

List of Exercises

Chest Exercises

- Bench Press
- Dumbbell Chest Press
- Dumbbell Chest Flies
- Machine Pectoral Flies

Shoulder Exercises

- Lateral Shoulder Raises
- Front Shoulder Raises
- Dumbbell Shoulder Press

Tricep Exercises

- Tricep Dips
- Tricep Extension Machine
- Tricep Skull Crushers

Leg Exercises

- Squats (Legs & Quads)
- One Leg Squats
- Lunges
- Calf Raises
- Leg Raises

Core/Abs Exercises

- Planks
- Core Twists
- Weighted Medicine Ball Twists/Throws at Wall
- Push Ups (chest also)