

ABS

ROMAN CHAIR SITUP	HIP FLEXOR	CRUNCH SITUP
		

SHOULDERS

SHOULDER PRESS	UPRIGHT ROW	SHRUG
		

CHEST

BENCH PRESS	DECLINE PRESS
	
INCLINE PRESS	FREE BAR BENCH PRESS
	

ARMS

PREACHER CURL	TRICEP PRESS DOWN
	
STANDING CABLE CURL	TRICEP FRENCH PRESS
	

LEGS

CALF EXTENSION	LEG CURL	
		
SQUAT	LEG EXTENSION	LEG PRESS
		

BACK

LOW PULLEY ROW	HYPER EXTENSION	
		
DEAD LIFT	LAT PULL DOWN	CABLE PULL OVER
		