

EXERCISES AVAILABLE IN PDF (ebook) FORMAT:



CHEST:	BB Incline Bench Press
	DB Chest Press
	DB Incline Chest Press
	DB Incline Fly
	DB Fly
	BB Incline Chest Press
BACK:	BB Deadlift
	Seated Row
	Wide-Grip Lat Pulldown
	DB Bent Over Row
	BB Bent Over Row
	BB Reverse-Grip Bent Over Row
	Close Grip Lat Pulldown
	Wide-Grip Pull Up
	DB 1 Arm Row
	Face Pull
	Reverse Grip Lat Pulldown
SHOULDERS:	DB Seated Shoulder Press
	BB Standing Shoulder Press
	DB Lat Raise
LEGS:	BB Back Squat
	DB Alternating Reverse Lunge
	Machine Leg Press
	Single Leg Standing Calf Raise
	Leg Curl
	Seated Calf Raise
	DB Bulgarian Split Squat
	DB Squat
	Leg Extension

EXERCISES AVAILABLE IN VIDEO FORMAT:



CHEST:	BB Incline Bench Press
	DB Chest Press
	DB Incline Chest Press
	DB Incline Fly
	DB Fly
	BB Incline Chest Press
BACK:	BB Deadlift
	Seated Row
	Wide-Grip Lat Pulldown
	DB Bent Over Row
	BB Bent Over Row
	BB Reverse-Grip Bent Over Row
	Close Grip Lat Pulldown
	Wide-Grip Pull Up
	DB 1 Arm Row
	Face Pull
	Reverse Grip Lat Pulldown
SHOULDERS:	DB Seated Shoulder Press
	BB Standing Shoulder Press
	DB Lat Raise
LEGS:	BB Back Squat
	DB Alternating Reverse Lunge
	Machine Leg Press
	Single Leg Standing Calf Raise
	Leg Curl
	Seated Calf Raise
	DB Bulgarian Split Squat
	DB Squat
	Leg Extension

CONTINUED>>>

EXERCISES AVAILABLE IN PDF FORMAT:

ARMS:	BB Bicep Curl
	Rope Tricep Pushdown
	DB Seated Hammer Curl
	DB Incline Curl
	DB Overhead Tricep Extension
	DB Concentration Curl
	BB Close-Grip Bench Press
CORE:	Plank
	Hanging Leg Raise
	Reverse Bench Crunch
	Side Plank
	Ab Rollout
	X Mountain Climbers
	Cable Rope Crunches
HOME WORKOUTS:	Air Squats
	Wide Press Ups
	Bent Over Resistance Band Row
	Alternating Reverse Lunges
	Narrow Press Ups
	Resistance Band Shoulder Press
	Squat Jumps
	Mountain Climbers
	Prisoner Squats
	Hip Bridges
	Bodyweight Walking Lunge / Forward Lunge
	Bird Dogs
	Resistance Band Lateral Raise
	Resistance Band Lat Pulldown
	Burpees

EXERCISES AVAILABLE IN VIDEO FORMAT:

ARMS:	BB Bicep Curl
	Rope Tricep Pushdown
	DB Seated Hammer Curl
	DB Incline Curl
	DB Overhead Tricep Extension
	DB Concentration Curl
	BB Close-Grip Bench Press
CORE:	Plank
	Hanging Leg Raise
	Reverse Bench Crunch

CONTINUED>>>

EXERCISES AVAILABLE IN PDF FORMAT:

DYNAMIC STRETCHES:

Chest Stretch

Rotator Cuff Warm Up

Shoulder Circles

Stick Ups

Trunk Rotation

Hamstring Stretch

Heel Kicks

Striders

STATIC STRETCHES:

Neck & Trapezius Stretch

Upper & Mid Back Hug Stretch

Tricep Rope Stretch

Chest Stretch

Lat Stretch

Deltoid Stretch

Lying Glute Stretch

Standing Glute Stretch

Straight Leg Bench Hamstring Stretch

Butterfly Adductor Stretch

Calf Stretch

Bent Knee Hamstring Stretch

Ab Stretch

Hip Flexor Stretch

Knees To Chest Lower Back Stretch

Quad Stretch