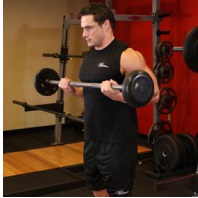
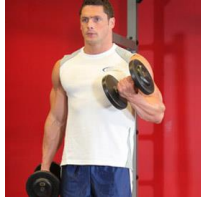


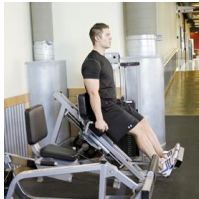
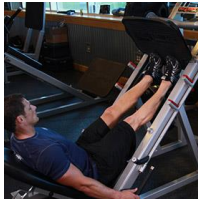
Abdominal Exercises

Ab Crunch Machine	Ab Roller	Air Bike	Alternate Heel Touchers	Barbell Side Bend	Bent-Knee Hip Raise	Bosu Ball Cable Crunch With Side Bends
						
Cable Crunch	Cable Reverse Crunch	Cable Seated Crunch	Cross-Body Crunch	Crunch - Hands Overhead	Crunch - Legs On Exercise Ball	Crunches
						
Decline Crunch	Decline Reverse Crunch	Dumbbell Side Bend	Flat Bench Leg Pull-In	Flat Bench Lying Leg Raise	Frog Sit-Ups	Jackknife Sit-Up
						
Kettlebell Figure 8	KneeHip Raise On Parallel Bars	Lower Back Curl	Oblique Crunches - On The Floor	Reverse Crunch	Seated Flat Bench Leg Pull-In	Side Bridge
						
Side Jackknife	Sit-Up	Toe Touchers				
						

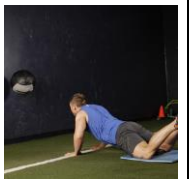
Bicep Exercises

Alternate Hammer Curl	Alternate Incline Dumbbell Curl	Barbell Curl	Barbell Curls Lying Against An Incline	Cable Hammer Curls - Rope Attachment	Cable Preacher Curl	Close-Grip EZ Bar Curl
						
Close-Grip Standing Barbell Curl	Concentration Curls	Cross Body Hammer Curl	Drag Curl	Dumbbell Alternate Bicep Curl	Dumbbell Prone Incline Curl	EZ-Bar Curl
						
Hammer Curls	Incline Dumbbell Curl	Lying Cable Curl	Lying High Bench Barbell Curl	Lying Supine Dumbbell Curl	Machine Preacher Curls	One Arm Dumbbell Preacher Curl
						
Overhead Cable Curl	Preacher Curl	Preacher Hammer Dumbbell Curl	Reverse Barbell Curl	Reverse Barbell Preacher Curls	Reverse Cable Curl	Reverse Plate Curls
						
Seated Close-Grip Concentration Barbell Curl	Seated Dumbbell Curl	Spider Curl	Standing Inner-Biceps Curl	Standing One-Arm Cable Curl	Wide-Grip Standing Barbell Curl	Zottman Curl
						
Zottman Preacher Curl						
						

Calf Exercises

Anterior Tibialis-SMR	Balance Board	Barbell Seated Calf Raise	Calf Press	Calf Press On The Leg Press Machine	Calf Raise On A Dumbbell	Calves-SMR
						
Donkey Calf Raises	Dumbbell Seated One-Leg Calf Raise	Foot-SMR	Rocking Standing Calf Raise	Seated Calf Raise	Smith Machine Reverse Calf Raises	Standing Calf Raises
						
Standing Dumbbell Calf Raise						
						

Chest Exercises

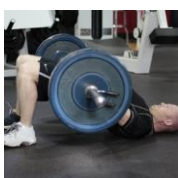
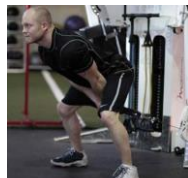
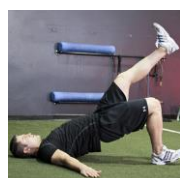
Alternating Floor Press	Barbell Bench Press - Medium Grip	Barbell Incline Bench Press - Medium Grip	Bent-Arm Dumbbell Pullover	Butterfly	Cable Crossover	Chest Push (multiple response)
						
Chest Push (single response)	Chest Push from 3 point stance	Cross Over - With Bands	Decline Barbell Bench Press	Decline Dumbbell Bench Press	Decline Dumbbell Flyes	Dips - Chest Version
						

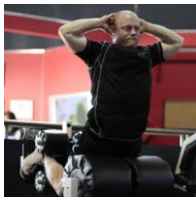
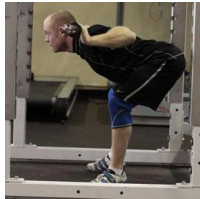
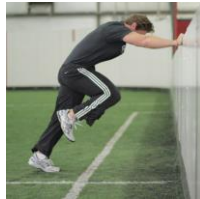
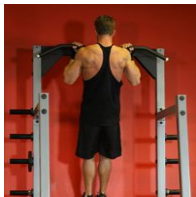
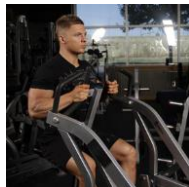
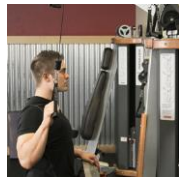
Drop Push	Dumbbell Bench Press	Dumbbell Flyes	Elbows Back	Flat Bench Cable Flyes	Front Raise And Pullover	Incline Cable Flye
						
Incline Dumbbell Flyes	Incline Dumbbell Flyes - With A Twist	Incline Push-Up Depth Jump	Leverage Chest Press	Leverage Decline Chest Press	Machine Bench Press	Neck Press
						
Plyo Push-up	Smith Machine Bench Press					
						

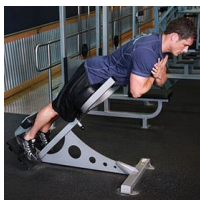
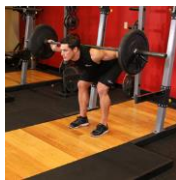
Forearm Exercises

Cable Wrist Curl	Dumbbell Lying Pronation	Palms-Down Dumbbell Wrist Curl Over A Bench	Palms-Up Barbell Wrist Curl Over A Bench	Palms-Up Dumbbell Wrist Curl Over A Bench	Seated Dumbbell Palms-Up Wrist Curl	Standing Palms-Up Barbell Behind The Back Wrist Curl
						
Wrist Roller						
						

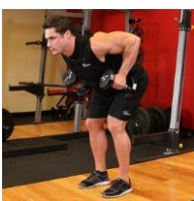
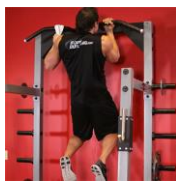
Glute Exercises

Barbell Glute Bridge	Barbell Hip Thrust	Butt Lift (Bridge)	Glute Kickback	One-Legged Cable Kickback	Pull Through	Single Leg Glute Bridge
						

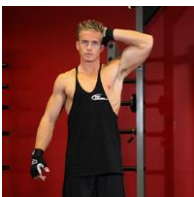
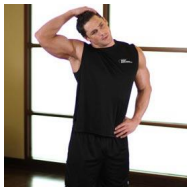
Hamstring Exercises						
Ball Leg Curl	Band Good Morning (Pull Through)	Glute Ham Raise	Good Morning	Linear Acceleration Wall Drill	Lying Leg Curls	Platform Hamstring Slides
						
Reverse Band Sumo Deadlift	Seated Leg Curl	Standing Leg Curl				
						
Lat Exercises						
Bent-Arm Barbell Pullover	Cable Incline Pushdown	Chin-Up	Close-Grip Front Lat Pulldown	Full Range-Of-Motion Lat Pulldown	Leverage Iso Row	One Arm Lat Pulldown
						
Straight-Arm Pulldown	Underhand Cable Pulldowns	V-Bar Pulldown	Wide-Grip Lat Pulldown			
						
Lower-back Exercises						
Axle Deadlift	Cat Stretch	Dancer's Stretch	Hug Knees To Chest	Hyperextensions (Back Extensions)	Hyperextensions With No Hyperextension Bench	Stiff Leg Barbell Good Morning

						
Superman						
						

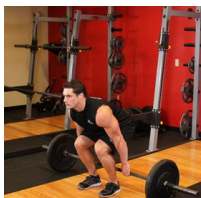
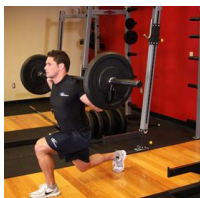
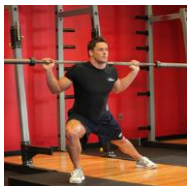
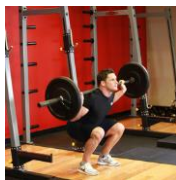
Middle-back Exercises

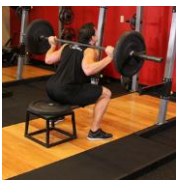
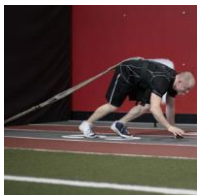
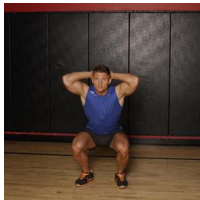
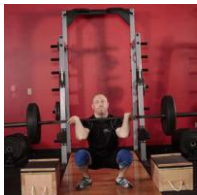
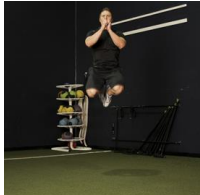
Bent Over Barbell Row	Bent Over Two-Arm Long Bar Row	Bent Over Two-Dumbbell Row	Lying Cambered Barbell Row	Lying T-Bar Row	Middle Back Shrug	One Arm Chin-Up
						
One-Arm Dumbbell Row	Seated Cable Rows					
						

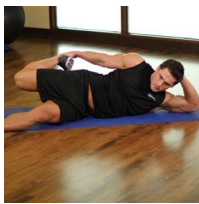
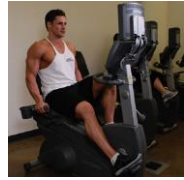
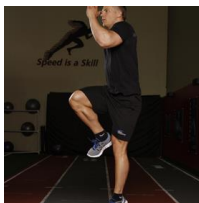
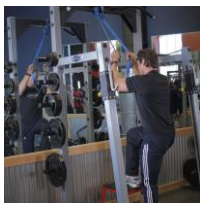
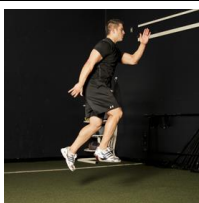
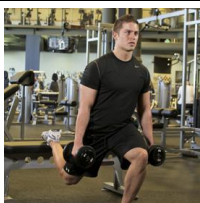
Neck Exercises

Chin To Chest Stretch	Isometric Neck Exercise - Front And Back	Isometric Neck Exercise - Sides	Lying Face Down Plate Neck Resistance	Lying Face Up Plate Neck Resistance	Side Neck Stretch	
						

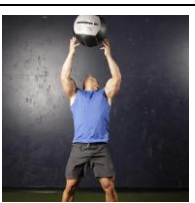
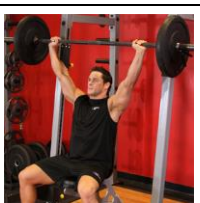
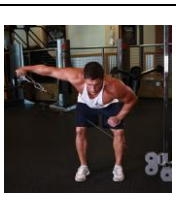
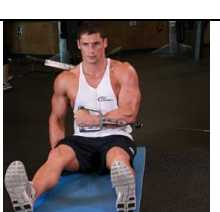
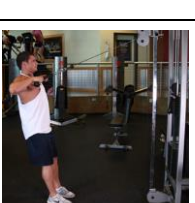
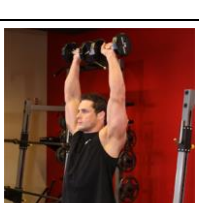
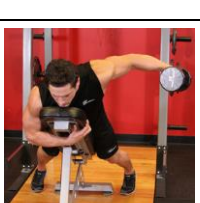
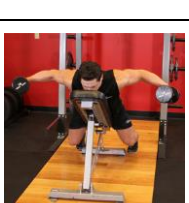
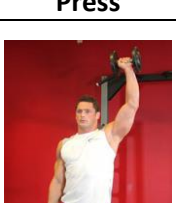
Quadricep Exercises

Alternate Leg Diagonal Bound	Backward Drag	Barbell Full Squat	Barbell Hack Squat	Barbell Lunge	Barbell Side Split Squat	Barbell Squat
						

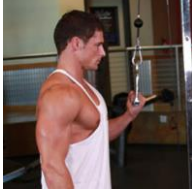
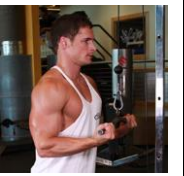
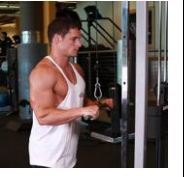
Barbell Squat To A Bench	Barbell Step Ups	Bear Crawl Sled Drags	Bicycling, Stationary	Bodyweight Squat	Box Squat with Bands	Cable Deadlifts
						
Cable Hip Adduction	Clean Deadlift	Clean from Blocks	Clean Pull	Double Leg Butt Kick	Dumbbell Lunges	Dumbbell Rear Lunge
						
Dumbbell Squat	Dumbbell Step Ups	Elevated Back Lunge	Elliptical Trainer	Front Barbell Squat	Front Cone Hops (or hurdle hops)	Goblet Squat
						
Hack Squat	Hip Flexion with Band	Intermediate Hip Flexor and Quad Stretch	Iron Crosses (stretch)	Jefferson Squats	Jerk Dip Squat	Jogging-Treadmill
						
Kettlebell Pistol Squat	Kneeling Hip Flexor	Leg Extensions	Leg Press	Linear Depth Jump	Looking At Ceiling	Lying Machine Squat
						
Mountain Climbers	Narrow Stance Hack Squats	Narrow Stance Leg Press	On Your Side Quad Stretch	One Leg Barbell Squat	On-Your-Back Quad Stretch	Plie Dumbbell Squat

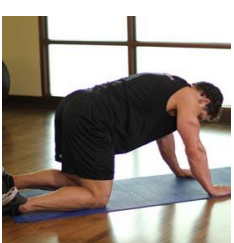
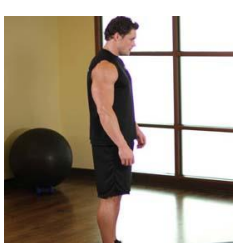
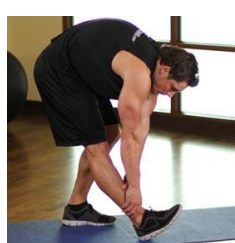
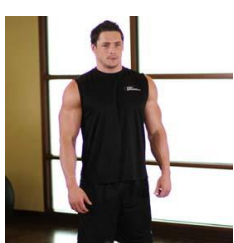
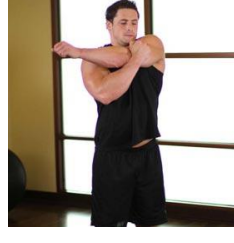
						
Power Snatch from Blocks	Rear Leg Raises	Recumbent Bike	Rope Jumping	Rowing, Stationary	Running, Treadmill	Side Hop-Sprint
						
Side Standing Long Jump	Side to Side Box Shuffle	Single Leg Butt Kick	Single Leg Push-off	Single-Leg High Box Squat	Single-Leg Leg Extension	Sled Drag - Harness
						
Sled Push	Smith Machine Squat	Smith Single-Leg Split Squat	Split Jump	Split Squat with Dumbbells	Stairmaster	Trail RunningWalking
						

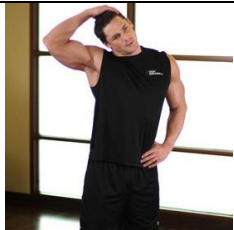
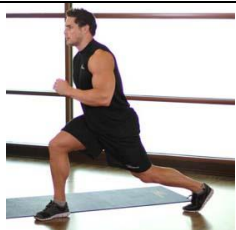
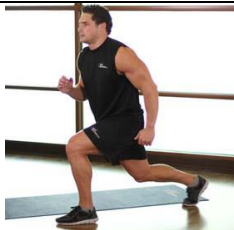
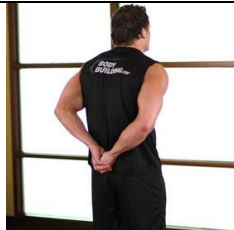
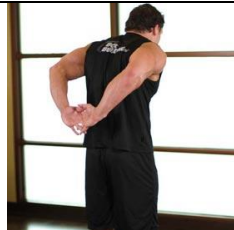
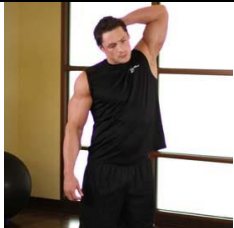
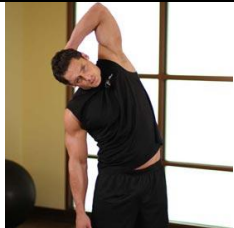
Shoulder Exercises

Alternating Deltoid Raise	Arnold Dumbbell Press	Backward Medicine Ball Throw	Barbell Rear Delt Row	Barbell Shoulder Press	Bent Over Dumbbell Rear Delt Raise	Bent Over Low-Pulley Side Lateral
						
BradfordRock y Presses	Cable Internal Rotation	Cable Rope Rear-Delt Rows	Cuban Press	Dumbbell Lying One-Arm Rear Lateral Raise	Dumbbell Lying Rear Lateral Raise	Dumbbell One-Arm Shoulder Press
						

Tricep Exercises

Bench Dips	Bench Press - Powerlifting	Board Press	Cable Lying Triceps Extension	Cable One Arm Tricep Extension	Cable Rope Overhead Triceps Extension	Close-Grip Barbell Bench Press
						
Decline Dumbbell Triceps Extension	Dip Machine	Dips - Triceps Version	Dumbbell One-Arm Triceps Extension	Kneeling Cable Triceps Extension	Low Cable Triceps Extension	Lying Close-Grip Barbell Triceps Press To Chin
						
Lying Dumbbell Tricep Extension	Lying Triceps Press	Machine Triceps Extension	One Arm Pronated Dumbbell Triceps Extension	One Arm Supinated Dumbbell Triceps Extension	Push-Ups - Close Triceps Position	Reverse Grip Triceps Pushdown
						
Seated Bent-Over Two-Arm Dumbbell Triceps Extension	Seated Triceps Press	Standing Bent-Over Two-Arm Dumbbell Triceps Extension	Standing Low-Pulley One-Arm Triceps Extension	Standing Overhead Barbell Triceps Extension	Triceps Overhead Extension with Rope	Triceps Pushdown
						
Triceps Pushdown - Rope Attachment						
						

All Fours Quad Stretch		Ankle On The Knee		Calf Stretch Hands Against Wall	
					
Cat Stretch		Crossover Reverse Lunge		Dancer's Stretch	
					
Dynamic Chest Stretch		Elbow Circles		Elbows Back	
					
Hamstring		Hamstring Stretch		Hug Knees To Chest	
					
Iron Crosses (stretch)		Knee Across The Body		Kneeling Hip Flexor	
					
One Half Locust		Runner's Stretch		Shoulder Stretch	
					

Side Neck Stretch		Split Squats		Standing Biceps Stretch	
					
Standing Lateral Stretch		Standing Toe Touches		The Straddle	
					
Triceps Stretch					
	