

BACK		
Exercise	Example	Variation
One Arm Puidown	https://youtu.be/8Hn0d3uWt5c	
One Arm Cable Row	https://youtu.be/0dneq5G18r5c	
Lat Pull Downs	https://youtu.be/7u1u3v8D87Q	
DB Row	https://youtu.be/7Dm6E14wvwr1?list=PLNINrVnVn3a20g	
Seated Machine Row	https://youtu.be/8iL8c3k3uA4	
Straight Arm Pull-down	https://youtu.be/09hNkx017d0	
Bent Over Row	https://youtu.be/8W8V5y8b9g0	
Pull-ups	https://youtu.be/6j6G0T075gE	
Assisted Pull Ups	https://youtu.be/8u9p9PHT7tE?list=PLC6C8m8D60q43b3d	
Assisted Neutral Pull Ups	https://youtu.be/6td8t82Ae6QUC?list=PLC6C8m8D60q43b3d	
Assisted Chin Ups	https://youtu.be/8i4d737wv1r?list=PLC6C8m8D60q43b3d	
Hammer High Row	https://youtu.be/8nq3b6h3uA4	
Cable Row	https://youtu.be/Avx5t02f4d0	
Two Arm Dumbbell Row	https://youtu.be/7P3k3uNaw7u?list=PLC6C8m8D60q43b3d	
Neutral Grip Pull Downs	https://youtu.be/8iF830t8A4c	
Smith Machine Row	https://youtu.be/7Dn0u0L437u?list=PLNINrVnVn3a20g	
Narrow Grip Pull Down	https://youtu.be/6r8B8NMr_o0h?list=PLNINrVnVn3a20g	
T Bar Row	https://youtu.be/m2K4G7v0z6d	
Machine Chest Supported Row	https://youtu.be/8rry2826u64?list=PLNINrVnVn3a20g	
Chin-ups	https://youtu.be/8u9p9PHT7tE?list=PLC6C8m8D60q43b3d	https://youtu.be/8u9p9PHT7tE?list=PLC6C8m8D60q43b3d
Chest Supported Row	https://youtu.be/8rry2826u64?list=PLNINrVnVn3a20g	https://youtu.be/8rry2826u64?list=PLNINrVnVn3a20g
Supinated Pull Downs	https://youtu.be/8u9p9PHT7tE?list=PLC6C8m8D60q43b3d	
BB Shrug	https://youtu.be/8u9p9PHT7tE?list=PLC6C8m8D60q43b3d	
Cable Shrugs	https://youtu.be/8u9p9PHT7tE?list=PLC6C8m8D60q43b3d	
Shoulder Shrugs	https://youtu.be/8u9p9PHT7tE?list=PLC6C8m8D60q43b3d	

Exercise	Example	Variation
Hip Thrust	https://youtu.be/7ZdmvY9WuA	http://youtu.be/7ZPmivX9R2c
Back Extensions	https://youtu.be/4H8wE1N.us	
Good mornings	http://youtu.be/ANP6Gn8z74c	
KAS Bridge	https://youtu.be/shorts/G1a47P0eUQ7s?si=671174Hcyz2134dc	
Smith Machine Hip Thrust	https://youtu.be/afuq3S6Jd4M	
DB Lunges	https://youtu.be/7WfW05i81U	http://youtu.be/7ZDB80T9uKs
Sumo Squat	https://youtu.be/De3d8d8d3Uw	
Sumo Deadlift	https://youtu.be/n5M94t4814c	
Smith Machine Reverse Lunge	http://youtu.be/7K...50U7UDe7s?si=8mYv6Se8m9D3o2uq	
Hip Abductors	http://youtu.be/7B...8U4Q20027s?si=7vex4vGm4G16s	
Deadlifts	http://youtu.be/3NPP0F483DQ	
Stiff Leg Deadlift	https://youtu.be/7N...7e38P..U	
Dumbbell Stiff Legged Deadlift	https://youtu.be/VCY5GacQ4R8?si=yv2456L4MOLd8nN	
Glute Kickbacks	http://youtu.be/PP5d8RT7IE	
Goblet Squats	https://youtu.be/8K4p855G6gk	
Single Leg Curl	http://youtu.be/NE6F0vaagp0	
Hamstring Curl	http://youtu.be/69H4781Ng	
Single Leg Press	http://youtu.be/3VT7Eqm4Qk	
Romanian Deadlifts	http://youtu.be/75eDeaf5m3Zs	
One Leg Hip Thrust	https://youtu.be/7e5t8m9nDm2?si=74bV4Y9Z6	

CHEST		
Exercise	Example	Variation
BB Incline Bench Press	https://youtu.be/7dG0eE7Yk2w	https://youtu.be/1m0d1tR9W48
DB Incline Bench Press	https://youtu.be/8tBo0b15d4	
Dumbbell Pullover	https://youtu.be/4W7v_g0H8U0	
Incline Chest Press Machine	https://youtu.be/D9wv8C3Ua3d4	https://youtu.be/6t0Hh1HvUd0
Cable Fly	https://youtu.be/W1MfMCpTg4c	
Chest Press Machine	https://youtu.be/0r70t0L4_p84	https://youtu.be/WYU1_uh3X0n7c
Chest Fly	https://youtu.be/7dDy9vF5uEzD8	https://youtu.be/8wvGnGPalluY
DB Chest Fly	https://youtu.be/Er7m3b0kM7w7e	
Incline DB Chest Fly	https://youtu.be/8oD53C8wA9o2	https://youtu.be/8oD53C8wA9o2
Close Grip Bench Press	https://youtu.be/4QU9v9581e-d08	https://youtu.be/8wvGnGPalluY
Close Grip Incline Bench Press	https://youtu.be/76N6k646Gz6Nw	
Push-ups	https://youtu.be/00bD0x707	
Deficit Push-ups	https://youtu.be/femN0dL3D0c	
Bench Press	https://youtu.be/7r7DnG-3ag	
Smith Machine Bench Press	https://youtu.be/05vUcPD0Xy74n0	https://youtu.be/4tMf1vYU0M0Hl
Smith Machine Incline Bench Press	https://youtu.be/142M04374n0	
Smith Machine Close Grip Bench Press	https://youtu.be/cFh_3T0QyV2n0	
Smith Machine Close Grip Incline Bench Press	https://youtu.be/Pr1p9gAYn7L0	
DB Bench Press	https://youtu.be/7D2D5_V7d6R2a1n3	https://youtu.be/4tMf1vYU0M0Hl
L to H Cable Fly	https://youtu.be/M1N80a-WA-8	
H to L Cable Fly	https://youtu.be/8wvGnGPalluY	
Decline Chest Press Machine	https://youtu.be/1R7ZC7DPD2-nEPK0u0Fw4Qp8A	
Incline Pushup		https://youtu.be/4tMf1vYU0M0Hl

QUADS		
Exercise	Example	Variation
Smith Machine Squats	https://youtu.be/_eQ3y8v9qHk	
Belt Squat	https://youtu.be/_2yLPM7SiB1Qw	
Sissy Squat	https://youtu.be/Zn5lms9iA	
Bulgarian Split Squat	https://youtu.be/33evr408	
Leg Press	https://youtu.be/yJwXcAB3BQ	https://youtu.be/70N05Kw0N1g
Single Leg Extension	https://youtu.be/7Wd3V4Gt6	
Squats	https://youtu.be/2p2QD7746	https://youtu.be/7d1ar0y7D7Q
Front Squat	https://youtu.be/s4t5vsm6L6	
Horizontal Leg Press	https://youtu.be/vs1WY6DQ0	
Hack Squats	https://youtu.be/r7pM6dyw7T4	
Leg Extensions	https://youtu.be/bsm9fDq6Lgmo	
Heel Elevated Squat	https://youtu.be/70N05Kw0N1g?list=PL3g0vcm0mzG5m0	
Goblet Squat	https://youtu.be/y6BA3p0u7D5icm6t4IzkeB4vuxv0R	

BICEPS		
Exercise	Example	Variation
DB Curls	https://youtu.be/41xm75u0Qo0	
DB Concentrated Curl	https://youtu.be/78b146d82w0	
DB Hammer Curls	https://youtu.be/8AM72w1dY4	
Horizontal Cable Curls	https://youtu.be/7t7b87W1T4I	https://youtu.be/5o0d8t0G8t0
Lower Cable Curls	https://youtu.be/2uAVU7y9z6Q	
EZ Bar Curls	https://youtu.be/6wG2g3P8g0	
Incline DB Curls	https://youtu.be/4T9vK_jaQ0	
Bayesian Curls	https://youtu.be/4ar338e_hm04	
Barbell Curls	https://youtu.be/4uH3F4vrr0Q	
DB Bench Wrist Curl	https://youtu.be/2eP8eC803p2	42735V09K80
Machine Preacher Curls	https://youtu.be/62t8D0N0w0	
Preacher DB Curls	https://youtu.be/4mgU9U86W0	
Preacher 7 Bar Curls	https://youtu.be/4m9m0a3U00	

CALVES		
Exercise	Example	Variation
Call Raises	https://youtu.be/7GACi_eobMhgw	
Seated Call Raises	https://youtu.be/3e3m61-rFQ8w	
Call Press Raises	https://youtu.be/7Nv_NU8NvK58I	
DB Seated Call Raises	https://youtu.be/7Nv_NU8NvK58I	
Single Leg Call Raises	https://youtu.be/-gE-z3cmNM7Q https://youtu.be/3e3m61-rFQ8w	
Toe Raises	https://youtu.be/3e3m61-rFQ8w	

TRICEPS		
Exercise	Example	Variation
One Arm Overhead Extension	https://youtu.be/_uick7M74T4	
Overhead Extension	https://youtu.be/nbIVP0edQ4Q	
One Arm Overhead Extension		
Hex Press	https://youtu.be/MiOeSCReaQY	
Triceps Dips	https://youtu.be/3l3l3qy-5tM	
Assisted Triceps Dips	https://youtu.be/23l3mDmP1iY	
Crossed Cable Extension	https://youtu.be/Tz0t4d9m7M0	
V Cable Push-down	https://youtu.be/7M9m5u6z7M0	
Skull Crushers	https://youtu.be/3l3l3qy-5tM	
Overhead Cable Extension	https://youtu.be/3l3l3qy-5tM	
Triceps Push-Down	https://youtu.be/3l3l3qy-5tM	
Inverted Skullcrusher	https://youtu.be/3l3l3qy-5tM	
DB Triceps Kickbacks	https://youtu.be/3l3l3qy-5tM	
Machine Triceps Pushdown	https://youtu.be/3l3l3qy-5tM	
JM Press	https://youtu.be/3l3l3qy-5tM	
Tricep Extension Machine	https://youtu.be/3l3l3qy-5tM	
DB Tricep Extension	https://youtu.be/3l3l3qy-5tM	
Rope Cable Push-down	https://youtu.be/3l3l3qy-5tM	

SHOULDERS		
Exercise	Example	Variation
DB Front Raises	https://youtu.be/hu8t8t9S-ft	
Front Bar Raises	http://youtu.be/vc4DnraNvMI	
Seated BB Shoulder Press	https://youtu.be/8uq2CtN6GEY?c=4&hd=TH/BentGala	
Smith Machine BB Shoulder Press	https://youtu.be/DLqZDUUD280?si=J5UvUG514L_05-q	
DB Shoulder Press	https://youtu.be/5eJwK6S5Gog	
Machine Shoulder Press	https://youtu.be/WvUjMaqrnR8?si=1E8m9eUoA6G-o	
Arnold Press	https://youtu.be/8a135L_5w0dWg	
Side Lateral Row	https://youtu.be/5eJwK6S5Gog	
Upright Row	https://youtu.be/5uM3YVzoum91?si=g65x4PNNMw-7C8RWX	
Cable Upright Row	https://youtu.be/1u66q4N6hN7?si=8r3n6-zCPGnW4w	
Dumbbell Upright Row	https://youtu.be/1r06GK8nR7?si=8r3n6-zCPGnW4w	
Cable Lateral Raises	https://youtu.be/3oJ2e3Q6Z9?si=W-C138_8ue7nG5a	
Facepull	https://youtu.be/L-M0DnZdcmAO2?si=1Gh4hL5ht8P8yn	
Machine Lateral Raises	http://youtu.be/0U7UcL144	
Bent Lateral Raise	https://youtu.be/6eG9d74e	https://youtu.be/5eJwK6S5Gog
Incline Dumbbell Lateral Raise	https://youtu.be/3PR2vA10A2?si=5eX0C-U8UWUg	
Chest Supported Rows	https://youtu.be/8m6mM6m1A00	
Machine Reverse Fly	https://youtu.be/8m6mM6m1A00	