EXERCISE FORM VIDEOS

CHEST

- Barbell Bench Press
- Incline Barbell Bench Press
- Dumbbell Bench Press
- Incline Dumbbell Bench Press
- Dip (Chest Variation)

SHOULDERS

- Seated Dumbbell Press
- Arnold Dumbbell Press
- Dumbbell Side Lateral Raise
- Dumbbell Rear Lateral Raise (Seated)
- Dumbbell Rear Lateral Raise (Bent-Over)
- Barbell Rear Delt Row

BACK

- Barbell Deadlift
- Barbell Row
- Seated Cable Row (Close-Grip)
- Seated Cable Row (Wide-Grip)
- One-Arm Dumbbell Row
- Lat Pulldown (Wide-Grip)

- Lat Pulldown (Close-Grip)
- Chin-Up
- Pull-Up

ARMS

- Triceps Pushdown
- Barbell Curl
- Seated Triceps Press
- E-Z Bar Curl
- Lying Triceps Extension (“Skullcrusher”)
- Dumbbell Hammer Curl
- Dip (Triceps Variation)
- Alternating Dumbbell Curl
- Close-Grip Bench Press

LEGS

- Barbell Squat
- Dumbbell Single-Leg Split Squat
- Romanian Deadlift
- Barbell Lunge (Walking)
- Leg Press
- Dumbbell Lunge (In-Place)
- Barbell Single Leg Split Squat
- Dumbbell Lunge (Reverse)

- Leg Curl (Lying)
- Lying Leg Curl (Seated)
- Seated Calf Raise
- Standing Calf Raise
- Leg Press Calf Raise

CORE

- Weighted Sit-Up
- Cable Crunch
- Captain's Chair Leg Raise
- Hanging Leg Raise
- Plank
- Abdominal Rollout