

1. Lifting Technique.....What Moves and What doesn't
2. What is a "SET"
3. What is a REP (What is this short for)
4. Max Workout, Toning Workout, Strength/Endurance Workout
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

SHOULDERS

- Dumbbell Side Laterals



Cable Side Laterals



Dumbbell Front Laterals



Up Right Row



Cable Up Right Row

Dumbbell Military Press



CHEST

Dumbbell Flys



Barbell Bench Press



Barbell Incline Press



Cable Crossover



BICEPS —

Dumbbell Concentration Curls



Cable Bicep Curls



Barbell Curls

TRICEPS

Dumbbell Single Arm Extension



Dips



Dumbbell Double Arm Extension



Tricep Push Downs



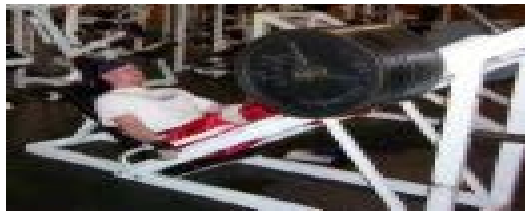
Dumbbell Extensions



Barbell Extensions



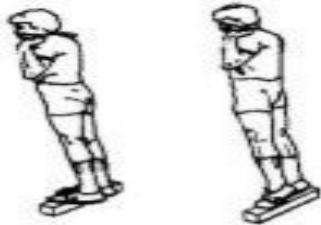
LEGS - Leg Press



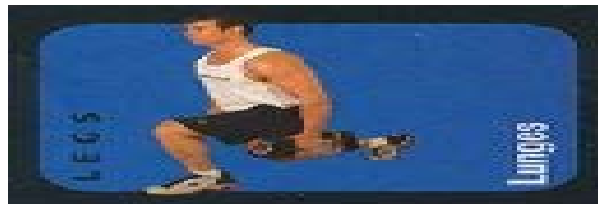
Squats



Calf Raises



Dumbbell Lunges



BACK

Seated Row



Bent Over Row



Dumbbell Rows



Lat Pull Down—Upper back/shoulders

