



KNOW YOUR WAY AROUND THE WEIGHT ROOM EXERCISES

Abdominals

- Crunches
- Abdominal sit-ups
- Cable crunches
- Lying leg raises and thrusts

Back

- Close-grip pull-downs
- Bent-over barbell rows
- One-arm dumbbell rows
- Seated cable rows

Chest

- Flat barbell bench press
- Wide-grip pull-down to the front

Biceps

Standing barbell curls

Triceps

Push-downs

Shoulders

Seated dumbbell shoulder press

Quadriceps

Leg extensions

Hamstrings

Leg curls

Glutes

Lunges

Calves

Standing calf raises using body weight