary and in as much as is comfortable ; lower dumbbells to top of forehead and return.	Triceps.	
DUMBBELL KICKBACKS	With knees bent, bend forward from hip until upper body is parallel to the floor, elbows pinned at side, extend arms straight back keeping upper arm parallel to floor.	Triceps.	
TRICEP PULLBACKS	Facing a low pulley, get in a kickback position. Extend one arm back keeping a slight bend in the elbow until the arm is parallel to the floor	Triceps; Posterior deltoid	Upper & lower back
ONE-ARM TRICEPS EXTENSIONS	Keep elbow in at head and pointed straight up to ceiling. Lower dumbbell behind head and return.	Long head of Triceps.	Lateral and Medial head of Triceps.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
DIPS	Keep your body perpendicular to the floor, elbows back at sides, head up. Bend arms until shoulders are even with elbows.	Triceps.	Pectoralis Major, Anterior deltoids.
BENCH DIPS	Place your hands on a bench behind your back and place your feet on a bench in front of you. Bend your arms until they are even with your elbows.	Triceps.	Pectoralis Major, Anterior deltoids.
FIXED BAR TRICEPS EXTENSIONS	Place your hands shoulder width apart on an immovable cross bar. The further back the feet are placed, the harder the exercise is (like an extended push-up). Lean forward as far as possible. Extend your arms to push your body back.	Triceps.	
HIGH PULLEY EXTENSIONS	On a high pulley face away from the cable. Lean forward so upper body is parallel to the floor as well as the upper arms. Keeping elbows stationary, extend arms in front of head.	Long head of Triceps.	Lateral and Medial head of Triceps.
CLOSE-GRIP BENCH PRESS	Take a shoulder width grip on the bar. Lower to the bottom of the sternum with the elbows in at your side.	Triceps.	Anterior deltoids.
REVERSE GRIP BENCH PRESS	Take a shoulder width grip on the bar, with your palms facing to the rear. Lower to the bottom of your sternum with your elbows in at your side.	Triceps.	Anterior deltoids.
LOW PULLEY EXTENSIONS	Same as two-arm standing dumbbell ext. only on a low pulley, facing away from the weight stack.	Long head of Triceps.	Lateral and Medial head of Triceps.
INCLINE TRICEPS EXTENSIONS	Sit on an incline bench. Grasp a barbell shoulder width. Bring the barbell back behind your head to keep tension on the triceps. Keeping elbows stationary and in, as much as is comfortable ; lower bar to top of forehead and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
DECLINE TRICEPS EXTENSIONS	Lie down a decline bench. Grasp a barbell shoulder width. Bring the barbell back behind your head to keep tension on the triceps. Keeping elbows stationary and in, as much as is comfortable ; lower bar to top of forehead and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
CLOSE-GRIP MACHINE PRESS	Take a shoulder width grip on the machine's handles. Press up to full extension. Lower to the bottom of the sternum with the elbows in at your side.	Triceps.	Anterior deltoids.
TWO-ARM STANDING DUMBBELL EXTENSION	Grasp a single dumbbell with two hands. Hold it above your head. Keep your elbows in as much as is comfortable, and pointed up towards the ceiling. Keeping your elbows stationary, lower the dumbbell behind your head and return.	Long head of Triceps.	Lateral and Medial head of Triceps.
BARBELL KICKBACKS	Lying face up on a bench, bring arms behind head so upper arms are perpendicular to the floor. Extend arms straight out behind head.	Triceps.	
TRICEP MACHINES	Line elbows up with center of cam and perform an extension.	Triceps.	

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
PULLOVER PRESS	Lying face up on a bench, grab the bar shoulder width. Start with the bar at the lower part of your sternum. Keeping your elbows in, bring the bar over your head until a stretch is felt on the triceps. Keep the bar as close to your face as possible. Return it to your sternum and perform a close-grip bench press.	Triceps.	Pectoralis Major, Latisimus Dorsi, Anterior deltoids.
BICEPS:			
SEATED DUMBBELL CURLS	Sitting on a flat bench, curl the dumbbells up, keeping your elbows steady. Twist your wrists so that your palms are facing up and towards your body at the top of the exercise (supinate) and pronate on the descent so palms face sides when weights are lowered.	Biceps.	Brachialis, Forearms.
INCLINE CURLS	Performed on an incline bench with dumbbells; may be done simultaneously or alternating; supinate & pronate the wrists to work the full range of motion.	Biceps, emphasizing the long head.	Brachialis, Forearms.
ALTERNATE DUMBBELL CURLS	Isolates the biceps of each arm by alternating sides curled. Hold your elbow steady at your waist throughout the duration of the exercise.	Biceps.	Brachialis, Forearms.
STANDING BARBELL CURLS	Start with your palms facing forward at the beginning of the movement; arms shoulder width apart. Stand erect and rest the barbell across the upper thighs. Slowly move the barbell in a semicircle from thighs to chin, using only the strength of the biceps to move the barbell. Pause at the top, and slowly lower the weight to a starting position. Watch that, at the top of the movement, your wrists do not curl inward. Your wrists should stay very straight.	Biceps.	Brachialis, Forearms.
ARM BLASTER CURLS	Use the Arm Blaster apparatus for this exercise. It promotes strict form, and places emphasis on the muscle closer to the forearm.	Biceps.	Brachialis, Forearms.
CHEAT CURLS	Same as standing barbell curls, but using a heavy enough weight to get only a few reps, swing the weight up using the back and shoulders to assist the arms. Cheat only enough to keep the biceps working maximally.	Biceps.	Brachialis, Forearms
PREACHER CURLS	Performed with either a straight bar or e-z curl bar on a preacher bench. Emphasis is on the lower area of the biceps. Keep tension on the muscle by keeping your wrists straight, and not curling them in.	Biceps.	Brachialis, Forearms
BARBELL CONCENTRATION CURLS	Standing with your legs bent, and your upper body parallel to the floor, let your arms hang straight down from your shoulders; perpendicular to the floor. Keeping your arms stationary, curl the bar up to your forehead. Return just far enough to get a stretch. Your elbows should stay pointed to the ground.	Biceps, emphasizing the peak.	Brachialis, Forearms.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
DUMBBELL CONCENTRATION CURLS	Start in a standing position, bent over slightly, with your free arm resting on your knee or other stationary object to stabilize it. Curl the dumbbell up to your deltoid without moving your upper arm or elbow. Do not rest your elbow against your thigh. As you lift, twist your wrist a little so that your little finger ends up higher than your thumb. Do not curl the dumbbell to your chest; it must be curled to the deltoid in order to work the high outside biceps.	Biceps, emphasizing the peak.	Brachialis, Forearm.
LYING DUMBBELL CURLS	Use a high flat bench. Lie on your back; with a dumbbell in each hand, arms hanging down toward the floor (but not touching the floor). Keeping your elbows steady, curl the dumbbells up toward your shoulders. Keep the movement very strict.	Biceps, emphasizing the peak.	Brachialis, Forearms.
TWO-HAND CABLE CURLS	Use a lower pulley and a straight bar. Grasp the bar with an underhand grip, hands about shoulder width apart. Keeping your elbows fixed at your sides, extend your arms out and down until your biceps are fully stretched. Curl the bar upward, not letting your elbows move, to a position just under your chin. Contract your biceps as hard as possible at the top of the movement, and then lower slowly.	Biceps.	Brachialis, Forearms.
CABLE PREACHER CURLS	Use a lower pulley, a straight bar, and a preacher bench. Grasp the bar with an underhand grip, hands about shoulder width apart. Keeping your elbows fixed at your sides, extend your arms out and down until your biceps are fully stretched. Curl the bar upward, not letting your elbows move, to a position just under your chin. Contract your biceps as hard as possible at the top of the movement, and then lower slowly.	Biceps.	Brachialis, Forearms.
ONE ARM CABLE CURLS	Use a lower pulley and a loop handle. Grasp the loop with an underhand grip. Keeping your elbow fixed at your side, extend your arm out and down until your bicep is fully stretched. Curl upward, not letting your elbow move, to a position just under your chin. Contract your bicep as hard as possible at the top of the movement, and then lower slowly. Switch to other arm.	Biceps.	Brachialis, Forearms
HIGH PULLEY CURLS	Lying with your back on the bench, your head away from the pulley, grab a straight bar on the high pulley. Keeping your elbows stationary, curl the bar to your forehead, pausing for 2 seconds. As a variation, your head can be at the same end as the pulley.	Biceps, emphasizing peak.	Brachialis, Forearms.
BENCH CURLS	Place a bench perpendicular to a low pulley. Rest your triceps on the bench. Keep your shoulders even with your elbows. Curl just until you lose tension on the biceps.	Biceps, emphasizing the insertion	Brachialis, Forearms.

EXERCISES:		KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
DOUBLE BICEPS CURLS	Stand in between two high pulleys, keeping your upper arms parallel to the floor. Without letting your elbows move forward, curl your hands in towards your ears (Like a double biceps pose).	Biceps.	Brachialis, Forearms.	
REVERSE CURLS	Use a barbell, and grip the bar with your palms facing your body. Curl the bar up just like a barbell curl. You will not be able to curl as much weight this way.	Brachialis, Forearms.	Biceps, emphasizing the outer head.	
REVERSE PREACHER CURLS	Use a barbell, and grip the bar with your palms facing your body. Put your arms over a preacher bench. Curl the bar up just like a barbell curl. You will not be able to curl as much weight this way.	Brachialis, Forearms.	Biceps, emphasizing the lower, outer head.	
MACHINE CURLS	Line your elbows up with the center of the cam. Perform like a regular curl. Do not lock out at the bottom of the movement.	Biceps.	Brachialis, Forearms.	
ZOTTMAN CURLS	Perform like a seated dumbbell curl, only at the top pronate the hand and lower.	Biceps, Brachialis, and Forearms.		
FOREARMS:				
BARBELL WRIST CURLS	Place your forearms flat on a bench, with your wrists off the end. Keep your elbows down on the bench and hold the barbell with your palms up. Let the barbell roll down to your finger tips and then curl the bar up as far as possible.	Forearm flexors.		
DUMBBELL ONE-ARM WRIST CURLS	Place your forearm flat on a bench, with your wrist off the end. Keep your elbow down on the bench and hold the dumbbell with your palm up. Let the dumbbell roll down to your finger tips and then curl it back up as far as possible.	Forearm flexors.		
BEHIND THE BACK WRIST CURLS	Standing with a bar behind your back, palms facing the rear, perform a wrist curl.	Forearm flexors.		
BARBELL REVERSE WRIST CURLS	Place your forearms flat on a bench, with your wrists off the end. Keep your elbows down on the bench and hold the barbell with your palms down. Let the barbell roll down to your finger tips and then curl the bar up as far as possible.	Forearm extensors.		
DUMBBELL REVERSE WRIST CURLS	Place your forearms flat on a bench, with your wrists off the end. Keep your elbows down on the bench and hold the dumbbells with your palms down. Let the dumbbells roll down to your finger tips and then curl them up as far as possible.	Forearm extensors.		
REVERSE CURLS	Use a barbell, and grip the bar with your palms facing your body. Curl the bar up just like a barbell curl. You will not be able to curl as much weight this way.	Brachialis, Forearm extensors.	Biceps.	
REVERSE PREACHER CURLS	Performed with either a straight bar or e-z curl bar on a preacher bench. Emphasis is on the lower area of the biceps. Keep tension on the muscle by keeping your wrists straight, and not curling them in.	Brachialis, Forearm extensors.	Biceps.	

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
REVERSE MACHINE CURLS	Line your elbows up with the center of the cam. Perform like a regular curl, but with the palms of your hands facing you. Do not lock out at the bottom of the movement.	Brachialis, Forearm extensors.	Biceps.
HAMMER CURLS	Sitting on a flat bench, holding the dumbbells so that your palms are facing each other, curl the dumbbells up, keeping your elbows steady. Then slowly lower them back down (like using a hammer) .	Brachialis, Forearm extensors.	Biceps.
CALVES:			
STANDING CALF RAISES	Place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Gastrocnemius.	Soleus.
CALF PRESSES	Use a leg press machine. Place the balls of your feet on the lower edge of the platform (use the safety spotter bars on the sides of the machine), and push it up as far as you can. Then lower the platform until you feel a good stretch in your calf muscles.	Gastrocnemius.	Soleus.
DONKEY CALF RAISES	Use a donkey calf raise machine, with your hips at a 90° angle. Also may be performed leaning over with a person sitting across your hips.	Gastrocnemius.	Soleus.
SMITH CALVES	Using a smith machine, place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Gastrocnemius.	Soleus.
BENT-LEG CALVES	All of the above only with the knees bent.	Soleus.	Gastrocnemius.
SEATED CALF RAISES	In a seated position, with your knees at a ninety-degree angle, place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Soleus.	Gastrocnemius.
STANDING REVERSE CALF RAISES	Standing on a block with the toes off the end, point the toes down towards the floor to get a good stretch on the shin. Then, bring the toes up as far as possible.	Tibialis Anterior.	Anterior leg muscle.
REVERSE CALF RAISE ON LEG CURL	Sitting upright on a leg curl machine, place your toes under the roller pads. Bring your toes back as far as possible. Your knees must be supported and elevated.	Tibialis Anterior.	Anterior leg muscle.
DORSI FLEXION MACHINE	Seated on the machine, with your feet on a block with the toes off the end, point the toes down towards the floor to get a good stretch on the shin. Then, bring the toes up as far as possible.	Tibialis Anterior.	Anterior leg muscle.
CALF BOUNCES	Standing, raise up and down on your toes without letting your heels touch. Perform for time. This is a controlled movement and should not be done ballistically.	Gastrocnemius.	Soleus.
CALF ROCKS	Same as above only squatting with the knees at a 90° angle. This is a controlled movement and should not be done ballistically. Perform for time.	Soleus.	Gastrocnemius.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
FOOT INVERSION	Rotate your foot inward at the same time trying to turn it up.	Medial leg muscles.	
FOOT EVERSION	Rotate your foot outward at the same time trying to turn it up.	Peronials.	Lateral leg muscles.
LOWER BACK:			
FLOOR BACK RAISE	Lying face down on the floor, extend your arms above your head. Lift your left arm and your right leg off the ground as far as possible. Return to the starting position, and repeat with the right arm and the left leg.	Hamstrings, Gluteus Maximus.	Erectors.
GOOD MORNINGS	With a barbell resting across your shoulders and your knees slightly bent, pivot forward at the hip only until a stretch is felt on your hamstring or your upper body is parallel to the floor.	Hamstrings, Gluteus Maximus.	Erectors.
HYPER EXTENSIONS	Lying face down on a hyper extension bench with your hips off the end, pivot at the hip and lower your upper body until it is perpendicular to the floor, or a stretch on the hamstrings is felt. Raise only until your upper body is parallel to the floor.	Hamstrings, Gluteus Maximus.	Erectors.
BACK RAISES	Start in the same position as a hyper extension only make sure the hips are supported. Keep your upper body parallel to the floor and pivot around the sternum as your shoulders curl around (just like a crunch).	Erectors.	Hamstrings, Gluteus Maximus.
ABDOMINALS:			
INCLINE SIT-UPS	Lying on your back on an incline bench, keeping your knees bent, press your lower back against the bench and curl your shoulders up until your arms touch your knees.	Hip flexors.	Rectus Abdominis, Obliques.
TWISTING SIT-UPS	Lying on your back, keeping the knees bent, press the lower back against the floor and curl the shoulders up until your arms touch your knees. Touch the left knee with your right arm and vice versa.	Hip flexors, Obliques.	Rectus Abdominis.
SIT-UPS	Lying on your back, keeping your knees bent, press the lower back against the floor and curl your shoulders up until your arms touch your knees.	Hip flexors.	Rectus Abdominis, Obliques.
FULL CRUNCHES	Lying on your back, with your thighs resting over a bench and perpendicular to the floor, press your lower back against the floor and curl your shoulders up until your arms touch your knees.	Rectus Abdominis.	Hip flexors, Obliques.
TWISTING FULL CRUNCHES	Lying on your back, with your thighs over a bench and perpendicular to the floor, press your lower back against the floor and curl your shoulders up until your arms touch your knees. Bring your right arm to your left knee and vice versa.	Rectus Abdominis, Obliques.	Hip flexors.
ROMAN CHAIR SIT-UPS	Sitting on a roman chair with your feet secured, lean back until you feel a stretch on the Abdominals. Crunch forward, stopping just before tension is lost on the Abdominals.	Hip flexors, Rectus abdominis.	Obliques.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
THREE-WAY ROMAN SIT-UPS	Same as above only the first part you lean back to the right and crunch forward, the second part you lean straight back and crunch forward, and the third part you lean back to the left and crunch forward, then center, right, center, left, etc.	Hip flexors, Rectus Abdominis, Obliques.	
TWISTING ROMANS	On a Roman chair, lean back keeping the Abdominals tight. Rotate back and forth. If you feel discomfort in your back, sit more upright and forward.	Obliques, Hip flexors.	Rectus Abdominis.
FLOOR LEG RAISES	Lying on your back, place your hands under your Gluteus Maximus to support your back. Press your lower back against the floor and keep your knees slightly bent. Lift your legs up over your body in a large arc until your pelvic girdle tilts up slightly. Lower until just before your back starts to arch.	Hip flexors.	Rectus Abdominis, Obliques.
INCLINE LEG RAISES	Lying on an incline with your head elevated, place your hands under your Gluteus Maximus to support your back. Press your lower back against the floor and keep your knees slightly bent. Lift your legs up over your body in a large arc until your pelvic girdle tilts up slightly. Lower until just before your back starts to arch.	Hip flexors.	Rectus Abdominis, Obliques.
INCLINE KNEE-UPS	Lying on your back, place your hands under your Gluteus Maximus to support your back. Press your lower back against the floor and keep your knees bent at a 90 degree angle. Lift your legs up over your body in a large arc until your pelvic girdle tilts up slightly. Lower until just before your back starts to arch.	Hip flexors.	Rectus Abdominis, Obliques.
BENCH LEG RAISES	Sitting on the end of a bench, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees slightly bent, lift your legs in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.
HANGING LEG RAISES	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees slightly bent, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
HANGING KNEE-UPS	Support your upper body on a vertical bench. With knees bent at a 90 degree angle, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
VERTICAL BENCH LEG RAISES	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees slightly bent, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
VERTICAL BENCH KNEE-UPS	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees bent at a 90 degree angle, bring your legs up in front of you until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
VERTICAL BENCH ALTERNATE LEG RAISE	Hang from a bar, keeping your upper body real tight to prevent swinging. With knees bent at a 90 degree angle, bring your legs up in front of you, one at a time alternating, until they are just above parallel to the floor.	Hip flexors.	Rectus Abdominis, Obliques.
BENCH KNEE-UPS	Sitting on the end of a bench, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees bent at a 90 degree angle, lift your legs in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.
LEG TUCKS ON FLOOR	Sitting on the floor, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees bent at a 90 degree angle, lift your legs in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.
ALTERNATE KNEE-UPS	Sitting on the floor, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees bent at a 90 degree angle, lift your legs one at a time alternating in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.
COMBO CRUNCHES	Perform a Reverse crunch and a Regular crunch at the same time.	Rectus Abdominus.	Obliques.
ALTERNATING TWISTING KNEE RAISES	Lying on your back, your hands at either side of your head, keep your lower back pressed against the floor. Bring your right elbow up as you bring your left knee back to meet it. As your right shoulder returns to the floor, extend your left leg out straight. Alternate sides.	Hip flexors, Obliques.	Rectus Abdominis.
CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Curl your shoulders off the floor as far as possible without letting your lower back leave the floor.	Rectus Abdominis.	Obliques.
TWISTING CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Curl your shoulders off the floor as far as possible without letting your lower back leave the floor. Curl your right shoulder towards your left knee and vice versa.	Obliques, Rectus Abdominis.	
TOE-TOUCH CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Sit up and touch your toes.	Rectus Abdominis.	Obliques.
MACHINE ABDOMINALS	Line sternum up with center of cam and perform like a crunch.	Rectus Abdominis.	Obliques.
PELVIC TILTS	Lying on your back with knees bent up and feet flat on the floor, press the lower back against the floor while rotating the pelvic girdle up.	Rectus Abdominis.	Obliques.
REVERSE CRUNCHES	From a crunch position, press lower back on floor and bring your knees back over your chest until your pelvic girdle tilts up slightly.	Rectus Abdominis.	Obliques.

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
SIDE CRUNCHES	Lying on your side with your legs bent, bring your shoulders off the floor as high as possible while trying to keep your shoulders in line with your hips.	Obliques.	
REVERSE TRUNK TWISTS	Lying on your back, extend your legs up in the air so there is a 90° degree angle at your hip. Keeping the legs slightly bent and the lower back pressed against the floor slowly lower your leg to the right as far as you can without letting you're your back and shoulders lift off the floor. Return to the starting position and repeat on the other side.	Obliques	Rectus Abdominis
SEATED TWISTS	Seated on the end of a bench, rotate your shoulders back and forth at roughly 30° angles. Keep your Abdominals tight. Do not over rotate.	Obliques.	
STANDING BENT-OVER TWISTS	Standing and bent over parallel to the floor, rotate your shoulders back and forth at roughly 30° angles. Keep your Abdominals tight. Do not over rotate.	Obliques.	
SIDE-BENDS	Standing with feet shoulder width apart, lean directly to the side until you feel a stretch on your obliques.	Obliques.	
ROPE CRUNCHES	Kneeling in front of a high pulley with a rope handle, pull your elbows down and in at the same time you're doing a crunch until your elbows touch your knees.	Serratus, Rectus Abdominis.	Obliques, Arms.
TWISTING ROPE CRUNCHES	Kneeling in front of a high pulley with a rope handle, pull your elbows down and in at the same time you're doing a crunch until your left elbow touches your right knee. Then do it again so that your right elbow touches your left knee.	Serratus, Rectus Abdominis, Obliques.	Arms.
SERRATUS PULLS	Kneeling adjacent to a high pulley with a loop handle, bring your arm down and across your chest as you crunch to the side slightly.	Serratus.	Obliques, Arms.
HANGING SERRATUS CRUNCHES	Hanging from a bar, lift your whole body to one side by adducting and depressing the scapula. Repeat with the other side	Serratus	Upper body.