

Body Part	Exercise	Weights
Chest	push ups	n/a
	bench press	dumbbell or barbell
	chest press	dumbbell or machine
	incline bench	dumbbell or barbell
	decline bench	dumbbell or barbell
	incline press	dumbbell or machine
	decline press	dumbbell or machine
	chest fly	dumbbell or cables
	incline fly	dumbbell or cables
	decline fly	dumbbell or cables
Back	rows	machine,dumbbell, or barbell
	back flies	machine or dumbbells
	pull ups	pull up bar
	lat pulldowns	lat machine
	(lower back= core)	
biceps	straight bar culs	straight bar
	EZ bar curls	EZ bar
	concentration curls	dumbbells
	hammer culrs	dumbbells
	preacher curls	bar or dumbbells
	french curls	bar or dumbbells
Triceps	dips	dip machine
	kick backs	dumbbells
	skull crushers	dumbbells
	bench dips	bench
	overhead extension	dumbbells or cables
	tricep pulldowns	cable machine
	7's	bar
shoulders	shoulder press	bar, machine, or dumbbells
	Arnold press	dumbbells
	upright rows	bar, machine, or dumbbells
	front delt raise	bar, machine, or dumbbells
	side delt raise	dumbbells or machine
	rear delt raise	dumbbells or machine
Legs	squats	bar or dumbbells
	leg press	leg press machine
	lunges	bar or dumbbells
	leg extension	machine
	leg curl	machine
	calf raises	machine, dumbbells, or bar
Core	crunches	floor
	leg lifts	floor or Roman Chair
	side bends	floor or weights
	Russian Twists	floor and/or weights
	ab pulldown	cable machine
	sit ups	floor or decline
	low back extensions	floor or low back incline machine
	planks	floor