



EXERCISE LIST

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Quad dominant exercises

Lower body push compound movements

Barbell	Dumbbell	Machine	Bodyweight
Squat	Squat	Single-Leg Press	Squat
Box Squat	Goblet Squat	Leg Press	Pistol Squat
Jump Squat	Bulgarian Split-Squat	Seated Leg Press	Walking Lunge
Front Squat	Walking Lunge	Laying Machine Squat	Standing Lunge
Bulgarian Split-Squat	Standing Lunge	Hack Squat	
Walking Lunge	Step Up		
Standing Lunge			

Quad isolation exercises

Machine
Leg Extension

Glute/hamstring dominant exercises

Hip hinge compound movements

Barbell	Dumbbell
Deadlift	Romanian Deadlift
Sumo Deadlift	Stiff-Legged Deadlift
Deadlifts from Deficit	
Deadlifts from Blocks	
Romanian Deadlift	
Stiff-Legged Deadlift	
Hip Thrust	
Glute Bridge	

Glute/Hamstring isolation exercises

Machine	Cable	Bodyweight
Seated Leg Curl	One-Legged Cable Kickback	Glute-Ham Raise
Standing Leg Curl	Pull Through	
Laying Leg Curl		
Reverse Hyperextension		
Glute-Ham Raise		

Chest dominant exercises

Horizontal push compound movements

Barbell	Dumbbell	Machine	Cable	Bodyweight
Flat Bench Press	Flat Bench Press	Leverage Chest Press	Seated Cable Chest Press	Push-Up
Incline Bench Press	Incline Bench Press	Leverage Incline Chest Press	Standing Cable Chest Press	Incline Push-Up
Decline Bench Press	Decline Bench Press	Leverage Decline Chest Press	Incline Bench Cable Press	Decline Push-Up
		Smith Machine Bench Press		Dip (Chest Variation)
		Incline Smith Machine Bench Press		
		Decline Smith Machine Chest Press		

Chest isolation exercises

Dumbbell	Machine	Cable
Flat Bench Flyes	Butterfly	Cable Crossover
Incline Bench Flyes		Low Cable Crossover
Decline Bench Flyes		High Cable Crossover
		Incline Bench Cable Flyes
		Flat Bench Cable Flyes

Back dominant exercises

Horizontal pull compound movements

Barbell	Dumbbell	Machine	Cable	Bodyweight
Bent Over Row	Incline Row	Smith Machine Bent Over Row	Seated Cable Row	Inverted Row
Reverse Grip Bent Over Row	Bent Over Row	Laying T-Bar Row	Seated One-Arm Cable Row	
Pendlay Row	One-Arm Row	Chest Supported Row		
T-Bar Row				
One-Arm Long Bar Row				
Incline Row				

Back isolation exercises

Machine	Cable
Back Extension	Straight-Arm Pulldown

Shoulder dominant exercises

Vertical push compound movements

Barbell	Dumbbell	Machine	Cable	Bodyweight
Standing Military Press	Standing Shoulder Press	Smith Machine Shoulder Press	Standing Cable Shoulder Press	Pike Push-Up
Seated Military Press	Seated Shoulder Press	Leverage Shoulder Press	Seated Cable Shoulder Press	Handstand Push-Up
Push Press	Standing One-Arm Press			
One-Arm Linear Jammer	Arnold Press			

Shoulder isolation exercises

Barbell	Dumbbell	Machine	Cable
Front Raise	Side Lateral Raise	Reverse Machine Flyes	Cable Front Raise
	One-Arm Lateral Raise	Machine Lateral Raise	Cable Lateral Raise
	Reverse Flyes		Cable Rare Deltoid Flyes
	Front Raise		Face Pull
	Rare Deltoid Raise		

Lat dominant exercises

Vertical pull compound movements

Machine	Cable	Bodyweight
Leverage Iso Row	Wide-Grip Lat Pulldown	Pull-Up
Assisted Pull-Up	Narrow-Grip Lat Pulldown	
	Reverse-Grip Lat Pulldown	
	V-Bar Lat Pulldown	
	Straight Arm Lat Pulldown	
	One Arm Lat Pulldown	

Triceps dominant exercises

Elbow extension movements

Barbell	Dumbbell	Machine	Cable	Bodyweight
Close-Grip Bench Press	Overhead Triceps Extension	Smith Machine Close-Grip Bench Press	V-Bar Triceps Pushdown	Dip (Triceps Variation)
Flat Bench Triceps Extension	One Arm Overhead Triceps Extension	Dip Machine	Rope Triceps Pushdown	Bench Dip
Incline Bench Triceps Extension	Triceps Kickback	Machine Triceps Extension	Triceps Pushdown	
Decline Bench Triceps Extension	Bent Over Triceps Extension		Reverse-Grip Triceps Pushdown	
Overhead Triceps Extension	Laying Triceps Extension		One Arm Triceps Extension	
	Flat Bench Triceps Extension		Laying Triceps Extension	
	Incline Bench Triceps Extension		Overhead Triceps Extension	
	Decline Bench Triceps Extension		Incline Triceps Extension	

Biceps dominant exercises

Elbow flexion movements

Barbell	Dumbbell	Machine	Cable	Bodyweight
Regular-Grip Biceps Curl	Concentration Biceps Curl	Machine Preacher Biceps Curl	Overhead Curl	Chin-Up
Wide-Grip Biceps Curl	Hammer Biceps Curl	Machine Biceps Curl	Biceps Curl	
Close-Grip Biceps Curl	Incline Hammer Biceps Curl		Reverse-Grip Biceps Curl	
Preacher Biceps Curl	Alternate Hammer Biceps Curl		Laying Biceps Curl	
Biceps Curl Laying Against An Incline	Incline Biceps Curl		One Arm Biceps Curl	
Reverse-Grip Biceps Curl	Biceps Curl		Rope Biceps Curl	
Seated Concentration Biceps Curl	Alternate Biceps Curl			
	Preacher Biceps Curl			

Accessory exercises

Abs	All Crunch Variations
	All Twist Variations
	All Leg Raise Variations
	All Plank Variations
Calves	All Calf Raise Variations
	All Calf Extension Variations
Traps	All Shrug Variations
	All Upright Row Variations
Neck	All Neck Curl Variations
	All Neck Extension Variations
Forearms	All Wrist Curl Variations

Addition comments

I really hope that the information provided in this PDF file was helpful for you.

If you have any questions please contact me:

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Lastly, don't forget to follow me on my other social media platforms, so that you don't miss out on anything!



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