



# **BODY WEIGHT AND DUMBBELL EXERCISES**

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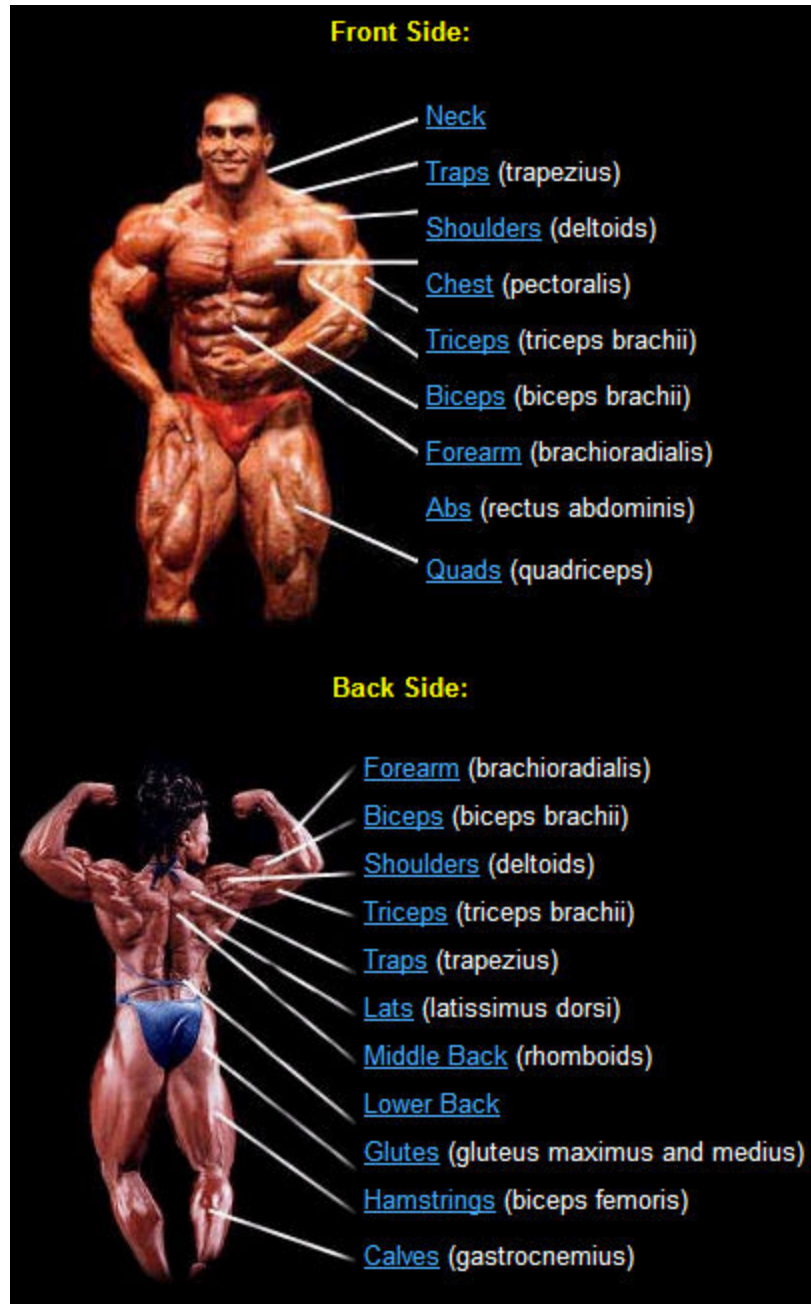
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# MUSCLE OVERVIEW

## Muscle Diagram



# Chest – Body Weight Only

## Dips - Chest Version

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Same as the Triceps Version, except you are leaning forward, which works more of the lower chest. Using the parallel bars, grip the handles and push yourself up to your starting position. With elbows close to body and hips straight, lower body until shoulders are slightly stretched. Push body up in same posture and repeat. You can bend and cross your legs or keep them straight. You can add weight by using a [Dip Belt](#).

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## Isometric Chest Squeezes

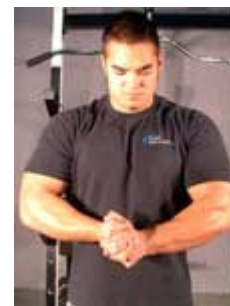
### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Biceps

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Bend your arms and place your hands together in front of your chest. Push both hands against each other and hold for the required number of seconds. Remember to breath throughout the isometric contraction!

## Push-Ups (Close and Wide Hand Positions)

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Same as the regular [Push-Up](#) but with your hands in a close or wide position, to work more of the inner or outer chest.

---

## Push-Ups With Feet Elevated

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Kneel down on the floor and place your hands flat on the floor and slightly wider than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on a stand that is 18 inches high. The higher the stand the greater intensity of the exercise! At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that you are looking down toward the floor. This is the starting position. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. You can also do this with a weight plate on your back!

# Pushups

## Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Kneel down on the floor and place your hands flat on the floor and slightly wider than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on the floor, so that your knees are off the floor and your legs are straight. At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that you are looking down toward the floor. This is the starting position. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. If you need to reduce the intensity of this exercise you can perform the pushup from your knees.



# Chest – Dumbbells Only

## Bent-Arm Dumbbell Pullover

### Exercise Data

**Main Muscle Worked:** Chest

**Other Muscles Worked:** Triceps, Shoulders, Lats

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Lie on a bench, head over the end, with your feet flat on the floor. Lower weights in a semicircular motion towards floor. Go as low as you can without pain. Go back up using the same path. Keep your elbows in! Can also be done with your arms straight, or with two dumbbells (one in each hand).

---

## Decline Dumbbell Bench Press

### Exercise Data

**Main Muscle Worked:** Chest

**Other Muscles Worked:** Triceps, Shoulders

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Like the [Dumbbell Bench Press](#) but on a decline bench. This works more of the lower chest.

## Decline Dumbbell Flyes

### Exercise Data

**Main Muscle Worked:** Chest

**Other Muscles Worked:** Shoulders

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Using a decline bench, hold dumbbells together at arms' length above your shoulders, palms facing each other. Keep arms as straight as possible with a slight bend in the elbow. Lower dumbbells out to each side of your chest in a semicircular motion. Return to chest using the same path. Keep head and back firmly on the bench and your feet on the floor.

---

## Dumbbell Bench Press

### Exercise Data

**Main Muscle Worked:** Chest

**Other Muscles Worked:** Triceps, Shoulders

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Sit on the edge of a flat bench with dumbbells on your knees. In one smooth motion, roll onto your back while bringing the dumbbells up to a position slightly outside and above your shoulders. Your palm should face forwards. Bend your elbows at a 90 degree angle so that your upper arms are parallel to the ground. Press the weights up over your chest in a triangular motion until they meet above the centerline of your body. As you lift, concentrate on keeping the weights balanced and under control. Then, follow the same path downward until your arms are slightly below parallel to the floor.

## Dumbbell Flyes

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Sit down on a flat bench with a dumbbell in each hand. Then lie back, keeping the dumbbells close to your chest. Lift the dumbbells over your chest by extending your arms. Maintain a slight bend in your elbows. Keep your hips and shoulders flat on the bench and your feet on the floor. Lower the dumbbells to the sides of your body in an arc-like motion. At the lowest point, your bent elbows should be on a horizontal plane even with the bench. Slowly bring the weights back up over your chest in an arc. The bend in your elbows should stay the same throughout the exercise.

---

## Hammer Grip Incline DB Bench Press

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Grab a dumbbell for each hand. Lay on the bench with the head, shoulders, and butt firmly on the bench and the feet firmly on the floor. Pull the shoulder blades together to form a solid pressing surface. Use a hammer grip (palms facing each other). Lower the weight evenly to the sides of the chest. Drive the weights in a straight line up to the starting position. Maintain a tight midsection throughout execution. Drive the feet through the floor. Can also be done on a flat bench or decline bench.

## Incline Dumbbell Bench With Palms Facing In

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Same as the [Incline Dumbbell Press](#) but with your palms facing towards each other at all times. Keep your arms close to your sides.

---

## Incline Dumbbell Flyes

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Same as the [Dumbbell Flyes](#) but on an incline bench. Works more of the upper chest.

## Incline Dumbbell Flyes - With A Twist

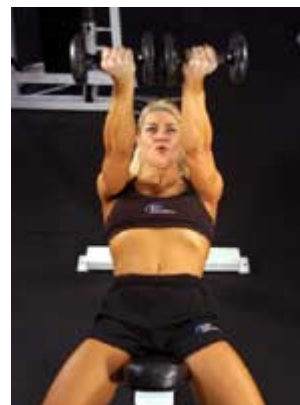
### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Like the [Incline Dumbbell Flyes](#) but on the way up twist your arms so that your pinky finger face each other at the top.

---

## Incline Dumbbell Press

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Sit on the edge of an incline bench set at about a 45-degree angle. Pick up a dumbbell in each hand and place them on your thighs. Then, one at a time, raise them up to your shoulder level while you press your back and shoulders firmly against the bench. Press the weights back up to a point over your upper chest, with your palms facing forward. Lower the weights slowly. Inhale as you lower the weights and exhale as you lift.



## One Arm Dumbbell Bench Press

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** This is an exercise that you should not attempt with excessively heavy weight, due to the imbalance it can create during execution. With that in mind, the one-arm dumbbell bench is a great tool to promote balance and control because it allows you to strengthen your support muscles, without which you will continue to have rotator pain.

This is like the regular Dumbbell Bench Press but with one arm at a time. Start by lying on a flat bench with one dumbbell in one hand and the other hand at your side, holding the side of the bench.

---

## One-Arm Flat Bench Dumbbell Fly

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Hold a dumbbell in one hand and lie on your back on a flat bench with your feet flat on the floor. Grab the bench near your hip with your free hand. Hold the dumbbell out to the side at chest level with your elbow bent and palm facing up. Lift the weight up in a semicircular motion like you were giving a one-arm hug. Make sure your back stays flat on the bench at all times! After the dumbbell has gone past the midline of your body, return slowly to the starting position. Repeat for reps, then switch arms. Start with low weight until you are used to it!

## Straight-Arm Dumbbell Pullover

### Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders, Lats

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Lie on a bench, head at the end, with your feet flat on the floor. Start with your hands flat against the inside plate of the dumbbell at arms' length above chest. Lower dumbbell in semicircular motion behind head as far as possible without pain. Keep your elbows as straight as you can. Return dumbbell to starting position. Can also be done with a barbell.

# Shoulders – Body Weight and Dumbbells

## Handstand Push-Ups

### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Kick yourself up against a stable wall with your arms straight. Make sure that your body is as straight up and down as you can. Keep facing the wall with your head, rather than looking down. Slowly lower yourself to the ground. Once your head almost touches the ground, push yourself back up slowly until your elbows are nearly locked. Repeat. A true test of strength!



# Shoulders – Dumbbells Only

## Arnold Dumbbell Press

### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Hold two dumbbells in front of you at about upper chest level with your palms facing your body and your elbows flexed. Raise dumbbells by extending elbows; abduct and internally rotate shoulders to straight arm position. Lower to original position and repeat.

---

## Bent Over Dumbbell Rear Delt Raise With Head On Bench

### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Rest your forehead on a flat or inclined bench so that you are bent over with your back as close to parallel with the floor as you can. Hold dumbbells with your arms straight down and your elbows locked. Raise the dumbbells out to shoulder height, even with your ears. Do NOT swing the dumbbells up. Keep your body rigid and your head on the bench. Can also be done without the head support.

## Cuban Press

### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Middle Back

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** From a seated or standing position, hold dumbbells in each hand with your shoulders rotated forward. Commence lift by rotating the shoulders back and pinching the rear delts. Lift weight up such that the shoulder to elbow joint is parallel to the ground and the elbow to wrist is perpendicular.

---

## External Rotation

### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** This trains the infraspinatus and teres minor muscles which help keep your shoulders safer from injury. Lay down flat on one side on a flat bench. Using a light dumbbell start the exercise with your right arm fully against the right side with the elbow flexed at a 90 degree angle and pinned against the left hip bone. Do not move your upper arm from this position during the exercise. Slowly raise the dumbbell by rotating the right arm upwards while maintaining your 90 degree bend in the elbow. When your lower arm is pointing straight up, lower it down until it is almost touching the bench. Repeat. Do not move your torso during the exercise.

## Front Dumbbell Raise

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Stand with a dumbbell in each hand, palms facing backward. Your feet should be about shoulder width apart. Maintain a slight bend in your elbows throughout the exercise so that your arms are straight, but not quite locked. Lift the weight in your left hand in front of you in a wide arc until it is slightly higher than shoulder height. With a smooth, controlled motion, lower the weight while simultaneously lifting the weight in your right hand, so that both arms are in motion at the same time. Do not cheat by swinging or leaning backwards! Can also be done with two dumbbells at the same time or a barbell.

---

## Front Incline Dumbbell Raise

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Lay down on an incline bench with the incline set anywhere between 30 to 60 degrees. You can change the angle to hit the muscle a little differently each time. Hold two dumbbells with your arms straight and your palms facing down. The dumbbells should start about 1 inch above your thighs. Slowly raise the dumbbells straight up until they are slightly above your shoulders, while keeping your elbows locked. Squeeze at the top, then lower them to the starting position and repeat. Keep your head resting down against the bench and your legs on the floor.

## Front Two-Dumbbell Raise

### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Same as the [Front Dumbbell Raise](#) but with both arms at the same time. Can also be done with a barbell.

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## Lying One-Arm Lateral Raise

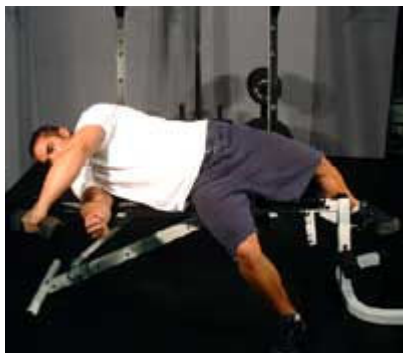
### Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Lats

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lie on your side on a flat bench with a dumbbell in your uppermost hand. Your shoulders should be perpendicular to the bench. The lower arm should be extended in a comfortable position to act as a counterbalance. Your upper leg should be straight in line with the bench and your lower leg should stretch out to the floor to stabilize yourself. Start by extending the dumbbell out in front of your body and slightly toward the floor. Using your shoulder muscles, raise the weight directly above your body, then lower to the starting position. Finish your reps and then switch sides. Don't use weights that are too heavy or you will not be isolating the shoulder as much.

## Lying Rear Delt Raise

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works your rear delts. Lie face down on a fairly tall flat bench. Hold dumbbells, palms facing in, arms hanging straight down. Keep your elbows almost locked and your arms straight. Raise dumbbells in a semicircular motion to shoulder height, in line with your ears at the top of the lift. Lower slowly to the starting position.

---

## One-Arm Incline Lateral Raise

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Sit sideways on a bench and lean one of your shoulders against it. Hold a dumbbell in your uppermost arm. Keeping the dumbbell parallel to the floor at all times, perform a lateral raise. Your arm should travel straight up until it is pointing at the ceiling. Slowly return to the starting position and repeat for your desired number of reps. Switch sides and arms and repeat. You can also do this with a cable or on a flat bench.



## One-Arm Side Laterals

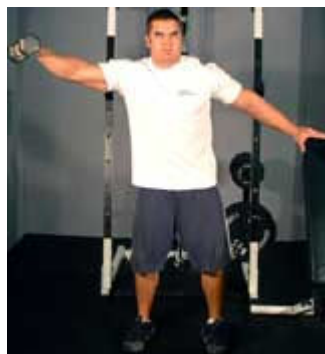
### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Using one arm at a time, you will be able to handle roughly 30 percent more weight than in the standard two-arm version. Strap the working hand into the dumbbell handle, then hold onto something steady with the other, such as an adjustable incline bench or the uprights of a power rack. Leaning into the working shoulder and away from what you're holding onto, use just a touch of body English to power up the dumbbell until it's level with your shoulder. Attempt to bring it to a full stop, then lower slowly. This exercise is undefeated for slapping on meat onto the all-important side deltoid heads.

---

## Reverse Flyes

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works the rear delts. Set an incline bench at the lowest possible angle. Then, with a dumbbell in each hand, lie face down on the bench so that the top of the bench is supporting your chest. Extend your arms in front of you so that they are perpendicular to the angle of the bench. Your palms should be facing each other and your elbows should be slightly bent. Maintaining the slight bend in your elbows, lift the weights by pulling your arms apart in an arcing motion. Think about trying to squeeze your shoulder blades together. Continue moving your elbows up until the dumbbells are at either side of your head. Slowly return to the starting position.

## Reverse Flyes With External Rotation

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** Traps

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** This works mainly the rear delts and two of the rotator cuff muscles. This helps to improve the posture, alignment, and function of the shoulder joint. Lie face down on an incline bench that is set at 30 degrees. Hold a dumbbell in each hand with your palms facing your feet and your arms hanging down. Raise the dumbbells toward the ceiling while maintaining a slight bend in your elbows. As you approach the top, begin externally rotating your arms as if you were attempting to make your palms face forward. When you reach the top, hold for a second and then slowly return to the starting position.

---

## Seated Bent Over Rear Delt Raise

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works your rear delts. Hold two dumbbells and sit at the end of a flat bench with your feet firmly on the floor and fairly close together. Bend forward until your chest nearly touches your thighs. Hang dumbbells between your lower legs and bench. Keep your arms straight and your elbows nearly locked. Raise dumbbells in a semicircular motion until your arms are parallel to the floor, even with your ears. Return slowly to starting position. Do not swing!

## Seated Dumbbell Press

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** Triceps

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Pick up a pair of dumbbells and sit on a shoulder press bench (with a short, straight back) or a regular incline bench adjusted so the back is as straight up as possible. Press your back firmly against the back of the bench with your feet flat on the floor. Hold a dumbbell in each hand, just above shoulder level, with your elbows out and palms facing forward. Press the dumbbells up and in until they nearly touch above your head. Don't let the weights stray back and forth. Press the weights up until your arms are almost straight (your elbows should be just short of locked). Then slowly lower the dumbbells to the starting position.

---

## Seated Side Lateral Raise

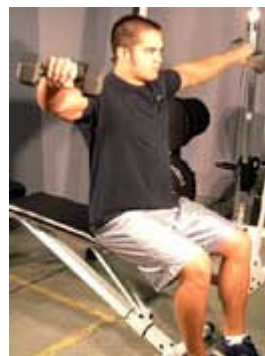
### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works the side delts. Sit at the end of a flat bench with your feet firmly on the floor. Hold dumbbells with your palms facing in and your arms straight down at your sides. Raise dumbbells in a semicircular motion a little above shoulder height. Slowly lower to the starting position using the same path. Do not swing! Keep your arms straight. Can also be done standing.



## See-Saw Press (Alternating Side Press)

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** Triceps, Abdominals

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** A seemingly simple exercise that jumps up and bites back at you. The exercise can be performed with virtually any form of resistance so equipment should never be a problem. The movement starts with the weight held at chest/shoulder level and palms facing towards you (like an [Arnold Press](#)). As you raise your one hand, twist it inwards while simultaneously bending from your hip to your opposite side. With the weight fully extended and you bent over, begin the movement to the other side. A powerful exercise of yesteryear that will thicken the torso-up. For those who enjoy the side press this will take it to the next level.

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## Side Lateral Raise

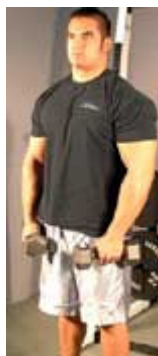
### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Stand upright, with your feet about shoulder width apart and your arms to your sides. Hold a dumbbell in each hand, with your palms turned toward your body. Keeping your arms straight, lift the weights out and up to the sides until they are slightly higher than shoulder level. Then slowly lower them to your sides. It's important to keep your palms turned downward as you lift the dumbbells so that your shoulders, rather than your biceps, do the work. Make sure you lift the dumbbells on the way up rather than "swinging" them up. Don't lean forward! Keep the dumbbells at your sides.

## Standing Dumbbell Straight-Arm Front Delt Raise Above Head

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold dumbbells in front of your thighs, palms facing in. Keep your arms straight, elbows locked and raise dumbbells in a semicircular motion to arm's length overhead. Return to starting position using the same path. Can also be done one arm at a time or seated.

---

## Standing Dumbbell Upright Row

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** Biceps, Traps

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Hold dumbbells, hanging, against your upper thighs. Keep dumbbells about 10 inches apart, thumbs facing in. Pull dumbbells straight up until nearly even with your chin. Keep your elbows up and out! Keep weights close to your body and slowly return to the starting position. Can also be done with a cable or barbell.

## Standing Palm-In One-Arm Dumbbell Press

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** Triceps

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Raise dumbbell to shoulder height. Hold onto something with your free hand to stabilize yourself (like an incline bench). Lock your legs and hips. Keep your elbow in and your palm in. Press dumbbell straight up to arm's length. Return to starting position. Can be done seated as well.

---

## Standing Palms-In Dumbbell Press

### Exercise Data

**Main Muscle Worked:** Shoulders

**Other Muscles Worked:** Triceps

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Raise two dumbbells to shoulder height. Lock legs and hips. Keep your elbows in and your palms facing in. Press dumbbells to shoulder height. Return slowly to starting position. Can also be done seated, or with one dumbbell at a time.

# Traps – Dumbbells Only

## Dumbbell Shrug

### Exercise Data

**Main Muscle Worked:** Traps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Stand straight up with your feet at shoulder width. Hold two dumbbells with your arms hanging at your sides. Droop shoulders down as far as possible. Raise shoulders up as far as you can go. Then slowly return to the starting position. You can also rotate your shoulders by going up in a circular motion from front to rear and then back down. Can also be done holding a barbell instead.

---

## Standing Dumbbell Upright Row

### Exercise Data

**Main Muscle Worked:** Traps

**Other Muscles Worked:** Biceps, Shoulders

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Hold dumbbells, hanging, against your upper thighs. Keep dumbbells about 10 inches apart, thumbs facing in. Pull dumbbells straight up until nearly even with your chin. Keep your elbows up and out! Keep weights close to your body and slowly return to the starting position. Can also be done with a cable or barbell.

# Triceps – Bodyweight Only

## Bench Dips

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Place two flat benches parallel to each other, about three to four feet apart. Sit on one bench facing the other, with your hands grasping the side of the bench. Using your hands to support your weight, lift your feet to the top of the other bench so that the rest of your body is suspended between the two benches. Cross one foot over the other. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Do not go below a 90-degree angle, as this can stress your shoulders. Slowly raise back up to the start position by straightening your arms. You can also place a weight plate on your upper legs for added resistance!

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## Dips - Triceps Version

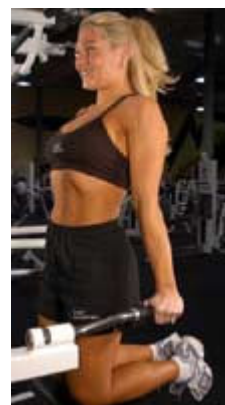
### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest, Shoulders

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Using the parallel bars, grip the handles and push yourself up to your starting position. With elbows close to body and hips straight, lower body until shoulders are slightly stretched. Push body up in same posture and repeat. You can bend and cross your legs or keep them straight. To work the triceps, keep your body STRAIGHT up and down and do not lean over. Leaning over would work more of the lower chest. You can add weight by using a [Dip Belt](#).

## Pushups - Close Tricep Position

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Kneel down on the floor and place your hands flat on the floor, closer than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on the floor, so that your knees are off the floor and your legs are straight. At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that you are looking down toward the floor. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. If you need to reduce the intensity of this exercise you can perform the pushups from your knees instead of from your toes!

---

## Standing Towel Tricep Extension

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Hold one end of a towel or rope with both hands. Stand straight up with your head up and feet at shoulder width. Lower your forearms down until they touch your biceps. Then raise your arms overhead while keeping your elbows and upper arms in and next to your head. They should not move during the whole exercise! Have a training partner hold the other end of the towel for resistance. Lower back to starting position slowly while partner resists.



# Triceps – Dumbbells Only

## Decline Dumbbell Tricep Extension

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Position yourself face up on an incline bench. With a dumbbell in each hand, extend your arms until they are perpendicular to your torso. From this position, relax your triceps until your biceps make contact with your forearms. Reverse this action to return to the starting position, keeping your elbows stabilized (motionless) throughout the exercise.

---

## Lying Dumbbell Tricep Extension

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lay down on a flat bench with your head at the very end of the bench. Hold a dumbbell around the end with both hands (palms facing up). Your arms should be pointed almost straight up, but tilted a little towards your head. While keeping your upper arms and elbows completely still, lower the dumbbell until it is behind your head. Do not let your elbows flare outward. Slowly lift the dumbbell back to the starting position where your elbows are locked or nearly locked. Repeat.

## Lying-Supine Two-Arm Dumbbell Triceps Extension

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lie on your back on a flat bench with two dumbbells at arm's length above your shoulders. Lower dumbbells in a semicircular motion, bending arms at your elbows, keeping upper arms vertical until forearms touch your biceps. Return to starting position. Can also be done on the floor, seated or standing, or with a barbell.

---

## One Arm Pronated Dumbbell Triceps Extension

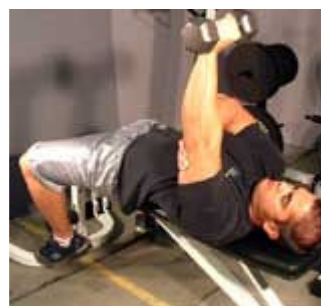
### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lay on a bench with your lower back pressed flat against the bench so you don't overarch and create any pain. Hold one dumbbell at arms length above your chest area. Your arm should be perpendicular to the floor. The palm of your hand that is holding the dumbbell should be facing toward your feet. The other hand should be positioned on the bicep of the arm holding the dumbbell for support. If you are holding the dumbbell in your right arm you should inhale and slowly lower the dumbbell to your left shoulder. It is important to lower the dumbbell exactly to this point on your shoulder because this ensures the proper flexion angle of your elbow joint! Your elbow is the only area where movement should be occurring. Don't let your upper arm move around during the exercise!



## One Arm Supinated Dumbbell Triceps Extension

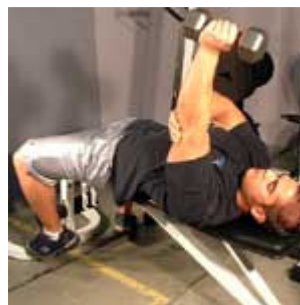
### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lying on a flat bench grip a dumbbell with a supinated grip (underhand). Hold the dumbbell overhead with your arm straight. You can support your arm if you need to with your other arm by holding on near your elbow. Bend your elbow and lower the dumbbell toward the top/side of your head. Keep your palm facing down toward the floor. Extend your elbow by contracting your tricep to return to your starting position.

---

## Seated Bent-Over One-Arm Dumbbell Triceps Extension

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Hold dumbbell in your right hand with your palm facing in. Sit at the end of a bench with your feet flat on the floor. Draw right upper arm to your side, keeping your lower arm vertical. Press dumbbell back in a semicircular motion until entire arm is parallel to the floor. Squeeze tricep at the top. Lower slowly to the starting position. Your elbow or upper arm should NEVER move!

## Seated Bent-Over Two-Arm Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold dumbbells with your palms in. Sit at the end of a flat bench with your feet flat on the floor. Bend over as far as possible. Pull upper arms up to your sides, keep your lower arm vertical. Press dumbbells back in a semicircular motion until entire arm is parallel to the floor. Squeeze your triceps at the top. Never move your elbows or upper arms! You can do this with one arm at a time as well.

---

## Seated Triceps Press

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Sit on a bench with a straight back, feet flat on the floor, and back firmly against the bench. Grasp one end of a dumbbell with both hands (palms up) and raise it above your head, locking the elbows. With your elbows held in place and squared, slowly lower the dumbbell behind your head until you feel a stretch in your triceps. Press the weight back up, following a slight arc until the elbows lock and the weight is once again about your head.

## Standing Bent-Over One-Arm Dumbbell Triceps Extension

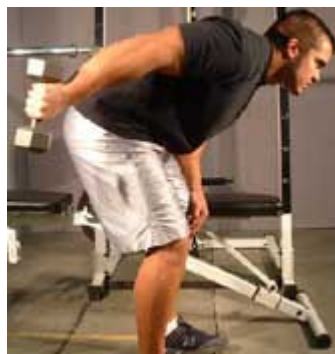
### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Hold dumbbell in your right hand with your palm in. Bend over until upper body is parallel to the floor. Pull your right upper arm to your side and keep your lower arm vertical. Press dumbbell back in a semicircular motion until entire arm is parallel to the floor. Return to starting position. Switch arms after a full set. NEVER move your elbow or upper arm! Can also be done with two arms at a time.

---

## Standing Bent-Over Two-Arm Dumbbell Tricep Extension

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Hold two dumbbells, palms facing in. Bend over until your upper body is parallel to the floor. Pull your upper arms up to your sides but keep your lower arms vertical. Press dumbbells back in a semicircular motion until entire arm is parallel to the floor. Squeeze triceps at the top. Return to starting position. Your elbows and upper arms should NEVER move. Can also be done with one dumbbell at a time.

## Standing Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold a dumbbell with both hands at the end, raise over to arm's length. Stand straight up, with your head up and your feet about 16 inches apart. Your palms should be facing up and gripping the dumbbell around the top plate. Keep your arms close to your head and your elbows in the SAME place during the entire movement. Lower dumbbell in a semicircular motion behind your head until your forearms touch your biceps. Return to starting position.

---

## Standing One-Arm Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold dumbbell in right hand and raise overhead to arm's length. Stand straight up, with your head up and feet at shoulder width. Keep upper arm close to your head. Lower dumbbell in a semicircular motion behind head until forearm touches your bicep. Return to starting position and repeat for your other arm after you finish this set. Your elbow and upper arm should NOT move at all. Can also be done with both arms on one heavier dumbbell or with a barbell.

## Tate Press

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lay on a flat bench with a dumbbell in each hand. Start with the dumbbells on your chest, next to each other. Make sure your elbows are straight out from your body and your palms are facing towards your legs. Without moving your upper arm or elbows at all, extend your arm until it is straight. Go slow on the way up, then slowly lower the dumbbells down to your chest. Do not rest the dumbbells on your chest at the end of each rep.

---

## Tricep Dumbbell Kickback

### Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Stand to the right of a flat bench. Bend your left knee and rest it on the bench, and place your left hand ahead of you on the bench for balance. Your back should be as straight as possible. Pick up a dumbbell in your right hand. Bend your arm and raise your elbow up to shoulder height. Make sure the elbow stays close to the side of your body. Let the dumbbell hang. Press the weight back until your forearm is parallel to the floor. Squeeze your tricep and then slowly return to the starting position. Finish one set, then switch sides and arms. Only your upper arm should move... NOT your elbow! Look straight ahead at all times.

# Biceps – Body Weight Only

## Chin-Up

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms, Lats

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Hold the chin-up bar with a reverse grip (palms facing you) with your hands about 6 to 8 inches apart. Pull yourself up and try to touch either your chin or upper chest to the bar. Return slowly to the starting position. Do NOT swing back and forth! Using this grip works more of your biceps than your back or lats.

# Biceps – Dumbbells Only

## Alternate Hammer Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Same as the [Hammer Curl](#) but you alternate arms. Do one arm, then do the other, then back to the other arm again.

---

## Alternate Incline Dumbbell Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Just like the [Incline Dumbbell Curl](#) but you only do one arm at a time. Do one arm, then the other. Each set of two raises counts as one rep.



## Concentration Curls

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Sit on the end of a flat bench. Spread your legs apart into a V and lean forward slightly. Grasp the dumbbell in one hand with your palm facing upward. Rest your elbow on the inside of your thigh and let the dumbbell hang. Rest your other hand on the top of your other thigh for support. Slowly curl the weight up while keeping the torso, upper arm and elbow still. As you lift, twist your wrist so that your little finger turns towards your body. Squeeze the muscle at the top and then slowly lower the weight.

---

## Cross Body Hammer Curl

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** Forearms

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Grab a dumbbell in each hand and put your hands down at your side with your palms facing in. Keep your palms facing in and without twisting your arm, curl the dumbbell up towards your opposite shoulder. Touch the top of the dumbbell to your shoulder and then slowly lower the dumbbell along the same path. Repeat for the opposite arm.



## Dumbbell Alternate Bicep Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Just like the [Dumbbell Bicep Curl](#) except you alternate each hand, curling one dumbbell at a time.

---

## Dumbbell Bicep Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Stand straight up, with your head up and your legs straight. Start with the dumbbells at arm's length with your palms facing in. Curl dumbbells up at the same time, twisting your wrists on the way up. Your palms should be facing up when you are at the end of the movement. Do NOT swing and do NOT move your elbows. They should stay in the same place during the whole movement. Keep your arms close to your side. This one is easy to cheat on... so don't do it! You can also do this with a barbell, or by alternating one hand at a time.

## Hammer Curls

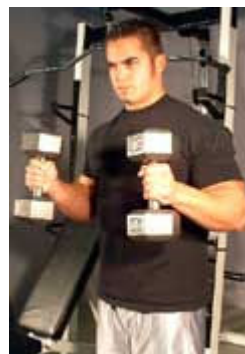
### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** Forearms

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** With a dumbbell in each hand, stand with your arms hanging at your sides, palms facing each other. Keep your elbows locked into your sides. Your upper body and elbows should remain in the same place during the whole lift. Keeping your palms facing each other, curl the weight in your right hand up in a semi-circle toward your right shoulder. Squeeze the biceps hard at the top of the lift and then slowly lower. Do not turn your wrists during this lift! You can also do one arm at a time and/or alternate.

---

## Incline Dumbbell Curl

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Sit on an incline bench and hold a dumbbell in each hand. Keep your shoulders square and your chest up. Press your upper back and shoulders against the bench. Let your arms hang downward with your palms facing each other. Slowly curl the weight in your right hand out and up to shoulder level, while turning your wrist so that your thumb is on the outside. Squeeze your bicep at the top and then slowly lower the weight back down. You can also do this standing or by doing one arm at a time.

## Incline Inner Biceps Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lie back on an incline bench and hold dumbbells at arm's length, palms in. Curl dumbbells up and out, keeping forearms in line with your outer deltoids. Lower dumbbells using the same path. You can also do this standing or seated.

---

## Lying Supine Dumbbell Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Lie on a flat bench and start with the dumbbells as far down towards the floor as you can go. You may be flexible enough to go further down than the model above. Start with your palms facing in, then curl the dumbbells up, twisting your palms as they come up so your little finger is towards your body. Go down SLOWLY.

## One Arm Dumbbell Preacher Curl

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Using a preacher bench, hold one dumbbell in your right arm with your palm up. Support your arm and elbow against the pad and do not move them during the lift. Curl dumbbell up until the forearm touches the bicep. Lower to starting position using the same path. Finish set and switch arms. Can also be done with 2-arms or a regular barbell.

---

## Preacher Hammer Dumbbell Curl

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Position yourself on a preacher bench. Hold two dumbbells in your hands with your palms facing each other. Make sure your elbows and upper arms stay on the bench at all times! Lower the dumbbells to the bottom position where your arms are straight. Curl up while keeping your palms facing in. Go up as far as you can or until your forearms touch your biceps. Return slowly to the starting position, repeat. You can also do this with one arm at a time or alternating.

## Seated Dumbbell Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Sit at the end of a bench with your feet firmly on the floor. Keep your back straight and head up. Start with the dumbbells at arm's length and your palms facing in. Curl the weight up and twist your wrists once they pass your thighs. Squeeze your biceps at the top, then slowly lower the weight. Do not swing! Can also be done standing. The seated position helps prevent bad form.

---

## Seated Dumbbell Inner-Bicep Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Works the inner biceps. Sit at the end of a bench with your feet firmly on the floor. Start with the dumbbells at arm's length with your palms facing in. Curl dumbbells out and up, turning palms out as you lift, keeping your forearms in line with outer deltoids. Lower the dumbbells to starting position using same path. Can also be done standing.

## Standing Inner-Biceps Curl

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Stand straight up and keep your feet at shoulder width. With two dumbbells, start with your arms straight down at your sides with your palms facing in. Curl dumbbells up and out, rotating your wrists to a palms up position. Your forearms should stay in line with your outer delts. Lower dumbbells slowly using the same path.

---

## Standing One-Arm Dumbbell Curl Over Incline Bench

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Good if you don't have a preacher curl bench! Stand behind an incline bench. Hold dumbbell in one hand, palm up with your upper arm and elbow on the bench. Curl dumbbell up using a semicircular motion until your forearm touches your bicep. Return to the starting position using the same path. Keep your elbow on the bench at all times! Next, do your other arm.



## Two Arm Dumbbell Preacher Curl

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Sit a preacher bench with two dumbbells. Rest your arms and elbow on the slanted pad. Curl dumbbells up in a semicircular motion until forearms touch the biceps. Return to starting position using same path. Keep your elbows on the pad at all times! Can also be done with a barbell, EZ-Curl bar or with one arm at a time.

---

## Zottman Curl

### Exercise Data

**Main Muscle Worked:** Biceps

**Other Muscles Worked:** Forearms

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold two dumbbells at arm's length and stand straight up. Turn your palms up and curl both dumbbells up toward your shoulder. Keep your upper arms against your side at all times! When you reach the top, rotate your wrists so that your palm faces almost straight down. Your thumb will be a little higher than your pinky. Go back to the starting position and repeat. You can also do these one arm at a time alternately or over a preacher bench.

## Zottman Preacher Curl

### Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Hold one dumbbell and position your upper arm on a preacher bench. Turn your palm up and curl the dumbbell up toward your shoulder. Keep your upper arm flat against the bench at all time! When you reach the top, rotate your wrist so that your palm faces almost straight down. Your thumb will be a little higher than your pinky. Go back to the starting position and repeat. You can also do these standing up.



# Forearms – Dumbbells Only

## Palms-Down Dumbbell Wrist Curl Over A Bench

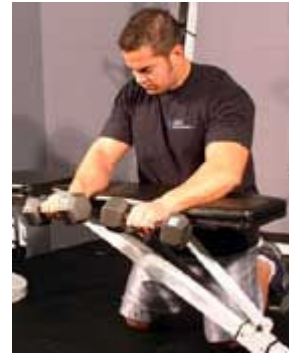
### Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Place two dumbbells beside a flat bench and then kneel on the opposite side of the bench. Hold dumbbells with your palms down. Place forearms flat on the bench with the back of your wrists on the edge of the bench. Lower dumbbells as far as possible, keeping a tight grip. Curl dumbbells up as high as possible. Do not let your forearms move! Can also be done with a barbell.

---

## Palms-Up Dumbbell Wrist Curl Over A Bench

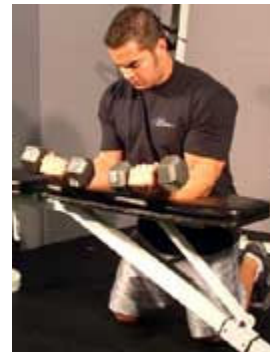
### Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Place two dumbbells beside a flat bench and then kneel on the opposite side of the bench. Hold dumbbells with your palms up. Place forearms flat on the bench with the back of your wrists on the edge of the bench. Lower dumbbells as far as possible, keeping a tight grip. Curl dumbbells up as high as possible. Do not let your forearms move! Can also be done with a barbell.

## Seated Dumbbell Palms-Down Wrist Curl

### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works the outer arm part of the forearms. Hold dumbbells and sit at the end of a flat bench with your feet flat on the floor and about 20 inches apart. Lean forward and lay your forearms on your upper thighs, palms down. Place your wrists over your knees. Lower dumbbells as far as possible keeping a tight grip. Curl dumbbells up as high as possible without moving your forearms. Can also be done with palms-up or with a barbell.

---

## Seated Dumbbell Palms-Up Wrist Curl

### Exercise Data

**Main Muscle Worked:** Forearms

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Works the inner arm side of your forearms. Hold two dumbbells and sit at the end of a flat bench with your feet on the floor about 20 inches apart. Lean forward and place forearms on upper thighs, palms up. Place the back of your wrists over your knees. Lower dumbbells as far as possible keeping a tight grip. Curl dumbbell up as high as possible. Do not let forearms move at all. Can also be done with a barbell or cable.

## Seated One-Arm Dumbbell Palms-Down Wrist Curl

### Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Works your outer forearm. Hold a dumbbell in your right hand and sit on a flat bench with your feet flat on the floor, about 20 inches apart. Lean forward and place your right forearm on your upper right thigh with your palm down. Place back of wrist on your knee. Lower dumbbell as far as possible, keeping a tight grip. Curl dumbbell as high as possible. Do not let your forearm move! Switch arms when done with one set. Can also be done with two arms at a time, one on each knee.

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## Seated One-Arm Dumbbell Palms-Up Wrist Curl

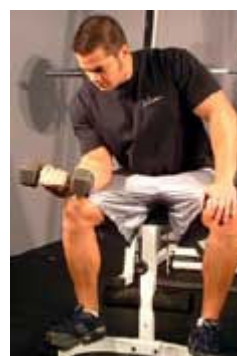
### Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Works your inner forearms. Hold a dumbbell in your right hand and sit on a flat bench with your feet flat on the floor, about 20 inches apart. Lean forward and place your right forearm on your upper right thigh with your palm up. Place back of wrist on your knee. Lower dumbbell as far as possible, keeping a tight grip. Curl dumbbell as high as possible. Do not let your forearm move! Switch arms when done with one set. Can also be done with two arms at a time, one on each knee.

## Standing Dumbbell Reverse Curl

### Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: Biceps

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** After gripping the dumbbells firmly with a pronated (palms down) grip, the lifter stands erect, with each elbow pressed firmly to the side of his or her body. Without moving at the shoulders, and with each elbow locked firmly in place, the lifter flexes the arms at the elbow, raising the dumbbells in upward arc until both arms are completely flexed. The dumbbells are then lowered through the same path, and this movement is repeated for the desired number of repetitions. This exercise may also be performed one arm at a time, or in alternating fashion.

# ABS – Body Weight and Dumbbells

## Air Bike

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Lie on your back and put your hands behind your head. Raise your legs so your thighs are perpendicular and your lower legs are just above parallel to the floor. Curl up and bring your left elbow toward your right side while drawing your right knee in to meet it. It is like you are riding a bike. Alternate sides, continuing the motion back and forth. Remember, don't just flap your elbow across your body, actually rotate your shoulder across and squeeze your abs.

---

## Alternate Heel Touchers

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Works your obliques. In order to complete 1 repetition, each heel must be touched once. So, get into position, crunch over and touch your right heel once, then crunch over and touch your left heel once, and now you've completed 1 repetition. Lie down on the floor. Bend your knees and keep your feet 18-24 inches apart. Keep your arms straight down at your sides. Crunch forward and up about 3-4 inches. Remember to keep your lower back pressed flat against the ground. Keep your head in a neutral position. Alternate touching your right heel and then your left heel. Remember, touching each heel once is one rep!

## Bent-Knee Hip Raise

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** This is like the [Reverse Crunch](#) but with a longer range of motion. Outstretch your hands to your sides with your knees bent at a 60 degree angle and your feet just off the floor. Using your lower abs, roll your pelvis backward to raise your hips off of the floor. Your knees will be over your chest. Squeeze your abs and then return to the starting position slowly. You can straighten your legs to make it harder or wear ankle weights.

---

## Butt-Ups

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Begin a pushup position but with your elbows on the ground and resting on your forearms. Your elbows should be bent at a 90 degree angle. Arch your back slightly out rather than keeping your back completely straight. Raise your glutes toward the ceiling, squeezing your abs tightly to close the distance between your ribcage and hips so you end up in a high bridge position. Lower back down slowly to your starting position. Repeat. Don't let your back sag downwards.



## Cross-Body Crunch

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Lie on your back and bend your knees about 60 degrees and keep your feet flat on the floor. Place your hands loosely behind your head. Curl up and bring your right elbow and shoulder across your body while bring your left knee in toward your left shoulder at the same time. Reach with your elbow and try to touch your knee. Do one side for all your reps, then switch to the other side. Try to bring your shoulder up towards your knee rather than just your elbow.

---

## Crunch - Hands Overhead

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** This variation makes it tougher than regular crunches. Lie on the floor with your knees bent. Keep your feet flat on the floor. Stretch your arms overhead and cross your palms. Curl your upper body forward and bring your shoulder blades just off the floor. Keep your arms aligned with your head, neck and shoulder. Don't move them forward from that position! Slowly lower down after squeezing your abs tight!



## Crunches

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

---

## Decline Crunch

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Using a decline bench, position yourself with your feet locked in at the top. Your upper body should be raised off the bench so that you have to contract your abs just to stay in place. Place your hands on each side of your head, over your heads. Don't lock your fingers! Raise your body slowly while you contract your abs. Crunch up until your elbows are on either side of your thighs. Hold and flex your abs, then slowly lower your body back to the starting position. Don't lower your body all the way down to the bench! If you can, hold a weight plate across your chest for added resistance.

## Decline Oblique Crunch

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Position yourself on a decline bench with your feet locked in. Your upper body should be raised off the bench. Cup your right hand over your right ear, and place your left hand on your thigh. Raise your upper body slowly while turning your torso to the left. Focus on keeping your abs tight and keeping the movement slow and controlled. Continue crunching up until your right elbow touches your left knee. Lower your body slowly back down to the starting position. After completing one set on the right, switch to your left side. TIP: Focus on really twisting your torso and feeling the contraction when you are in the UP position.

---

## Decline Reverse Crunch

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Lie on your back on a decline bench and hold on to the top of the bench with both hands. Don't let your body slip down from this position. Hold your legs parallel to the floor using your abs to hold them there. Keep your knees and feet together. Slowly contract your abs, focusing on bring your pelvis up and in towards your chest. Let your abs do the work! Slowly lower your pelvis to the starting position, keeping constant tension on the abs. Don't arch your back inwards while you are at the down position!

## Flat Bench Leg Pull-In

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Works your lower abs. Lie on a flat bench with your legs off the end. Place your hands under your butt with your palms down. Put your legs straight out. Bend your knees, pulling your upper thighs into your midsection. Return to the starting position. You can hold a dumbbell between your legs to make it harder.

---

## Flat Bench Lying Leg Raise

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Works your lower abs. Place a light weight between your feet if you can. Lie flat on a bench with your legs off the end. Place your hands under your butt with your palms down. Keep your legs as straight as possible and your knees locked. Raise your legs as high as possible. Lower legs back down as far as they can go.

## Gorilla Chin/Crunch

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: Biceps,Lats

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Hang from a chinning bar with your knees bent at a 90 degree angle and your hands about 12 inches apart with an underhand grip. Pull yourself up with your arms and crunch your knees up at the same time. You should finish the chin and crunch at the same time. When fully contracted, your nose will be at the bar and your knees will be pulled up to your chest. Slowly reverse the movement and return to the starting position. You can also do this with a dumbbell or medicine ball between your feet or with a weight attached to a [dip belt](#) around your waist. When you have mastered this, try hanging from only one arm and grasp your wrist with your free hand. This works more of your obliques.

---

## Hanging Knee Raise To The Side

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Works the obliques and lower abs. Hang from a pull-up bar with your legs and feet together. Slowly lift your knees to one side as high as you can. Do this by curling your spine from the bottom up, not simply lifting your knees. Squeeze your lower abs and obliques at the top of the movement, then slowly lower. Repeat and alternate sides. Do not SWING your legs up.

## Hanging Leg Raise

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Hang from a bar with your legs straight down. Raise your legs by flexing your hips while flexing your knees until your hips are fully flexed. Continue to raise knees toward shoulders by flexing your waist. Do NOT swing and use momentum. Go slow and concentrate on using your abs to pull your legs up. Return to the starting position. Repeat. You can place weight between your ankles for added resistance. You can also raise your knees to one side of your body to work the obliques.

---

## Hanging Pike

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Hang from a bar with your palms facing forward. You can use [straps](#) if needed to help with your grip. Start with your knees bent at a 90 degree angle and your upper legs parallel to the floor. Pull your legs up and try to touch your shins to the bar above you. Try to straighten your legs as much as possible while at the top. Lower your legs as SLOWLY as possible until you reach the starting position. Repeat. Don't swing and use momentum!



## Jackknife Sit-Up

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Lie on the floor on your back. Place your arms straight back behind your head. Bend at the waist while raising your legs and arms to meet in a jackknife position. Lower arms and legs back to the starting position. Keep your elbows and knees locked!

---

## Janda Sit-Up

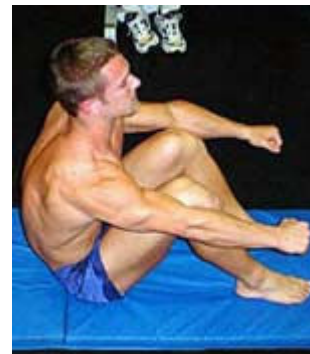
### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** While there's some controversy to this exercise, I've found it to be a fun addition to training. Named after Czech exercise physiologist, Dr. Vladimir Janda, this is one of the most challenging sit-up variations as it completely isolates the rectus abdominals by eliminating the hip flexors. The performance of this exercise is done by sitting in a normal sit-up position, feet flat on ground but vigorously tightening hamstrings and glutes. This will cause the hip flexors to be inactivated in a process called reciprocal inhibition, which basically means that opposite muscles to the contracted ones will relax. The exercise can be done using a dedicated apparatus, having a workout partner exert pulling pressure on your calves (while you maintain your feet on the ground) or wrapping your legs over barbell and pulling back. As you begin the exercise, fill your lungs with air and in a slow (three to five second count) ascent, slowly exhale. Seems simple, but go ahead try it!



## Leg Pull-In

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Work the lower abs. Lie on the floor with your hands under your butt, your palms down, and your legs extended. Bend your knees and pull your upper thighs into your midsection. Return to the starting position. Concentrate on your lower abs. You can hold a dumbbell between your feet to make it harder.

---

## Oblique Crunches

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Works your side obliques. Lie flat on your back with your knees bent (placing your knees on the floor or resting on a bench). Place your left hand over your left ear. Roll your upper body up to the right until your left elbow touches your right knee. Concentrate on tensing the sides of your waist and holding contraction throughout the movement. Slowly lower to the starting position. After completing a full set of reps on the left side, switch to your right side and do the same thing.

## Oblique Crunches - On The Floor

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Lie on your left side with your legs on top of each other with your knees bent a little. Loosely cup your head with your right hand. Crunch up as high as you can go, keeping the movement in the lateral plane as much as possible to work the obliques. Do both sides.

---

## Reverse Crunch

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Lie on the floor on your back. Put your hands by your sides with your feet up and your thighs perpendicular to the floor. They should not go down lower than this during the movement. Using your lower abs, roll your pelvis backward to raise your hips off the floor. Your knees will now be over your chest. Return slowly to the starting position. You can use ankle weights to make it more difficult.

## Russian Twist

### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** Lower Back

**Equipment:** BodyOnly

**Mechanics Type:** Compound



**Tips:** Secure your feet either by placing them under something that won't move or by having a partner hold them. Start in the position shown above, leaning slightly back and clasping your hands in front of you. Moving only at the trunk, rotate to one side. At the end of your range of motion, quickly reverse the movement and rotate to the opposite side. Repeat in a rapid fashion for the full number of reps. You can also hold a weight or medicine ball to increase the difficulty.

---

## Scissor Kick

### Exercise Data

**Main Muscle Worked:** Abdominals

**Other Muscles Worked:** None

**Equipment:** BodyOnly

**Mechanics Type:** Isolation



**Tips:** Start by lying on your back with your arms by your sides and your palms facing down. Extend your legs fully with a slight bend in your knees. Lift your heels about 6 inches off the floor. Make small, rapid up and down scissor-like motions as you lift each leg to about 45 degrees into the air and lower your heel until it is about 2 - 3 inches off of the floor.

## Seated Flat Bench Leg Pull-In

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Sit on the end of a flat bench. Place your hands behind your butt and grab the sides of the bench. Extend your legs straight out. Bend your knees and pull your legs into your midsection. Return to the starting position. Concentrate on working the abs. You can hold a light dumbbell between your feet for added resistance.

---

## Side Bridge

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Works your obliques and helps stabilize your spine. Lie on your side and support your body between your forearm and knee to your feet. Hold position for two to four seconds. Repeat on the other side. Build up to at least 60 seconds on each side of your body!

## Side Jackknife

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Works your obliques. Lying on your right side and keeping your left leg over your right one, place your right hand in a comfortable spot and clasp your left hand behind your head. Bring your torso and left leg toward each other as you pull with your obliques. Squeeze for a moment and return to the starting position. You can use ankle weights to make it tougher!

---

## Sit-Up

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Lie on your back on the floor with your feet about shoulder width apart. You may find it easier to put your feet under something to hold them down. Lift your upper body, bending at the waist, until you're sitting up vertically. Keep your arms at your sides, crossed in front of you, or behind your head, but do NOT attempt use your arms to pull yourself up. Do not raise your feet off of the ground. Smoothly lower your body back to the floor. Repeat.

# Stomach Vacuum

## Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Works the transversus abdominus and internal obliques. This gives you a flatter profile and a narrower waist!

To execute the Stomach Vacuum, stand upright and place your hands on your hips, and exhale all the air out of your lungs, completely. Expand your chest, and bring your stomach in as much as possible, and hold. Visualize trying to touch your navel to your backbone. One isometric contraction of "20" seconds is one repetition. You can work your way up to 40 or 60 seconds.

Once mastered, the Stomach Vacuum can be performed in a standing, kneeling, seated, and lying position. View pics of those [here](#).

---

## Toe Touchers

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Lie back on the floor and elevate your legs up into the air. Make sure you keep your lower back pressed flat into the ground. Exhale and crunch forward to touch your toes. (Touching any part of your foot will work!) Remember, don't pull your chin down towards your chest. Keep your head in a neutral position.



## Tuck Crunch

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Lie on the floor with your hands either crossed over your chest or behind your head. Bend your knees and hips to form right angles. Keep your lower legs parallel to the floor and your feet crossed. Lift your shoulder blades a few inches off the floor by curling up. Slowly return to the starting position after squeezing your abs.

---

## Dumbbell Side Bend

### Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Works the obliques. Stand straight up with your feet at shoulder width. Hold a dumbbell in your right hand with your palms in. Place your left hand on your waist. Keep your back straight. Bend to the right as far as you can, then bend to the left as far as possible. After finishing your desired reps, change the weight to your other hand and repeat. Bend at your waist only, not at your hips or knees! Can also be done with a barbell on your shoulders.

# LATS – Body Weight and Dumbbells

## Gorilla Chin/Crunch

### Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Abdominals

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Hang from a chinning bar with your knees bent at a 90 degree angle and your hands about 12 inches apart with an underhand grip. Pull yourself up with your arms and crunch your knees up at the same time. You should finish the chin and crunch at the same time. When fully contracted, your nose will be at the bar and your knees will be pulled up to your chest. Slowly reverse the movement and return to the starting position. You can also do this with a dumbbell or medicine ball between your feet or with a weight attached to a [dip belt](#) around your waist. When you have mastered this, try hanging from only one arm and grasp your wrist with your free hand. This works more of your obliques.

---

## Pullups

### Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Reach up and grab the bar with a firm overhand grip. Your hands should be roughly twice your shoulder width apart. This helps work more of your lats, rather than your biceps. Straighten your arms and let your body hang from the bar. You can keep your legs straight or bend your knees and cross your feet. Slowly pull your body up to the bar so that the top of your chest nearly touches the bar and your chin is over the bar. Try to keep your body straight without arching or swinging. As you move upwards, focus on pulling your elbows down at an angle toward your rib cage. Once your lats have completely contracted at the top, slowly lower your body to the starting position. A spotter can lift your legs slightly if you need help on the last few reps. You can also add weight by using a special [Dip Belt](#).

## V-Bar Pullup

### Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps,Middle Back

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Place a V-Bar attachment over a pullup bar. Hold the handles with both hands with your palms in. Pull yourself up and try to touch your chin to the bar. Slowly return to the starting position with your arms completely extended. Do not swing back and forth! You can also do this on a pull-down cable machine.

---

## Wide-Grip Rear Pull-Up

### Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps,Middle Back

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** This is like a normal [wide-grip pull-up](#) but you finish with the bar behind your neck instead of in front. Some people believe this is a dangerous exercise that can cause injuries.

# Middle Back –Dumbbells Only

## Bent Over Two-Dumbbell Row

### Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps,Lats

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inwards. Hold dumbbells at arm's length straight down. Pull dumbbells straight up to your sides keeping your elbows out. Concentrate on squeezing with your middle back. Return slowly to starting position. You can also do this with a barbell or with an underhand grip.

---

## Bent Over Two-Dumbbell Row With Palms-In

### Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps,Lats

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inwards. Hold dumbbells at arm's length straight down with your palms facing in. Pull dumbbells straight up to your sides keeping your elbows in next to your body. Concentrate on squeezing with your middle back and lats. Return slowly to starting position. Can also be done with a T-bar row machine or with an overhand grip.

## Middle Back Shrug

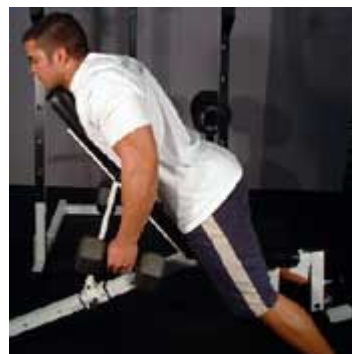
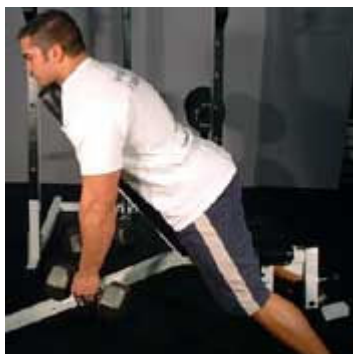
### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Shoulders, Lats

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Here's a truly unique exercise that hits the upper back muscles - the rhomboids and teres major and minors - like no other. To do this exercise, lie facedown on an incline bench. Grab two dumbbells. Now, rather than shrug them, as the name implies, squeeze your shoulder blades together and hold the contraction for a full second. It's nothing more than the reverse action of a hug, or trying to perform rear laterals as if you had no arms. The effect is an amazing pump, as this is probably the first time in your life these muscles will have received direct work.

---

## One-Arm Dumbbell Row

### Exercise Data

**Main Muscle Worked:** Middle Back

**Other Muscles Worked:** Biceps, Lats

**Equipment:** Dumbbell

**Mechanics Type:** Compound



**Tips:** Begin with your right foot flat on the floor and your left knee resting on a flat bench. Then lean forward so that you're supporting the weight of your upper body with your left arm on the bench. Your back should be flat, almost parallel with the floor. Reach down and pick up a dumbbell with your right hand. Your left arm should be locked at the elbow so it will support the weight of your upper body. Before starting, look straight ahead instead of at the floor in order to keep your back straight. Tighten your abs to keep your body from turning to the side as you lift the dumbbell. Concentrate on pulling your elbow back as far as it can go. The dumbbell should end up roughly parallel with your torso. After you've rowed the dumbbell up as far as you can, slowly lower it to the starting position. Switch arms after one set.

# Lower Back – Body Weight and Dumbbells

## Hyperextensions With No Hyperextension Bench

### Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Good if you don't have access to a hyperextension bench. You will need a partner to sit on your legs or hold them down. Slide yourself down to the edge of the bench, until your hips hang off the end of the bench. Your entire upper body should be hanging down towards the floor. You will be in the same position as if you were on a hyperextension bench; just the range of motion will be shorter. The height of the flat bench is lower than the height of the hyperextension bench. Cross your arms in front of you, but keep your elbows in close to your body. This method is much harder than the regular hyper but sometimes in order to achieve your goal, obstacles must be overcome.

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## Superman

### Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** Lie face down on the floor with your arm stretched out directly overhead (like Superman flying, hence the name). Raise your arms, chest and legs off the floor and hold it there for 2 seconds and squeeze. Lower back to the ground and repeat. You can also do these one arm and leg at a time as follows: Raise your left arm and right leg into the air at the same time, also raising your chest slightly off the floor. Hold there for a second and squeeze the muscles of your lower back. Lower your limbs back to the ground then raise your right arm and left leg and hold for a second. You can push down with the hand that is on the ground to help raise your other arm and chest higher off the ground. This exercise, even though it only uses your limbs as resistance, provides an excellent way to strengthen the lower back muscles.



## Stiff-Legged Dumbbell Deadlift

### Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings

Equipment: Dumbbell

Mechanics Type: Compound



**Tips:** Bend at your waist with your head up, back straight and knees nearly locked. Hold dumbbells at arm's length with palms facing in. Straighten up while holding the dumbbells at arm's length. Lower back down to the floor. This can be a dangerous exercise if not done correctly or done with weights that are too heavy. Can also be done standing on a bench or box or with a barbell.

# GLUTES – Body Weight Only

## Butt Lift (Bridge)

### Exercise Data

Main Muscle Worked: Glutes

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Lying on your back with your knees bent, lift your hips off the floor while keeping your back straight. Remember to keep your glutes tight!

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## Glute Kickback

### Exercise Data

Main Muscle Worked: Glutes

Other Muscles Worked: Hamstrings

Equipment: BodyOnly

Mechanics Type: Compound



**Tips:** While on the floor on all fours, extend one leg and with the foot cocked to a point that places it in line with the head. Then raise it to a 45-degree angle with the foot elevated above the head. The key to maximum results is to concentrate on contracting the glutes throughout the full range of motion.

## Leg Lift

### Exercise Data

Main Muscle Worked: Glutes

Other Muscles Worked: Hamstrings

Equipment: BodyOnly

Mechanics Type: Isolation



**Tips:** Grabbing the top of a chair back to brace yourself, stand up straight, lift one leg behind you while keeping the other leg straight. Bring the raised leg back to the floor and raise it again for 10 repetitions. Then do the same for the other leg. Concentrate on flexing the glutes so that you feel them do the work. This should begin to tighten and firm these muscles.

# HAMSTRINGS – Dumbbells Only

## Dumbbell Lunges

### Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: Quadriceps, Calves

Equipment: Dumbbell

Mechanics Type: Compound



Video Guide: [Windows Media](#) - [Real Player](#)

**Tips:** Hold a dumbbell in each hand and pull your shoulders back. Lift your chest up and look straight ahead. Position your right leg forward in a long stride. Your foot should be far enough in front of you so that when you bend your right knee, your thigh and lower leg form a right angle. Slowly bend your knees, lowering your hips so your rear knee just clears the floor. Pause briefly in this position, then slowly straighten your legs and raise your body back up to a standing position. Complete a full set, then switch legs and repeat, or alternate legs for each rep. Make sure your knee does NOT travel past your toes in the down position!

# Calves – Dumbbells

## Calf Raise On A Dumbbell

### Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** When doing one-legged calf raises, stand on a dumbbell handle (preferably one with round plates so it rolls). This tendency to roll will make you work to stabilize yourself as you're doing the calf raise, increasing the effectiveness of the exercise.

Be sure to hang onto something solid as you're doing this exercise as you don't want to slip off. The tendency for the dumbbell to roll will allow you to roll your foot over the top of the handle, giving you full extension of the calf at the top. As you come up, roll the dumbbell slightly backward. Roll it slightly forward as you come down to get a better stretch. You can also do these standing on the actual dumbbell plate, using a large 85 pound dumbbell that is wider.

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## Dumbbell Seated One-Leg Calf Raise

### Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Place a block on the floor about 12 inches from a flat bench. Sit on the bench and rest a dumbbell on your upper left thigh about 3 inches above your knee. Place the ball of your left foot on the block. Raise your toes up as high as possible. Squeeze your calves, then return to the starting position, stretching as far down as possible. Repeat for your desired number of reps and then switch legs.

## Standing Dumbbell Calf Raise

### Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



**Tips:** Place a wooden block or something similar on the ground that is at least 2 - 3 inches tall. Grasp a dumbbell in each hand. Position your toes and balls of feet on the block with arches and heels extending off and resting on the floor. Raise your heels by extending ankles as high as possible. Lower heels by bending your ankles until your calves are stretched. Repeat. Keep your knees straight throughout exercise or bend knees slightly only during stretch. Can also be done with a barbell on your back instead.