

FITNESS EXERCISES (290)							
ABS & CORE	BICEPS	BACK	CHEST	TRICEPS	SHOULDERS	LEGS & GLUTES	FOREARMS
Alternate Leg Pull	Alternating Dumbbell Curls with Pause	Alternating Superman Stretch	Archer Push up	Bent Over Dumbbell Kickbacks	Alternating Dumbbell Lateral Raise with Pause	Alternating Lunges - Bodyweight	Dumbbell Forearm Twists
Alternate leg raise	Barbell Curl	Back Machine Extension	Barbell Bench Press	Cable French Press - Rope Overhead Extension from Low	Arnold Press	Barbell Deadlift	Dumbbell Wrist Curls
Bicycle Ab Exercise	Barbell Drag Curls	Barbell Good Mornings	Barbell Incline Bench Press	Cable Rope Pressdown	Cable Bent Over Rear Delt Fly	Barbell Hip Thrusts	
Bird Dog	Cable Handles Bicep Curl	Barbell Row	Bent Over One Arm Cable Chest Press	Cable Tricep Kick back	Cable Crossover Lateral Raise	Barbell Squats	
Burpees	Cable Reverse Grip Bar Curl	Barbell Rows Under-hand Grip	Cable Chest Fly - Low to High-	Cable V-Bar Pressdown	Cable External Shoulder Rotation	Bulgarian Split Squat - Bodyweight	
Cable Crunch	Cable Rope Hammer Curls	Behind-Neck Pulldown	Cable Chest Fly Middle	Dumbbell One Arm Extension	Cable Front Raise Double Arm	Cable Abduction	
Cable Standing Russian Twist	Cable Squat Bicep Curls	Bent Over Smith Machine Rows	Chest Dips	Dumbbell Over head Extensions With Pause	Cable Front Raise Single Arm	Cable Pull Throughs	
Cable Wood Chop	Close Grip Barbell Curl	Cable Lat Pull Overs	Chest Tap Push-up	Dumbbell Skull Crushers	Cable Rope Upright Row	Calf Press On The Leg Press Machine	
Copenhagen Plank	Close Grip Barbell Preacher Curl	Cable Rope Pulldown	Clap Push up	Dumbbell Tate Press	Cable Shoulder Press	Deadlift	
Crunch with Stability Ball	Crucifix Curl Cable - Single Arm	Close Grip Lat Pulldown	Close-Grip Barbell Bench Press	Diamond Push Ups	Cable Shrugs	Dumbbell Bulgarian Split Squat	
Crunches	Dumbbell 21's	Dumbbell Bent Over Rows	Commando Push up	Diamond Push Ups on Knees	Cable Upright Rear Delt Fly	Dumbbell Calf Raises	
Decline Crunch	Dumbbell Alternating Curls	Dumbbell Chest Supported Row	Decline Barbell Bench Press	Dips Machine	Dolphin Push Up	Dumbbell Deadlifts	
Front Plank to Downward Dog	Dumbbell Arnold Curl	Dumbbell Good Mornings	Decline Dumbbell Bench Press	Incline Dumbbell triceps kickback	Dumbbell Bent over flies	Dumbbell Goblet Squat	
Hanging Knee Raises	Dumbbell Bicep Curl	Dumbbell Hyperextensions	Decline Push Ups	Lying Triceps Extension with Barbell	Dumbbell External Rotation	Dumbbell Hip Thrust	
Hanging Leg Raises	Dumbbell Concentration Curl	Dumbbell Kroc Row	Dumbbell Bench Press	Overhead Cable Rope Extension	Dumbbell front & side press superset	Dumbbell Hip Thrust Single Leg	
High Straight arm Plank	Dumbbell Cross Curls	Dumbbell Pendlay Row	Dumbbell flies - stability ball	Resistance Band Tricep Pushdown	Dumbbell front & side raise superset	Dumbbell Jump Squats	
Hip Raise Straight Leg	Dumbbell Curl Twist Reverse	Dumbbell Renegade Rows	Dumbbell Fly on step	Seated Overhead Dumbbell Extension	Dumbbell Front Raise with Rear Delt Fly	Dumbbell Leg Extensions	
Hip Roll Plank	Dumbbell Curls Close Grip	Dumbbell Rows laying on Bench	Dumbbell Flyes	Triceps Dips	Dumbbell Seated Lateral Raises	Dumbbell Lunges	
Hollow body hold	Dumbbell Preacher Curl Single Arm	Dumbbell Wide Row	Dumbbell Flyes - floor	Triceps Dips on a Bench	Dumbbell Shoulder Press	Dumbbell Lying Leg Curls	
Hollow rocks	Dumbbell Reverse Curl	Dumbbell Yates Row	Dumbbell Hammer press - floor	Triceps Pushdown	Dumbbell Shrugs	Dumbbell Reverse Lunges	
Jack Plank Exercise	Dumbbell Rotating Curls Single Arm	Dumbell Bent Over Under hand Row	Dumbbell Incline press - stability ball	Weighted Dips	Face Pulls Rear Delts	Dumbbell Seated Calf Raises	
Kettlebell Ab Crunch	Dumbbell Spder Curls	Inverted Grip Lat Pulldown	Dumbbell press - stability ball		Front Delt Plate Raises	Dumbbell Squats	
Knee tucks	Ez Bar Curl	Inverted Rows	Dumbbell press on floor		Inverted Pushup (Raised Pike)	Dumbbell Sumo Squat	
Landmine Twist	Ez Bar Curl Inside Grip	Kettlebell Bent Over Row	Dumbbell Press on step		Landmine Kneeling Press Single Arm	Floor Glute Bridge	
Leg circles	EZ Bar Preacher Curls	Landmine Meadows Row	Dumbbell Pull Over		Landmine Press	Glute Ham Raise Machine	
Lying leg raises	Hammer Curls	Landmine V-Bar Rows	Dumbbell push up		Landmine Press Single Arm	Hack Squat	
Plank	Kettlebell Bicep Curl	Neutral Grip Cable Rows	Dumbbell standing Upper Chest Flys		Landmine Punch	Hamstring Nordic Curls	
Plank Knee Tucks	Machine Preacher Curls	One Arm Dumbbell Row	Dumbell Crush Press - Squeeze Press		Pike Push up	Hip Adduction Machine	
Plank Up Down Elbows	Resistance Band Bicep Curls	Pronated pull ups	Explosive Pushup		Resistance Band Pull Aparts	Jumping Squats	
Plank Walk outs - Inchworms	Reverse Barbell Curl	Rack Pulls	High to Low Cable Fly		Reverse Machine Flyes	Kettlebell Goblet Squat	
Resistance Band Kneeling Crunch	Seated Dumbbell Curls	Scalpular Pull Ups	Incline Cable Chest Press		Seated Barbell Military Press	Kettlebell Lunge	
Reverse Crunch	Seated Dumbbell Hammer Curls	Seated V-Bar Cable Rows	Incline Diamond Pushups		Seated Dumbbell Front Raises	Landmine Curtsy Lunge	
Russian twists raised feet	Seated Incline Dumbbell Curls	Single arm Cable Row	Incline Dumbbell Flyes		Seated Rear delt Raise	Landmine Squat	
Scissor Kicks	Spider Bicep Cable Curls	Standard Under hand Grip Pull Ups	Incline Dumbbell Press		Smith Machine Behind Neck Press	Landmine Thruster	
Seated Knee Tucks	Squat Bicep Curls	Superman Hold	Incline push up rotation		Smith Machine Shrugs	Lateral Lunge - Bodyweight	
Side Plank	Standing Biceps Cable Curl	Superman Stretch	Incline Push up with Bench		Standing Barbell Military Press	Leg Extensions	
Side plank dips	V-Bar Bicep Cable Curl	V-Bar Pulldown	Leverage Chest Press		Standing Dumbbell Lateral Raise	Leg Press	
Sit Ups		Wide-Grip Lat Pulldown	Leverage Incline Chest Press		Standing Front Barbell Raise Over Head	Lying Leg Curls	
Spider Plank		Wide-Grip Pull-Up	Machine Chest Press		Unilateral Cable Single Arm Lateral Raise	Resistance Band Hip Abduction	
V-ups			Machine Pec Deck Fly		Upright Row Dumbbells	Resistance Band Squats	
Vertical Leg Toe touches			Pseudo push up			Reverse Hyperextension with bench	
Weighted Crunch			Push Ups			Romanian Dead Lift	
Weighted Crunches with raised legs			Seated Leverage Decline Chest Press			Romanian Dumbbell Deadlift	
Weighted Russian Twists			Smith Machine Bench Press			Seated Calf Raise Machine	
Weighted Side Crunch			Smith Machine Decline Bench Press			Single Leg Dumbbell Split Squats	
Windshield wipers			Smith Machine Incline Bench Press			Single-Leg Hip Thrust	
			Spider Push Ups			Smith Machine Calf Raises	
			Standing Cable Chest Press			Smith Machine Split Squat	
			T-Push ups			Smith Machine Squats	
			Wide Push ups			Smith Machine Wide Stance Sumo Squat	
						Squats - Bodyweight	
						Standing Barbell Calf Raise	
						Step Ups - Bodyweight	
						Sumo Deadlift	
						Sumo Squats - Bodyweight	