List of Exercises

Biceps
- Bicep Curls
  - Bar, DB, Cable, S/S
- Hammer Curls
  - Bar, DB, Cable, S/S
- Concentration Curls
- Seated Incline Curls
- Preacher Curls

Triceps
- Tricep Extensions
  - DB/Bar/Cable
  - Decline
- DB Kickback
- Cable Pressdown
- Close Grip Bench Press
- Triangle Push-Ups
- Dips

Shoulders
- Overhead Shoulder Press
  - Bar, DB, Cable, S/S
- Military Press
  - Bar, DB
- Front Raise
  - Bar, DB, Cable
- Lateral Raise
  - DB, Cable
- Reverse Fly

Chest
- Bench Press
  - Bar, DB
  - Incline/Decline
- Chest Flies
  - DB, Cable
  - Incline/decline
- Push-ups

Back
- Upright Row
  - Bar, DB
- Seated Cable Rows
- Shrugs
  - Bar, DB, Cable
- Lat Pull-Down
- Straight Arm Pullover
  - Bar, DB, Cable
- Straight Arm Pull-down
- Pull-ups
- Back Extensions
- Bridges
- Superman
- Planks

Abs
- Crunches
  - Incline/decline
  - Yoga ball crunch
  - Cable crunch
- Leg raises
  - Knee raises
  - Oblique raises
- Reverse crunches
- Bicycle
- Planks
- V-Up
- Oblique Crunch
- Russian Twist
- Woodchop
  - Cable, Med ball

Quads
- DB Step-ups
- Leg Extensions
- Squats
  - Front, back
- Single-leg squat
- Lunges
- Squat Jump
- Leg press

Hamstrings
- Leg curls
- RDL’s
- Deadlifts
- Glute-Ham Raises
- Good Mornings

Calves
- Calf raises
  - Bar, DB, S/S

Notes:
Bar = Barbell
DB = Dumbbell
Cable = Cable machine
S/S = Seated/Standing

If you are unsure about how to perform these exercises, look them up online for illustrations.

The following website has a much more exhaustive list of exercises with helpful demonstrations.
http://www.exrx.net/Lists/Directory.html