

STRENGTH TRAINING EXERCISES

SHOULDERS

Lying hand clap	
DB Press	
BB Press	
Lat Flys	
Front flys	
Bench push	

CHEST

Push up	
Incline p.u.	
1 arm p.u.	
Chest flys + variations	

BACK

Bent over row	
Single arm BOR	
Pull ups	
T-Raise	
Lat P Down	
Shrug	

ARMS – BICEPS

DB Curls	
BB Curls	
Hmmer curls	
Pull ups	

ARMS - TRICEPS

Dips	
DB Raise	
Close in push up	

ARMS – FOREARMS

Bar curl	
Squeezes	

LEGS – QUADS/GLUTES

Squat	
1 leg squat	
Lunge	
Split squat	
Over head squat	
Dead lift	
Various jumps	

LEGS – HAMSTRINGS

Resisted leg curl	
P.A. upper body lower	
Stiff leg dead lift (light)	

LEGS – CALVES

Calf raise (platform)	
Seated calf raise	
Combine in dead lift	