

Exercises “Free weights”

Exercise	Muscles	Position Variations	Material Variations	Grip Variations
Sit up	abdominals	flat/incline/decline	weight	
Crunches	abdominals	flat/sitting	weight/cable	triangle/v-grip
Leg raises	abdominals	flat/incline/dipping/hanging	dumbbell/cable	
Twisted leg raises	abdominals	flat/incline/hanging	dumbbell/cable	
Leg pull-in	abdominals	flat/seated/incline/dipping/hanging	cable	
Leg circles	abdominals	incline/side	dumbbell	
Banana	abdominals	flat/decline	weight	
Russian twist	abdominals	incline/straight leg	weight	
Scissors	abdominals	flat/incline	dumbbell	

Exercise	Muscles	Position Variations	Material Variations	Grip Variations
Side bends	abdominals lower back	standing/seated	barbell/dumbbell	
Rhomb	triceps/ abdominals	bent over	dumbbell/barbell	reverse
Dips/Push-ups	pectorals triceps	bench/bar	weight	close/medium/wide/reverse
Bench press	pectorals triceps	flat/incline/decline	barbell/dumbbell/ power bar/z-bar	close/medium/wide/reverse
Fly's	pectorals	flat/incline/decline	dumbbell	rotation
Dumbbell Cross over	pectorals	flat/incline/decline	dumbbell	rotation
Cross over	pectorals	standing	cable	one armed
Pull over	pectorals/rib cage/latissimus	flat/incline/decline	barbell/dumbbell/ power bar/z-bar	close/medium/wide/reverse/ open
Dumbbell press	deltoids	sitting/standing	dumbbell	palms in/palms out/ one armed

Exercise	Muscles	Position Variations	Material Variations	Grip Variations
Shrugs	trapezius	sitting/standing	dumbbell/barbell	
Upright row	deltoids/trapezius		dumbbell/barbell/cable	close/medium/wide
Dumbbell raise	deltoids	sitting/standing/ bent over/flat/ incline/decline front/side	dumbbell/barbell/cable	close/medium/wide/rotation/ one armed/straight armed
Neck press	deltoids	sitting/standing	dumbbell/barbell	
Front press	deltoids	sitting/standing	dumbbell/barbell	
Military Press	deltoids	sitting/standing	dumbbell/barbell	
Dead lift	lower back/ thighs	stiff legged/flat footed/ heels lifted/keystone	dumbbell/barbell	close/wide/heel lift
High Pull	back/legs			medium/wide
Clean	back/legs		dumbbell/barbell	
Chinning	latissimus	front/rear/side	weight/v-bar	close/medium/wide/reverse

Exercise	Muscles	Position Variations	Material Variations	Grip Variations
Lat pull down	latissimus	seated/kneeling	long bar/small grip	close/wide/reverse
Front pull down	latissimus	seated/kneeling	long bar/small grip/ triangle	close/wide/reverse
Barbell row	latissimus	bent over/lying/head supported/one armed	bench	close/medium/wide/ reverse/open
Dumbbell row	latissimus	bent over/head sup- ported/one armed	bench	rotation
Cable row	latissimus	sitting/bent over/ one armed	long bar/v-grip/triangle	low/medium/high/close/ medium/wide/rotation
Straight arm push down	latissimus	sitting/standing/bent over one armed	long bar/small grip	close/wide
Triceps curl/ French press	triceps	standing/kneeling/sitting/ lying/incline/decline/bent over/one armed/head sup- ported	dumbbell/barbell/z-bar/ cable/bench	close/medium/reverse

Exercise	Muscles	Position Variations	Material Variations	Grip Variations
Triceps press	triceps	standing/kneeling/sitting/ lying/incline/decline/one armed	dumbbell/barbell/z-bar/ bench	close/medium/reverse
Triceps kick back	triceps	standing/kneeling/sitting/ lying/incline/decline/bent over/one armed	dumbbell/barbell/z-bar/ bench	close/medium/reverse
Triceps extension	triceps	standing/sitting/kneeling/ lying/incline/decline/bent over/head supported/one armed	dumbbell/cable	
Triceps push down	triceps	standing/sitting/kneeling/ incline	long bar/v-grip/cable	close/medium/wide/reverse
Biceps curl	biceps	standing/sitting/kneeling/ squatting/ lying/incline/ decline/one armed/back supported	dumbbell/barbell/ power bar/z-bar/cable/ scott bench/flat preacher bench	close/medium/wide/reverse

Exercise	Muscles	Position Variations	Material Variations	Grip Variations
Squat	thighs	close stance/medium stance/ wide stance/nonlock/flat footed/heels lifted/jump/one legged	barbell/dumbbell/z-bar bench	
Front squat	thighs	close stance/medium stance/ wide stance/nonlock/flat footed/heels lifted	barbell/bench	
Hack squat	thighs	close stance/medium stance/ wide stance/flat footed/heels lifted	barbell/dumbbell	
Zercher squat	thighs	close stance/medium stance/ wide stance, flat footed, heels lifted	barbell/power bar	
Sissy squat	thighs	close stance/medium stance/ wide stance/one legged	dumbbell/bench	
Jefferson Lift	thighs		barbell	
Lunges	thighs	front/side/squat/walking/drop	dumbbell/barbell/z-bar	hack/front/zercher

Exercise	Muscles	Position Variations	Material Variations	Grip Variations
Step Up	thighs	small/wide	barbell/dumbbell/z-bar	front/zercher
Good morning	biceps/lower back	bent legged/stiff legged/flat footed/heels lifted	barbell	
Calf raises	calf	standing/sitting/one legged/knee bent/donkey	dumbbell/barbell/leg press machine/calf machine	



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DSC00108



standing barbell rotation:
starting position



standing barbell rotation:
left



standing barbell rotation:
right



standing barbell rotation:



standing barbell rotation:



standing barbell rotation:
starting position forehand

right full range



standing barbell rotation:
forehand left

left full range



standing barbell rotation:
forehand right



russian twist:
starting position



russian twist:
right



russian twist:
side view



hanging leg raise



hanging leg raise:
rotation left



hanging leg raise:
one legged