

# Exercise Library

Recommended exercises listed by movement pattern and muscle group  
In no particular order

DB = dumbbell; BB = barbell

## PUSH

### Shoulders

- Standing overhead press - DB/BB
- Seated overhead press - DB/BB/Smith
- Push press - DB/BB
- Lateral raise - DB/cable
- Front raise - DB/cable
- Arnold press - DB
- Upright row - DB/cable
- Landmine shoulder press - single or both arms
- Push-ups

### Chest

- Bench press - DB/BB/Smith/machine
- Incline bench press - DB/BB/Smith/machine
- Chest fly - DB/cable
- Low to high chest fly - cable
- Push-ups (wide-grip)
- Assisted dips
- Bench dips
- DB pullover

### Triceps

- Close-grip bench press - BB/Smith
- Assisted dips
- Bench dips
- Skullcrushers - DB/EZ-bar
- Cable overhead tricep extension
- Cable tricep pushdown
- DB tricep kickback
- Push-ups (close-grip)



# Exercise Library

## PULL

### Upper back

- Assisted pull-ups
- Lat pull-down
- Cable straight-arm lat pull-down
- Bent over row - DB/BB/cable
- Seated cable row
- Face pull
- Rear delt fly - DB, cable, machine
- DB chest-supported row
- Inverted row - Smith
- Shrugs - DB/BB/Smith

### Lower back

- Deadlift - DB/BB
- Romanian deadlift - DB/DD/cable
- Good morning - BB
- Hyperextension machine
- Rack pulls - BB
- Kettlebell swing
- Superman

### Biceps

- Curls - DB/EZ-bar/cable
- Hammer curl
- Concentration curl
- Preacher curl
- Assisted chin-ups



# Exercise Library

## LOWER BODY

### Glutes

- Hip thrust - DB/BB/Smith
- Bulgarian split squat - DB/BB
- Romanian deadlift - DB/BB/cable
- Step-ups - DB/BB/cable
- Reverse lunge - DB/BB/Smith/cable
- Sumo deadlift - DB/BB
- Cable kickback
- Straight leg kickback
- Leg abduction - cable/machine/band
- Glute bridge
- Leg-elevated glute bridge

### Quads

- Squat - DB/BB/cable
- Front squat - BB/landmine
- DB goblet squat
- Bulgarian split squat - DB/BB
- Lunges - DB/BB
- Leg press machine
- Leg extension machine
- Reverse lunge - DB/BB/Smith/cable

### Hamstrings

- Romanian deadlift - DB/BB/cable
- B-stance Romanian deadlift - DB/cable
- Hamstring curl machine
- Stability ball hamstring curl
- Good morning - BB
- Kettlebell swings

### Calves

- Standing calf raise - DB/BB/Smith
- Seated calf raise machine
- Single-leg calf raise - DB/machine



# Exercise Library

## ABDOMINAL

Note: Keep your core braced during every strength exercise - for safety as well as to train your core. Dedicated ab exercises aren't necessary if efficiency is your goal, but if you want to spend extra time on your core, these are my recommendations.

### Rectus abdominis (six-pack muscles)

- Weighted crunch
- Cable crunch
- Reverse crunch
- Bicycle crunch
- Decline sit-up
- Hanging leg raise
- V-ups
- Jackknife

### Transverse abdominis (for a cinched waist)

- Dead bug
- Bird dog
- Hollow body hold
- Planks
- Pallof press
- Suitcase carry

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