

WORKOUT ACTIVITIES

MUSCLE GROUP	EXERCISE LIST
CHEST	<ul style="list-style-type: none"> - BENCH PRESS (Barbell/Dumbbell) - PUSH-UPS (Standard, Wide/Close Grip) - INCLINE PRESS (Barbell/Dumbbell) - FLYS (Machine, Weight)
SHOULDERS	<ul style="list-style-type: none"> - SHOULDER PRESS (Seated/Standing/Machine) - STRAIGHT ARM RAISES (Front/Side) - UPRIGHT ROWS - CURL, PRESS, REVERSE CURL
BACK	<ul style="list-style-type: none"> - PULL-UPS - LAY PULL DOWN - SEATED ROWS - BENT OVER ROWS
LEGS	<ul style="list-style-type: none"> - SQUATS (Machine, Wall-sit, No Weights) - LUNGES (Reverse, Balance, Weighted) - LEG PRESS - LEG CURL
ARMS	<ul style="list-style-type: none"> - BICEP CURL (Weights, Preacher Bar, Alternating) - TRICEPS (Press Down, Chair Dips, Dips, S-T-R) - FOREARMS (Hammer Curl, Curl-up Hammer-Down)
CORE	<ul style="list-style-type: none"> - CRUNCHES - SCISSORS - SUPERMAN - V-UPS