

ARMS

SHOULDERS



KNEELING CRUNCH



SHOULDER PRESS



LATERAL RAISE



INTERNAL ROTATION



EXTERNAL ROTATION

CHEST

CORE



INCLINE PRESS



CHEST PRESS



DECLINE PRESS



PEC FLY



DEAD LIFT



TRICEPS PRESS DOWN

BACK



HIGH ROW



MID ROW



REAR DELTOID



CHIN-UPS

LOWER BODY



SQUAT



LUNGE



LUNGE-DECELERATING



HIP ADDUCTION



HIP ABDUCTION



HIP FLEXION



HIP EXTENSION



SQUAT



LEG EXTENSION



LEG CURL