

Neck Exercise Guides

Isometric Neck Exercise - Front And Back

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



Tips: You can perform this exercise seated or standing. Place your head and neck in a neutral position. Place both of your hands on the front side of your head and gently push for the required number of seconds on your workout. Resist any movement of your head by "isometrically" contracting your neck muscles. Repeat with your hands placed on the back side of your head. This is an excellent way to strengthen your neck muscles with minimal risk of injury. Can also be done on the sides of your head.

Isometric Neck Exercise - Sides

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



Tips: You can perform this exercise seated or standing. Place your head and neck in a neutral position. Place both your left hand on the on the left side of your head and gently push for the required number of seconds on your workout. Resist any movement of your head by "isometrically" contracting your neck muscles. Repeat with your right hand on the right side of your head. This is an excellent way to strengthen your neck muscles with minimal risk of injury. Can also be done on the front and back of the head.

Lying Face Down Plate Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Lie face down with shoulders about even with the end of a flat bench. Place a barbell plate on the back of your head and hold it in place with your hands. Raise head up and back in a semicircular motion as far as

comfortable. Return to starting position.

Lying Face-Up Place Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Lie on your back with your shoulders about even with the end of the bench. Place a flat barbell plate on your forehead and hold in place with your hands. Raise your head in a semicircular motion as far as comfortable. Return to starting position slowly.

Seated Head Harness Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Place the desired weight on chain attached to the head harness. Sit on a flat bench with your feet firmly on the floor. Lean forward slightly so the plate hangs free. Place your hands on your knees. Raise head up and back in a semicircular motion as far as comfortable. Can be done standing as well.

Standing Head Harness Neck Resistance

Exercise Data

Main Muscle Worked: Neck

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Place the desired weight on chain attached to the head harness. Stand with your feet wider than shoulder width. Lean forward slightly so the plate hangs free. Place your hands on your knees. Raise head up and back in a semicircular motion as far as comfortable. Can also be done seated.

Traps Exercise Guides

Barbell Shrug

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell with both hands in front of you with your hands a little wider than shoulder width apart. Keep your feet at shoulder width. Stand straight up with the bar hanging at arms length. Droop shoulders down as much as possible to start. Raise your shoulders up as far as you can go. You can also rotate your shoulders as you go up, going in a semicircular motion from front to rear. Then slowly return to the starting position. Can also be done with dumbbells.

Barbell Shrug Behind The Back

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell behind your back with your palms facing backwards. "Shrug" your shoulders upward as high as you can and squeeze it for a second. Then lower the bar all the way down as far as you can. To get the barbell into position, you can rest it on a power rack or bench and then pick it up from there. You can also do these with dumbbells.

Cable Shrugs

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Grasp cable bar that is attached to the low pulley with a shoulder width or slightly wider overhand grip. Stand close to pulley. Elevate shoulders as high as possible. Lower and repeat.

Calf-Machine Shoulder Shrug

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: This is a great way to work your traps and avoid having to hold dumbbells or barbells, which can be hard on your arms or wrists. Position yourself on the calf machine so that the shoulder pads are above your shoulders. Put your hands on your hips. Raise your shoulders up towards your ears and hold it for a full second. Slowly return to the starting position and repeat. You can change your shoulder position (bending over a little) to hit the traps from different angles.

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.

Low Pulley Row To Neck

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Middle Back, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: This is like a seated row but you use a rope handle and pull to your neck. Sit at a seated row station and grab the ends of the rope using a palms down grip. Sit with your knees slightly bent and your back straight. Your back should be almost completely vertical... do not lean back! Keeping your back in the same vertical position, pull the rope back and up to neck height. Your elbows should be out, away from your sides. Return slowly to the starting position.

Smith Machine Shrug

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Stand grasping Smith bar with shoulder width or slightly wider overhand grip. Disengage bar from the rack. Elevate shoulders as high as possible. Lower and repeat.

Smith Machine Upright Row

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: Same as the [Upright Barbell Row](#) but with a Smith Machine.

Snatch Hang High Pull

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps, Lower Back, Forearms, Hamstrings, Calves, Abdominals, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: These are just like the [Power Clean](#) except that you start from a hanging position and you do not catch it at the top. Check out the Power Clean for more info.

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.

Upright Barbell Row

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Biceps,Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Standing upright, grasp a barbell with your hands about shoulder width apart. Let the bar hang straight down in front of you. Keep your body and wrists straight. Pull the bar straight up towards your chin, keeping it close to your body. Concentrate on either pulling with your traps or the front of your shoulders, depending on what you want to work most. Lower slowly to the starting position. Don't cheat by leaning forward or backward. Don't swing!

Upright Cable Row

Exercise Data

Main Muscle Worked: Traps

Other Muscles Worked: Shoulders

Equipment: Cable

Mechanics Type: Compound



Tips: Standing upright, grasp a straight bar connected to a cable machine with your hands about shoulder width apart. Let the bar hang straight down in front of you. Keep your body and wrists straight. Pull the bar

Shoulders Exercise Guides

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.

Bent Over Low-Pulley Side Lateral

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Traps

Equipment: Cable

Mechanics Type: Isolation



Tips: Hold the handle with your left hand. Bend until back is nearly parallel to the floor. Your legs should be slightly bent with your right hand on your lower right thigh, left arm hanging from your shoulder. Raise your left arm, elbow locked, until parallel to the floor, in line with your left ear. Lower back to the starting position. After

you finish your reps, switch arms and repeat.

Bent Press

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps, Lower Back, Quadriceps, Hamstrings, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: The bent press is one of the great classic lifts made famous by iron legend Eugene Sandow. It can be performed with either a barbell, dumbbell or kettlebell. Each implement offers its own particular "feel" (read punishment). To perform the bent press, you lift the weight with one hand over your head by slowly "corkscrewing" yourself underneath. It's extremely draining and the lifter needs to really concentrate when performing the movement. In the setup of the lift, position the feet roughly 18 inches apart with the foot on the side that you're holding the weight turned in slightly and the opposite foot turned approximately 90 degree to the side. As the lift begins, the weight is held in such a fashion that it's directly under the hip and you basically turn into it and lower yourself under the bar. As you continue to corkscrew under the bar, your off-side knee bends forward and the opposite knee approaches the ground which assists in stabilizing the balance of the bar. With the arm completely extended, you simply drive off the hip and extend upward. Maintain eye contact with the weight throughout the lift.

Cable Seated Rear Lateral Raise

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Sit at edge of bench with feet placed beyond knees. Rest torso on thighs. Grasp dumbbell cable attachments with opposite hands. Raise upper arms to sides until shoulder height. Maintain upper arms perpendicular to torso and a fixed elbow position (10° to 30° angle) throughout exercise. Lower and repeat.

Clean And Press

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps, Biceps, Lower Back, Traps, Hamstrings, Calves, Abdominals, Shoulders, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips:

Beginning Position

- Assume a shoulder-width stance, knees inside arms.
- Position feet flat on floor.
- Grasp bar with a closed, pronated grip.

- Grip should be slightly wider than shoulder-width.
- Squat down next to bar, heels on floor.
- Fully extend arms.
- Point elbows out to sides.
- Position bar over the balls of the feet; bar should be close to shins.
- Position shoulders over or slightly ahead of the bar. Establish a flat back posture.

Upward Movement Phase: First Pull

- Begin pull by extending the knees.
- Move hips forward and raise shoulders at the same rate.
- Keep the angle of the back constant.
- Lift bar straight up.
- Keep bar close to the body, heels on the floor.
- Keep elbows fully extended.
- Keep shoulders back and above or slightly in front of the bar.
- Keep head facing straight forward.
- Maintain torso position.

Upward Movement Phase: Transition (Scoop)

- Thrust hips forward and continue pulling until the knees are under the bar.
- Keep feet flat.
- Torso should be nearly vertical and erect.
- Keep shoulders positioned directly over the bar.
- Keep elbows fully extended.

Upward Movement Phase: Second Pull

- Brush bar against the middle or top of thighs.
- Keep torso erect and head facing straight or slightly up.
- Keep elbows straight.
- Move bar explosively by extending the knee, hip, and ankle joints in a "jumping action."
- Keep shoulders over the bar as long as possible, and elbows out.
- Keep bar close to body.
- At maximum plantar flexion, shrug the shoulders.
- At maximum shoulder elevation, flex and pull with the arms
- Keep elbows high during pull; keep them over the wrists.
- Pull bar as high as possible.

Catch

- Rotate elbows around and under the bar.
- Hyperextend the wrists as the elbows move under the bar.
- Point elbows forward or slightly up.
- Rack the bar across the front of the shoulders.
- Keep torso erect.
- Flex hips and knees to absorb the weight of the bar.

Overhead Press

- Without moving your feet, press the bar overhead.
- The barbell is to be pressed evenly in a continuous movement to arms length overhead.
- During the Press, the trunk may be inclined backwards to any extent, but the legs must remain braced and

there must be no movement of the feet.

Downward Movement Phase

- Lower bar slowly and under control to top of thighs.
- Flex hips and knees as bar lands on thighs.
- Squat down toward floor.
- Maintain erect torso position.
- Keep bar close to shins.
- Place bar on the floor.

Breathing

- Inhale before the first pull of the first repetition.
- Hold breath until second pull.
- Exhale through the sticking point (shrug) of the second pull.
- Inhale during the downward movement phase of succeeding repetitions.

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 Cable Raise

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Works the front delts. Grasp the cable attachment that is attached to the low pulley with one hand. Face away from the pulley and put your arm straight down. Keeping your body straight and your elbow nearly locked, raise your arm up in front of your body. Do not swing! Go up to about eye level, then slowly return to the starting position. Finish your reps and then switch arms.

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 Plate Raise

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Works the front of your shoulders. While standing, hold a barbell plate in both hands at the 3 and 9 o'clock positions. Your palms should be facing each other. Keep your arms straight and locked or nearly locked during the entire exercise. Start with the plate down near your waist as far as you can go, then slowly raise the plate until it is a little above shoulder level. Slowly lower the plate back to the starting position and repeat.

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.

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!

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.

Machine Shoulder (Military) Press

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Machine

Mechanics Type: Compound



Tips: Follow the directions on the shoulder press machine.

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.

Power Clean

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps, Middle Back, Lower

Back, Traps, Forearms, Quadriceps, Hamstrings, Calves, Shoulders, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips:

Beginning Position

- Assume a shoulder-width stance, knees inside arms.
- Position feet flat on floor.
- Grasp bar with a closed, pronated grip.
- Grip should be slightly wider than shoulder-width.
- Squat down next to bar, heels on floor.
- Fully extend arms.
- Point elbows out to sides.
- Position bar over the balls of the feet; bar should be close to shins.
- Position shoulders over or slightly ahead of the bar. Establish a flat back posture.

Upward Movement Phase: First Pull

- Begin pull by extending the knees.
- Move hips forward and raise shoulders at the same rate.
- Keep the angle of the back constant.
- Lift bar straight up.
- Keep bar close to the body, heels on the floor.
- Keep elbows fully extended.

- Keep shoulders back and above or slightly in front of the bar.
- Keep head facing straight forward.
- Maintain torso position.

Upward Movement Phase: Transition (Scoop)

- Thrust hips forward and continue pulling until the knees are under the bar.
- Keep feet flat.
- Torso should be nearly vertical and erect.
- Keep shoulders positioned directly over the bar.
- Keep elbows fully extended.

Upward Movement Phase: Second Pull

- Brush bar against the middle or top of thighs.
- Keep torso erect and head facing straight or slightly up.
- Keep elbows straight.
- Move bar explosively by extending the knee, hip, and ankle joints in a "jumping action."
- Keep shoulders over the bar as long as possible, and elbows out.
- Keep bar close to body.
- At maximum plantar flexion, shrug the shoulders.
- At maximum shoulder elevation, flex and pull with the arms
- Keep elbows high during pull; keep them over the wrists.
- Pull bar as high as possible.

Catch

- Rotate elbows around and under the bar.
- Hyperextend the wrists as the elbows move under the bar.
- Point elbows forward or slightly up.
- Rack the bar across the front of the shoulders.
- Keep torso erect.
- Flex hips and knees to absorb the weight of the bar.

Downward Movement Phase

- Lower bar slowly and under control to top of thighs.
- Flex hips and knees as bar lands on thighs.
- Squat down toward floor.
- Maintain erect torso position.
- Keep bar close to shins.
- Place bar on the floor.

Breathing

- Inhale before the first pull of the first repetition.
- Hold breath until second pull.
- Exhale through the sticking point (shrug) of the second pull.
- Inhale during the downward movement phase of succeeding repetitions.

Push Press

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Barbell

Mechanics Type: Compound



Tips:

Beginning Position

- Use the floor-to-shoulder lifting technique described in the [Power Clean](#) exercise to move the bar from the floor to the shoulders.

Upward Movement Phase

- Slightly flex the hips and knees, keeping torso erect.
- Immediately follow with an explosive push upward by extending the knees.
- Keep torso erect and tensed.
- At maximum hip and knee extension, shift body weight to balls of feet and extend ankle joints.
- At maximum plantar flexion, push bar from the shoulders.
- Push the bar with the arms to a fully extended elbow position overhead.

Downward Movement Phase

- Lower bar to shoulders.
- Flex hips and knees slightly as bar touches shoulders.
- Straighten the hips and knees before the upward movement phase begins again.

Breathing

- Exhale through the sticking point of the upward movement phase.
- Inhale during the downward movement phase.

Reverse Flyes

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Works the rear deltoids. 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 Barbell Military Press

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Barbell

Mechanics Type: Compound



Tips: Raise a barbell to your shoulders. Sit at the end of a bench, with your feet at about shoulder width, flat on

the floor. Keep your chest high and your back straight. Press bar to arm's length overhead. Use a slow, steady motion, without swinging. Lower slowly to starting position. Can also be done standing or with dumbbells.

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.

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.

Smith Machine Behind The Neck Press

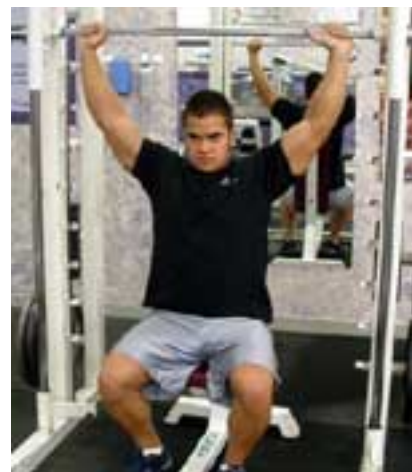
Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Machine

Mechanics Type: Compound



Tips: Same as the [Barbell Behind The Neck Press](#) but seated at a Smith Machine.

Smith Machine Overhead Shoulder Press

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Machine

Mechanics Type: Compound



Tips: Using a Smith Machine, perform the overhead press just like you would if you were using a barbell. Barbell instructions are [here](#). You can also do this behind the neck.

Snatch

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Biceps, Lower Back, Traps, Quadriceps, Shoulders, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips:

Beginning Position

- Assume a shoulder-width or slightly wider stance, knees inside arms.
- Position feet flat on the floor, toes pointed slightly outward.
- Grasp the bar with a pronated closed or hook grip.
- The correct distance between hand placements should be determined by one of the following methods:
 1. Elbow-to-elbow distance when arms are straight out at sides.
 2. Distance from the edge of clenched fist of one hand to opposite shoulder when arm is straight out at side.
- Squat down next to the bar, heels on the floor.
- Fully extend arms.
- Point elbows out to sides.
- Position bar over the balls of the feet; bar should be close to shins.
- Position the shoulders over or slightly ahead of the bar.
- Establish a flat back posture by
 - Pulling shoulder blades toward each other,
 - holding chest up and out, and
 - tilting head slightly up.
- Focus eyes ahead or slightly above horizontal. Keep torso tensed.

Upward Movement Phase: First Pull

- Begin pull by extending the knees.
- Move hips forward and raise shoulders at the same rate.
- Keep the angle of the back constant.
- Lift bar straight up.
- Keep bar close to the body, heels on the floor.
- Keep elbows fully extended.
- Keep shoulders back and above or slightly in front of the bar.
- Keep head facing straight forward.
- Maintain torso position.

Upward Movement Phase: Transition (Scoop)

- Thrust hips forward and continue pulling until the knees are under the bar.
- Keep feet flat.
- Torso should be nearly vertical and erect.
- Keep shoulders positioned directly over the bar.

- Keep elbows fully extended.

Upward Movement Phase: Second Pull

- Brush bar against the middle or top of thighs.
- Keep torso erect and head facing straight or slightly up.
- Keep elbows straight.
- Move bar explosively by extending the knee, hip, and ankle joints in a "jumping action."
- Keep shoulders over the bar as long as possible, and elbows out.
- Keep bar close to body.
- At maximum plantar flexion, shrug the shoulders.
- At maximum shoulder elevation, flex and pull with the arms
- Keep elbows high during pull; keep them over the wrists.
- Pull bar as high as possible.

Catch

- As the bar reaches maximum height, slightly flex the hips then the knees.
- Flex then rotate elbows around and under the bar. At maximum bar height, fully extend the elbows and hyperextend the wrists to lock bar overhead. Contact floor with feet before the bar is locked overhead.
- Catch bar by flexing at the knees and hips to absorb weight.
- Squat down slowly and under control. Keep torso erect.
- At lowest squat position, the bar should be over the shoulders, hips over the ankles, and the elbows locked.

Upward Movement Phase: Recovery

- Once under control in low squat position, slowly extend the hips and knees to move the body to a fully erect, standing position.
- Keep bar locked overhead.

Downward Movement Phase

- Follow the downward movement phase of the "[Power Clean](#)."

Breathing

- Inhale before the first pull of the first repetition.
- Hold breath until the second pull.
- Exhale through the sticking point (shrug) of the second pull.
- Inhale while lowering the body to the low squat position.
- Exhale through the sticking point of the recovery phase.
- Inhale during the downward movement phase of succeeding repetitions.

Standing Barbell Press Behind Neck

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Barbell

Mechanics Type: Compound



Tips: Place a barbell on your upper back. Stand with your feet about shoulder width apart. Keep hands about 4 - 6 inches wider than shoulder width. Press bar overhead to arm's length. Lower slowly back down to your shoulders. Keep your legs straight at all times. Can also be done seated or in front of your neck.

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 Front Barbell Raise Over Head

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Works your front delts. Stand with your feet about shoulder width, with your back straight and hips locked. Use a shoulder width grip. Start with the bar at arm's length against your upper thighs. Raise bar in a semicircular motion until it is directly overhead. Do now unlock elbows. Lower bar slowly back to starting position. Can also be done with two dumbbells or a close or wide grip.

Standing Low-Pulley Deltoid Raise

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Traps

Equipment: Cable

Mechanics Type: Isolation



Tips: Works the side delts. Stand with your left side facing a low pulley with a single handle. Hold with your right hand. Stand straight up with your head up. Your right hand should be in line with your groin area of your left side. Raise the pulley in a semicircular motion, arm straight, elbow locked, until your arm is just above

parallel to your right shoulder. Lower to the starting position slowly. Finish your reps, then switch arms.

Standing Military Press

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Triceps

Equipment: Barbell

Mechanics Type: Compound



Tips: Raise barbell to your chest with your hands shoulder width apart. Lock your legs and hips. Keep your elbows in, slightly under your bar. Press bar to arm's length overhead. Lower to your upper chest or chin (depending on what is comfortable). Some experts believe lowering the bar to your chest is too low and strains the shoulders too much. Can also be done seated or with dumbbells.

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.

Upright Barbell Row

Exercise Data

Main Muscle Worked: Shoulders

Other Muscles Worked: Biceps, Traps

Equipment: Barbell

Mechanics Type: Compound



Tips: Standing upright, grasp a barbell with your hands about shoulder width apart. Let the bar hang straight down in front of you. Keep your body and wrists straight. Pull the bar straight up towards your chin, keeping it close to your body. Concentrate on either pulling with your traps or the front of your shoulders, depending on what you want to work most. Lower slowly to the starting position. Don't cheat by leaning forward or backward. Don't swing!

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Chest Exercise Guides

Barbell Bench Press - Medium Grip

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



What NOT To Do:



Tips: Lie on a flat bench and firmly position your feet flat on the floor a little more than shoulder width apart. Keep your back flat on the bench! Using a grip broader than shoulder width, hold the barbell above your body, then lower slowly to the middle of your chest. Without bouncing the weight off your chest, drive the barbell up over the middle of your chest until your arms are straight and your elbows are locked. Lower the bar down slowly.

Learn More About This Exercise: [CLICK HERE](#)

Barbell Incline Bench Press - Medium Grip

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Set the incline bench at about a 45 degree angle. Sit on the bench with your feet flat on the floor a little more than shoulder width apart. Position your back firmly against the bench. Using a grip slightly wider than shoulder width, hold the bar over your upper chest with your arms straight. Slowly lower the bar and make slight contact with your upper chest area. Drive the weight straight up over your chest until your elbows are locked, or close to it.

Learn More About This Exercise: [CLICK HERE](#)

Bent-Arm Barbell Pullover

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Compound



Tips: Lie on a bench, head over the end, with your feet flat on the floor. Hold bar with hands about 14" apart. Keep elbows in at all times! In a semi-circular motion, lower the bar to the floor slowly and as far as comfortable. Pull bar back using the same path. Keep your head down and do not raise your hips. Can also be done with dumbbells or with your arms straight.

Bent-Arm Dumbbell Pullover

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

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).

Butterfly

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Also known as the Pec Deck Fly. Sit at the machine with your back flat on the pad. Place your forearms on padded lever. Position your upper arms approximately parallel to the ground. Push levers together slowly and squeeze your chest in the middle. Return until chest muscles are stretched fully. Repeat.

Cable Crossover

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Cable

Mechanics Type: Isolation



Tips: Hold the stirrup cable attachments that are attached to a high pulley. Stand about one foot in front of the weight stacks with a handle in both hands. Lean slightly forward and put one foot in front of the other (for balance). Your front knee should be slightly bent. Bring your hands around and in front of your body in a hugging motion with your elbows slightly bent. You should be pulling down at a slight angle. Focus on using just your chest muscles. When your hands meet directly in front of your midsection, squeeze the muscles and then slowly return to the starting position. Your elbows should stay in the same slightly bent position the whole time. Do not walk out too far in front of the pulley system or bend over too much!

Close-Grip Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Just like the [Barbell Bench Press](#) but with your hands only 12 - 14" apart, centered over your body. Works more of the inner pectorals and triceps.

Learn More About This Exercise: [CLICK HERE](#)

Decline Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Lie on a decline bench, hold barbell about 6" wider than shoulder width. Lower bar to about 3" below nipples. Raise bar all the way up while keeping your elbows out and your chest high. Lower weight with complete control. Keep your head on the bench and do not arch your back. Can also be done with a close or wide grip, or with DUMBBELLS.

Learn More About This Exercise: [CLICK HERE](#)

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.

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](#).

Learn More About This Exercise: [CLICK HERE](#)

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.

Learn More About This Exercise: [CLICK HERE](#)

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.

Flat Bench Cable Flyes

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Cable

Mechanics Type: Isolation



Tips: Position a flat bench between two cables so that when you are laying on it, your chest will be lined up with the cables. Lay flat on the bench and keep your feet on the ground. Grab each stirrup attachment with a palms up grip. Slightly bend your elbows and keep this bend through the whole movement. (Do not bend more or less!) Squeeze your chest and pull the cables together. Touch them together above your chest. Slowly lower down until your chest muscles feel completely stretched. Repeat. Can also be done on an incline or decline bench, or with dumbbells.

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 Cable Flye

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: This is like the flat bench flye, except you are lying on a low incline bench (about 30 degrees). Hold the handles above the top portion of your chest with your arms almost straight. You should keep a slight bend in them. Slowly lower the handles in a wide arc to shoulder level and then return to the starting position along the exact same path. Keep tension on your pecs throughout the movement and squeeze hard at the top.

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.

Learn More About This Exercise: [CLICK HERE](#)

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!

Machine Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: This is like a normal bench press but using a machine. Follow the directions on the machine that you choose. Be sure to go slow during each rep.

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 Floor Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps

Equipment: Barbell

Mechanics Type: Compound



Tips:

- Lay lateral to a power rack or a slightly elevated platform
- Knees should be bent, a tight arch must be placed by the low back causing contracted lats, glutes, and abs
- Grip the bar either with two hands or with the help of a partner out of the rack
- Slowly lower the bar so the elbow touches the floor, take a full pause without releasing tension
- Drive the bar up by pushing the body into the floor and flaring the lats

One-Arm Flat Bench Dumbbell Flye

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!

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!

Push-Ups With Feet On An Exercise Ball

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Exercise Ball

Mechanics Type: Compound



Tips: This is just like the normal [Pushups](#) but you put your lower shins on an exercise ball. This causes you to use more of your stabilizer muscles and gives you a better overall workout.

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.

Smith Machine Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: Same as the [Barbell Bench Press](#) but with a Smith Machine.

Smith Machine Incline Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: Just like the [Barbell Incline Bench Press](#) but with a Smith Machine.

Straight-Arm Dumbbell Pullover

Exercise Data

Main Muscle Worked: Chest
Other Muscles Worked: None
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.

Wide-Grip Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest
Other Muscles Worked: Triceps, Shoulders
Equipment: Barbell
Mechanics Type: Compound



Tips: Same as the [Barbell Bench Press](#) but with a grip that is as wide as you can go safely. Keep your head on the bench and do not arch your back. Exhale on the way up.

Learn More About This Exercise: [CLICK HERE](#)

Wide-Grip Decline Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Same as the [Decline Barbell Bench Press](#) but with a wider grip.

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Triceps Exercise Guides

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!

Cable Lying Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Lie on a bench and grasp a short bar with a narrow overhand grip. With your arms extended, position the bar over your forehead. Lower the bar by bending the elbow. Go down to your forehead. Do not move your elbows! They should stay in the same place at all times. Extend the arm back to the starting position. Repeat.

Cable One Arm Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: With your right hand, grasp a stirrup handle attached to the high-cable pulley using an underhand grip. You should be standing directly in front of the weight stack. Pull the handle down so that your upper arm and elbow are locked in to the side of your body and your upper arm and forearm form a right angle. Feeling the contraction in your triceps, pull the stirrup handle down to your side until your arm is straight. Squeeze and then

slowly return the handle to the starting position. Finish your desired number of reps, then switch arms.

Cable Rope Overhead Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Attach a rope to the bottom pulley. Grasping the rope in both hands, start with your hands directly above your head, knuckles aimed at the ceiling. Slowly lower the rope behind your head, pause when your triceps are fully stretched, and return to the starting position and repeat. Keep your upper arms and elbows firmly in place next to the sides of your head, with the only movement occurring at your elbow joint. Your elbows should be pointing straight up. You can also do this seated with a back support bench, or you can use a dumbbell instead of the rope.

Close-Grip Bench Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Equipment: Barbell

Mechanics Type: Compound



Tips: Lie on a flat bench. Hold a barbell with both hands with a close grip, about 8 - 12 inches apart. Keeping your arms close to your sides, lower the bar until it touches your chest, approximately 1 inch below your nipples. Return to starting position, concentrating on using your triceps to push.

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.

Decline EZ Bar Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Position yourself face up on an incline bench. Using an EZ bar, 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.

Dip Machine

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: If you can't perform regular dips with your bodyweight, you can use a dip machine. Follow the directions on the machine that you use.

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](#).

Learn More About This Exercise: [CLICK HERE](#)

Incline Barbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell with hands a little closer together than shoulder width. Lie on a incline bench and position your head at the top. Press bar overhead to arm's length. Lower the bar in a semicircular motion behind your head until your forearms touch your biceps. Keep your upper arms close to your head. Return to the starting position. Can also be done with straight bar, 2 dumbbells, seated or standing or with 2 dumbbells and your palms facing in.

Kneeling Cable Concentration Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Hold a stirrup handle attachment that is connected to a high pulley with your right hand. Kneel on your left knee with your left side toward the machine. Keep your right knee bent and your upper thigh parallel to the floor. Keep your right elbow and upper arm against your inner thigh at all time. Extend your arm down in a semicircular motion until arm is vertical and your elbow is locked. Return slowly to the starting position.

Kneeling Cable Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Place a bench sideways in front of a high pulley machine. Hold a straight bar attachment above your head with your hands about 6 inches apart with your palms down. Face away from the machine and kneel. Place your head and front of your upper arms on the bench. Keeping your upper arms close to your head at all

times! Start with your forearms and biceps touching. Press the bar out in a semicircular motion until elbows are locked and your arms are parallel to the floor. Return slowly to the starting position.

Low Cable Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Position yourself face up on the bench of a seated row station. Your head should be towards the attachment. Using a tricep rope, grab the outside of the rope ends with your palms facing in. Start with your elbows bent at a 90 degree angle and your upper arms vertical. Extend your lower arms until they are vertical **WITHOUT** moving your elbows from the starting position. Squeeze your triceps, then slowly return to the starting position.

Lying Close-Grip Barbell Triceps Extension Behind Head

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold barbell or EZ Curl bar with hands about 8 inches apart. Lie on your back with your head close to the end of the bench. Position bar behind head. Keep upper arms close to your head and parallel to the floor with your lower arms vertical to the floor. Push bar up in a semicircular motion until lower arms are also parallel to the floor. Return to starting position slowly. NEVER move your elbows or upper arms!

Lying Close-Grip Barbell Triceps Press To Chin

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Lie on your back on a flat bench with your head off the end. Hold a barbell or EZ Curl bar with hands about 6 inches apart. Press bar to your arm's length above your shoulders. Lower bar in a semicircular motion to chin, bending arms at your elbows, keeping your upper arms vertical. Return to starting position. Never move your elbows!

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 Triceps Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Sit on a flat bench holding an EZ-Curl bar with an overhand grip. Lie back so that the top of your head is even with the end of the bench. At the same time, extend your arms over your head so that the bar is directly over your eyes. Keep your elbows tight and your upper arms stationary throughout the exercise. Holding your upper arms in a fixed position (this is key), slowly lower the bar until it almost touches your forehead. Then press the bar back up in a slow, sweeping arc-like motion. At the finish, lock your elbows completely.

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 your 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 occuring. 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.

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!

Reverse Grip Tricep Pushdown

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides. From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat, athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

Reverse Triceps Bench Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Equipment: Barbell

Mechanics Type: Compound



Tips: Lie on a flat bench, with the barbell at arm's length above shoulders with a reverse grip and hands about 16 inches apart. Lower bar until it touches about 1 inch below nipples. Press bar back to starting position. Keep elbows in close to your sides at all times. Can also be done on a Smith machine.

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 Overhead Barbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold barbell or EZ Curl bar with your hands about 6 to 8 inches apart. Sit at the end of a flat bench with your feet firmly on the floor and your back straight. Raise bar overhead to arm's length. Lower bar behind your head in a semicircular motion until your forearms touch your biceps. Return to starting position. Your elbows and upper arms should NEVER move. Can also be done standing.

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.

Smith Machine Close-Grip Bench Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: Same as the [Barbell Close-Grip Bench Press](#) but with a Smith Machine.

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

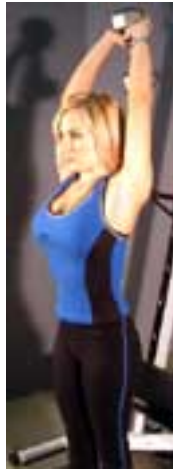
Exercise Data

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 Low-Pulley One-Arm Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Compound



Tips: Hold a stirrup handle that is attached to a low pulley with your left hand and turn away from the machine. Raise your left hand directly over your left shoulder to arm's length. Keep your upper arm completely vertical. Put your right hand on your left elbow to help keep it steady. Bend your left arm at your elbow in a semicircular motion until your forearm touches your biceps. Press up to the starting position. Keep your elbow close to your head and do not move it! Finish set and then repeat with your other arm.

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.

Standing Overhead Barbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold barbell or EZ Curl bar with hands about 6 to 8 inches apart. Raise bar overhead to arm's length. Lower bar in a semicircular motion behind head until your forearms touch your biceps. Keep your upper arms close to your head. Do not move your elbows! Return to starting position. Can also be done seated.

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.

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.

Triceps Pushdown

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Using a high-cable pulley, grasp a short straight bar with an overhand grip. Your hands should be about 10 inches apart. Position your forearms so they are parallel to the floor. Keep your feet shoulder width apart and bend your knees slightly. Keep your elbows locked in close to your body and your wrists straight. Keep your **WHOLE** body steady, push the bar down as far as possible towards your legs, locking your arms and feeling the triceps full contract. Keep the upper arms close to the body. Return to the starting position using the same motion. Never move your elbows or torso! Stay standing straight up.

Triceps Pushdown - Rope Attachment

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Same as the [Triceps Pushdown](#) except with the rope attachment. At the bottom of the movement you should pull the rope "apart" to get the best contraction in your triceps.

Triceps Pushdown - V-Bar Attachment

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Just like the [Triceps Pushdown](#) with a straight bar but with the V-Bar attachment. Can also be done with a rope attachment.

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Biceps Exercise Guides

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.

Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. **WITHOUT** leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

Cable Hammer Curls - Rope Attachment

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Attach a rope attachment to a low pulley. Stand face forwards and about 12 inches away from the machine. Grasp the rope with a palms-in grip and stand straight up. Put your elbows at your side and KEEP them there during the entire movement. Your elbows should not move. Pull your arms up until your biceps touch your forearms, keeping your palms in a facing in position. Slowly return to the starting position and repeat.

Cable Preacher Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Cable

Mechanics Type: Isolation



Tips: This is just like the normal preacher curl, which is done with a barbell. Place a preacher bench about 2 feet in front of a pulley machine. Attach a straight bar to the low pulley. Sit at the preacher bench with your elbow and upper arms firmly on the bench pad. Do not let your elbows or upper arms move! Pull the weight up towards your shoulders and squeeze at the top. Do not rock your body... go slowly. Lower the weight to the starting position and start.

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.

Close-Grip EZ Bar Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Barbell

Mechanics Type: Isolation



Tips: This is like the normal EZ Bar Bicep Curl, but with a closer grip which works the outer part of the biceps more. Grab a cambered EZ Curl bar and hold it on the innermost ridges. Your two hands together should be in the shape of a big V. While standing, hold the bar at arm's length in front of you. Curl the bar up while keeping your elbows in the same place. Do not swing! Contract your biceps as far as you can go, then slowly return to the starting position.

Close-Grip Standing Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Works more of the outer biceps. Hold barbell with both hands, palms up and about 12 inches apart. Stand straight up with your head up and feet about shoulder width. Curl bar up in a semicircular motion until forearms touch your biceps. Keep your upper arms and elbow close your sides and do NOT move them during the entire lift. Do NOT swing or use momentum to lift the weight. Can also be done with a medium or wide grip.

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.

Drag Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Barbell

Mechanics Type: Isolation



Tips: The late Vince Gironda, the “Iron Guru.” used to force everyone at his old gym in Studio City to try these if larger biceps were a stated goal. To perform drag curls, keep the elbows in back of you rather than pinned at your side. Using an overhand grip, curl the bar up and at the same time keep it in contact with your torso. In effect, you are dragging it up. Be sure not to let the elbows or shoulders rise up or this can turn into a half-ass upright row real fast. You won't need much weight to make your brachialis burn and ache like there are lumps of liquid fire buried within your outer biceps.

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.

EZ-Bar Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Barbell

Mechanics Type: Isolation



Tips: Just like a normal [barbell curl](#), but with an EZ Curl bar. Position your hands so they are on the curve that causes your palms to face inwards.

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 Cable Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Cable

Mechanics Type: Isolation



Tips: Grab a short cable bar that is attached to the low pulley with both hands, using an underhand grip. Lie flat on your back in front of the weight stack with your feet flat against the frame of the pulley machine. Your legs should be straight. Rest the bar on your thighs and slightly bend your arms. Without moving your elbows, curl the bar up slowly toward your chest. Squeeze the biceps for a second and then slowly return to the starting position. Don't bend your knees or lift your head off of the ground!

Lying Close-Grip Bar Curl On High Pulley

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Place a flat bench in front of a high pulley or lat pulldown machine. Hold bar with both hands, palms down, about 8 inches apart. Lie on your back with your head over the end of the bench. Extend arms straight about your shoulders. Curl bar down in a semicircular motion until it touches chin. Keep upper arms vertical at all times. Return to starting position using the same path. You can also curl down to above your head, rather than to your chin.

Lying High Bench Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: The model above is doing this on a regular bench. To get a full range of motion, do it on a high bench if possible. Lie face forward on a tall flat bench. Have upper body down to upper pectorals over end of bench. Hold barbell with both hands, palms up, and about 12 inches apart. Curl bar up in a semicircular motion until forearms touch your biceps. Keep upper arms vertical to the floor. Return to starting position using the same path. Can also be done with a straight barbell.

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.

Machine Preacher Curls

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Just like normal [Preacher Curls](#) but on a machine. Follow the exact directions that are on the machine that you choose.

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.

Overhead Cable Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Attach the stirrup attachment to two overhead cable pulleys. Stand between them and grasp the handles with an underhand grip. Hold your arms straight out to your sides so your body is forming a "T" and put your hands at about the same height as your head. With your elbows staying in the same place, curl your hands toward your shoulders. Your elbows should not go up or down, and they should not go forward! Squeeze for a moment and return to the starting position.

Preacher Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Using a preacher curl bench and an EZ curl bar, make sure the seat is adjusted to the right height. When you sit, the seat should not be so low that the shoulders are elevated nor so high that you're hunched over the pad. Grasp the bar using a shoulder width grip. Curl the bar upward in an arc. As you begin, be careful not to swing or rock to get it moving. The goal is to make the exercise hard on the biceps. Curl the bar towards your chin, but keep in mind that the resistance is greater at the beginning of the rep. Go down **SLOWLY** and work the muscle on the way down as well. Can also be done with two dumbbells or one arm at a time.

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.

Reverse Plate Curls

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Other

Mechanics Type: Isolation



Tips: Grasp a weight plate with a reverse grip. Your hands should be in an 11:00 o'clock and a 1:00 o'clock position on the plate. Curl the weight up and slowly return. This exercise works on grip strength as well as the biceps and forearms!

Seated Close-Grip Concentration Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place barbell on the floor near the end of a bench. Sit at the end of the bench with your feet about 24 inches apart. Bend forward at the waist, hold bar with both hands, palms up, about 6 inches apart. Rest elbows on your inner thighs about 4 inches up from your knees. Curl bar up in a semicircular motion until your forearms touch your biceps. Go down using the same path. Do not move your torso or upper arms during the lift!

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.

Spider Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Millions of trainers rep away on the sloped side of preacher benches all over the world, not knowing that a better exercise is just 180 degrees away. By turning the pad around and performing spider curls on the straight-edged side of the bench, you get almost twice the range of motion. Spider curls allow you to lower the bar all the way to the bottom of the movement, giving you a stretch that will equate to more productive reps. Seeing as just about everyone wants bigger biceps, spider curls deserve to bump preacher curls off the list of “mandatory” arm exercises.

Standing Bicep Cable Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Stand facing the low pulley. Hold a short bar attached to the low cable with your palms up. Stand back from the pulley about 1 or 2 feet and extend your arms straight down. Curl bar up in a semicircular motion until your forearms touch your biceps. Keep your upper arms close to your sides and your elbows in the SAME place. Slowly return to the starting position.

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 Cable Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Hold the right stirrup handle that is attached to a low pulley with your right hand. Stand far enough from the machine so the weight is supported with your arm at the side. Curl the handle up, turning your palm up when it clears your thigh. Curl until your biceps touch your forearms. Keep your upper arm close to your side at all times. Slowly return to the starting position, turning your palm inwards when nearing your thigh. Repeat with your right arm.

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.

Wide Grip Standing Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Stand with your feet shoulder width apart and your back straight and head up. Grab a barbell and grip it as wide as you can comfortably go. Curl bar up in a semicircular motion until forearms touch your biceps. Keep your upper arms and elbows at your sides and do not move them during the entire lift. Do NOT swing! Can also be done with close or medium grip.

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

Forearms Exercise Guides

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-Down Wrist Curl Over A Bench

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place a barbell beside a flat bench and the kneel on the other side of the bench. Hold the bar palms down with your hands about 16 inches apart. Place your forearms flat on the bench and put the back of your wrists on the edge of the bench. Lower bar as far as possible, then curl bar up as high as possible. Do not move your forearms! Can also be done with two dumbbells.

Palms-Up Barbell Wrist Curl Over A Bench

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place a barbell beside a flat bench and the kneel on the other side of the bench. Hold the bar palms up with your hands about 16 inches apart. Place your forearms flat on the bench and put the back of your wrists on the edge of the bench. Lower bar as far as possible, then curl bar up as high as possible. Do not move your

forearms! Can also be done with two dumbbells.

Palms-Up Dumbbell Wrist Curl Over A Bench

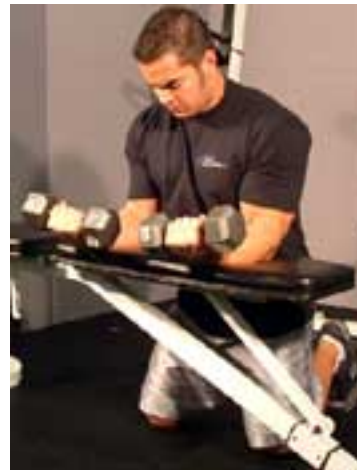
Exercise Data

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.

Plate Pinch

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: The simplest way to train your pinch grip is to grab two wide-rimmed plates and put them together with the smooth sides facing outward. Now, put your thumb on one side, fingers on the other, and lift! The mark of a man with an excellent pinch grip is to be able to do this feat of strength with two, 45lb wide-rimmed plates. I assure you, it's much more difficult than it sounds. You can also try this using four, 10lb plates. Just try to hold them as long as possible.

Learn More About This Exercise: [CLICK HERE](#)

Reverse Barbell Curl

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: Biceps

Equipment: Barbell

Mechanics Type: Isolation



Tips: Grasp bar with a shoulder width over hand grip. With the elbows to the side, raise the bar until forearms are vertical. Lower until the arms are fully extended. Repeat. When the elbow is fully flexed, the elbow should only travel forward a few inches allowing the forearm to be no more than perpendicular to the floor to allow for a relative release of tension in the muscles between repetitions.

Reverse Barbell Preacher Curls

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: Biceps

Equipment: Barbell

Mechanics Type: Isolation



Tips: Sit on preacher bench placing back of arms on pad. The seat should be adjusted to allow the arm pit to rest near the top of the pad. Grasp curl bar with shoulder width overhand grip. Raise the bar until forearms are perpendicular to floor with the back of the upper arm remaining on the pad. Lower the barbell until arm is fully extended. Repeat.

Reverse Cable Curl

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: Biceps

Equipment: Cable

Mechanics Type: Isolation



Tips: Grasp cable bar that is attached to a low pulley with a shoulder width over hand grip. With the elbows to the side, raise the bar until forearms are vertical. Lower until the arms are fully extended. Repeat. Do not move your elbows during the exercise!

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.

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.

Seated Palm-Up Barbell Wrist Curl

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell with both hands and your palms facing up. Your hands should be about 16 inches apart. Sit at the end of a bench with your feet flat on the floor and about 20 inches apart. Lean forward and place your forearms on your upper arms and the back of your wrists over your knees. Lower bar as far as possible, keeping a tight grip. Curl bar up as high as possible. Do not let your forearms move! Can also be done with two dumbbells.

Seated Palms-Down Barbell Wrist Curl

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell with both hands and your palms facing down. Your hands should be about 16 inches apart. Sit at the end of a bench with your feet flat on the floor and about 20 inches apart. Lean forward and place your forearms on your upper arms and the back of your wrists over your knees. Lower bar as far as possible, keeping a tight grip. Curl bar up as high as possible. Do not let your forearms move! Can also be done with two dumbbells.

Seated Two-Arm Palms-Up Low-Pully Wrist Curl

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Put a bench in front of low pulley. Move the bench far enough away to support the weight stack. Hold handle with both hands, palms up. Step back and sit on the bench with your feet about 16 inches apart firmly

on the floor. Lean forward and place forearms on upper thighs with the back of your wrists over your knees. Lower handle as far as possible, keeping a tight grip. Curl handle up as high as possible. Do not let your forearms move!

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.

Standing Olympic Plate Hand Squeeze

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Hold a weight plate by the ridge in each hand. Stand straight up, with the plates at arm's length at sides of thighs with your palms in. Lower plates until fingers are nearly extended but can still hold weights. Close hands, raising the plates a few inches. Continue raising and lowering the weights until your grip gives out. You can do both hands at the same time, alternate, or do one hand at a time.

Standing Palms-Up Barbell Behind The Back Wrist Curl

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell behind your buttocks at arm's length, with your palms facing backwards and your hands about 20 inches apart. Curl your hands up as high as possible. Keep your arms straight. Lower bar back to starting position.

Wrist Roller

Exercise Data

Main Muscle Worked: Forearms

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: Hold a wrist roller device straight in front of you, with your arms completely straight and parallel to the floor. Rotate one wrist at a time in order to roll the rope around the roller. Go until the weight is all the way up to the top. Return the weight to the starting position and start again. Don't move your arms from the starting position.

[**GO BACK TO THE SEARCH PAGE**](#)

View and print guides for every exercise! Go to: <http://www.bodybuilding.com/fun/exercises.htm>

Abs Exercise Guides

Ab Crunch Machine

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: This is like a situp or crunch, but the machine helps you to add resistance for greater strength increases. Follow the directions on the particular machine that you choose. Be sure to go slow and concentrate on using your abs to push the weight while relaxing your legs and feet.

Ab Roller

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Compound



Tips: Using the ab roller, start on the floor on all your hands and knees. Hold the ab roller in your hands while in this position. Slowly roll the ab roller forward, stretching your body into a straight position. Go down as far as you can without touching the floor with your body. Pause and pull yourself back to the starting position. Repeat for the desired number of reps. Go slow and do not touch the ground!

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!

Barbell Ab Rollout

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: Lower Back,Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: The elbows are to be locked and kept in a vertical line with the shoulders. Many ab wheel commercials show the user with their arms extended out but it is felt by some that this puts unnecessary stress on the shoulders and lower back. Keep the body locked in a straight position with no back "sag" when in the bottom position. All movement in this exercise is initiated by the hips, not the arms/lats. The emphasis should be on raising the butt as high as possible in a "piking" motion when in the upright part of the movement.

Barbell Ab Rollout - On Knees

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: Lower Back, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Start on your knees with your hands about shoulder width apart on a barbell that is positioned in front of you. Slowly roll the barbell forward as far as you can comfortably go. Keep the body locked in a straight position

with no back "sag" when in the bottom position. Do not touch your chest or any part of your upper body to the ground. Slowly pull yourself back up using the same motion but in reverse. Repeat. Can also be done with an ab wheel or on your toes.

Barbell Side Bend

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Works your obliques. Stand straight up with your feet shoulder width apart. Place a light barbell on your shoulders. Keep your back straight and your head up. Bend to the right as far as possible then bend to the left as far as possible. Bend at your waist only, not at your hips or knees. You can also do this seated, or with dumbbells in your hands.

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.

Cable Crunch

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Kneel below a high pulley. Grasp cable rope attachment and place wrists against the head. Flex hips slightly and allow the weight to hyperextend the lower back. With the hips stationary, flex the waist so the elbows travel toward the middle of the thighs. Return and repeat.

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!

Crunch - Legs On Exercise Ball

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Exercise Ball

Mechanics Type: Isolation



Tips: Lie flat on your back with your feet resting on an exercise ball with your knees bent at a 90 degree angle. Place your feet 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!

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!

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.

Exercise Ball Crunch

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Exercise Ball

Mechanics Type: Isolation



Tips: Sit on top of an exercise ball with your feet placed firmly on the floor. Roll the bottom half of your glutes off the ball by sliding forward. Your lower back should be centered on top of the ball. Place your hands on the sides of your head, but don't use your hands to pull. Crunch your upper body forward and roll your shoulders towards your hips. Squeeze at the top! Then lower back to the starting position and repeat. You can hold a weight to increase the difficulty.

Exercise Ball Pull-In

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Exercise Ball

Mechanics Type: Compound



Tips: Works more of the lower abs. Start in a push-up position and place your lower shins on top of the exercise ball. While keeping your back completely straight, pull your knees in towards your chest, allowing the ball to roll forward under your ankles. Squeeze your abs and then straighten your legs, rolling the ball back to the starting 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!

Knee / Hip Raise On Parallel Bars

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Isolation



Tips: 1. This exercise is great because unlike crunches, this works mostly the lower abs. 2. Use your abs to pull your legs up. Rotate your pelvis forward to really "crunch" your abs. 3. Try not to swing. Using momentum in any exercise is cheating! 4. Squeeze your abs at the top! Keep your legs together.

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.

Plate Twist

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Other

Mechanics Type: Compound



Tips: Works more of your obliques. Sit on the floor and hold a plate out in front of your abdominals with your arms slightly bent. Lean back slightly with your upper body and elevate your legs off the floor. Rotate from side to side and touch the plate on the floor. Twisting to the left and touching the plate to the floor and then twisting to the right and touching the plate is 1 rep! Remember to breath throughout the exercise!

Press Sit-Up

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Always start light on this exercise to understand the movement and increase the weight accordingly. Tips: Lie on either a flat or decline bench. For those that are stronger, use the decline. Start with the bar on the chest as though you were preparing to perform a bench press. Take a nice deep breathe, tighten the abdominals and glutes. Begin by simultaneously curling your torso and pressing the bar to an overhead position. Exhale only through pierced lips not to lose intra-abdominal pressure. Reverse the process by unrolling your body, but do not exhale all your air. Note: Even though your feet are anchored try to minimize the pull of the hips.

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 Barbell Twist

Exercise Data

Main Muscle Worked: Abdominals

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Works your obliques. Place a light barbell on your shoulders and sit at the end of a flat bench with your feet firmly on the floor. Twist your torso to the right, then to the left by twisting at your waist only. Do not move your head from side to side. Keep your back straight and your head up. Can also be done standing or by holding a dumbbell close to your chest.

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](#).

Learn More About This Exercise: [CLICK 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

Quads Exercise Guides

Barbell Deadlift

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



What NOT To Do:



Tips: Think of a deadlift as a squat, only the bar is in your hands rather than on your back.

The Stance: Approach the loaded barbell and assume a stance about as wide as your own shoulders while

gripping the bar such that the inner aspects of your arms are slightly outside of your thighs. Another way to determine your optimal deadlift foot placement is to jump down from a box which is half your own height and "stick" the landing. Now look at your feet...this will approximate your ideal stance width and degree of foot turn-out.

Feet and Shin Position: Feet should point straight forward or turned out to a 25 degree angle at most. The best foot angle is one which provides the least amount of hip and knee restriction when you lower the hips in preparation to lift, so don't be afraid to experiment a bit. The shins should be two to three inches from the bar and then when you actually bend down and lower your hips in preparation to lift, the shins will touch the bar. Most of the weight will be on the heels of the feet. This facilitates maximal contribution of the glutes and hamstrings. During the ascent, the bar will travel as close to the leg and shins as possible. Ideally, wear cotton sweat pants or track pants with long socks to protect your shins.

Hand Position: A "reverse grip" should be used when deadlifting. This means that one hand will be supinated (palm faces you) and the other pronated (palm facing away). This will help keep the bar in your hand. If grip strength is not one of your training targets, feel free to use wrist straps with a conventional grip. Hold the bar high up on the palm to compensate for any roll of the bar when pulling the weight up. Generally, the grip should start with the index finger and the little finger bordering the knurling in the middle of the bar.

Head Placement and Eye Contact: The entire spine should remain neutral, which means you look neither up nor down, but instead, the head follows the body, almost like you're wearing a cervical cast on your neck. It's OK for the head to be SLIGHTLY up (this tends to improve muscular contraction of the low back muscles) but in all cases, the lift must start with the hips down, the entire spine neutral, and the feet flat on the floor.

The Ascent: As you stand up with the weight, imagine pushing the earth away from you with your feet. When viewed from the side, your hips and shoulders should ascend together; if the hips rise before the shoulders, it means you're using your back rather than your legs. If this happens, reduce the weight until you can perform the lift correctly and add more specific quad-strengthening exercises to your program.

The Lockout: Competitive powerlifters are required to demonstrate control over the weight by standing up and then extending the hips forward in an exaggerated manner. If you're NOT a competitive lifter, simply stand up with the weight without this exaggerated maneuver.

The Descent: Simply return the bar to the floor, under control, by reversing the technique you used to lift the weight.

Learn More About This Exercise: [CLICK HERE](#)

Barbell Full Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Position a barbell on the back of the shoulders and grasp bar to the sides. Put your feet at shoulder width with your toes and knees slightly pointed outwards. Descend until knees and hips are fully bent. Extend knees and hips until legs are straight. Return and repeat. Some people believe this is damaging to your knee, but others believe it is a great exercise. Can also be done with dumbbells in your hands instead or on the Smith machine.

Barbell Hack Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Forearms, Hamstrings, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Hold a barbell behind you at arm's length. Keep the bar tucked against your butt and upper thighs. Palms up, facing back, and your hands as wide as your hips. Turn wrists up to lock bar solidly. Bar stays this way at all times! With your head and eyes up and your feet firmly on the floor at shoulder width, squat until your upper thighs are parallel to the floor. Return slowly to the starting position. Can also be done with your heels slightly elevated on a small block.

Barbell Lunge

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Place a barbell on your upper 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! Can also be done with dumbbells in each hand instead of using a barbell.

Barbell Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Lower Back, Hamstrings, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Rest a barbell on the upper portion of your back, not your neck. Firmly grip the bar with your hands almost twice your shoulder width apart. Position your feet about shoulder width apart and your toes should be pointing just a little outward with your knees in the same direction. Keep your back as straight as possible and your chin up, bend your knees and slowly lower your hips straight down until your THIGHS ARE PARALLEL TO THE FLOOR. Once you reach the bottom position, press the weight up back to the starting position. Don't lean over or curve your back forward! You can use a [Belt](#) to help reduce the chance of lower back injury. You can put your heels on a 1 inch block to further work the quads. You can also use a wider stance to work the inner quads even more.

Learn More About This Exercise: [CLICK HERE](#)

Barbell Squat To A Bench

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: This is like the regular [Barbell Squat](#) but you put a flat bench behind you. Squat down and barely touch the bench. Do NOT sit on it or rest at all. It is just there to help make sure you go all the way down on each repetition.

Barbell Step Ups

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Place a barbell on your shoulders like you would if you were doing [Barbell Squats](#). Step up onto a flat bench with your left leg. Then step up with your right leg so you are now standing on the bench. Step down with your left leg, then your right leg. Repeat, starting with your right leg this time. Be careful not to fall! Use lighter weights. Can also be done with two dumbbells in your hands instead of a barbell.

Dumbbell Lunges

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Equipment: Dumbbell

Mechanics Type: Compound



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!

Dumbbell Rear Lunge

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Calves, Glutes

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Stand with dumbbells grasped to sides. Extend one leg back on forefoot. Lower body on other leg by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending the hip and knee of the forward leg. Repeat by alternating lunge with opposite leg. Keep torso upright during lunge; flexible hip flexors are important. A long lunge emphasizes the Gluteus Maximus; a short lunge emphasizes Quadriceps.

Dumbbell Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Stand with your feet at shoulder width apart with your toes and knees slightly pointing outward. Hold dumbbells in your hands with your arms at your sides. Keep your back straight and your head up. Squat down

until your thighs are parallel to the floor. Slowly return to the starting position. Can also be done with a barbell on your back instead of dumbbells.

Dumbbell Squat To A Bench

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Same as the [Dumbbell Squat](#) except you put a bench behind you. Go down and barely touch the bench, but do NOT sit on it at all. This is just to help you make sure that you go all the way down on each rep.

Dumbbell Step Ups

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Hold two dumbbells, one in each hand, at your side. Step up onto a flat bench with your left leg. Then step up with your right leg so you are now standing on the bench. Step down with your left leg, then your right leg. Repeat, starting with your right leg this time. Be careful not to fall! Use lighter weights. Can also be done with a barbell on your shoulders instead of dumbbells.

Freehand Jump Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Calves, Glutes

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Cross your arms over your chest. With your head up and your back straight, position your feet at shoulder width. Squat down until your upper thighs are parallel, or lower, to the floor. Jump straight up in the air as high as possible, using thighs like springs. Immediately squat down and jump again. Can also be done with a barbell

on your upper back or with dumbbells hanging at your sides.

Front Barbell Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Place a barbell on your upper chest and rest it on your front deltoids and upper thorax. Place right hand on the bar even with your left deltoid and your left hand on the bar even with your right deltoid. Keep your upper arms slightly above parallel to keep the bar from sliding. Keep your head up and your back straight with a shoulder width stance. Your toes and knees should be slightly pointed outwards. Squat down until your upper thighs are parallel to the floor. Return slowly to the starting position. Can also be done with your heels on a 1 inch block or with a wider stance.

Learn More About This Exercise: [CLICK HERE](#)

Front Barbell Squat To A Bench

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Same as the normal [Front Barbell Squat](#) but you put a flat bench behind you. Squat down and barely touch the bench. Do NOT sit on it or rest at all. It is just there to help make sure you go all the way down on each repetition. Can also be done with your heels on a 2 X 4.

Hack Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Machine

Mechanics Type: Compound



Tips: Lie face up on a hack squat machine with shoulders against pad. Place feet on platform. Your feet should be together, toes pointed slightly out. Extend hips and knees. Release dock levers. Flex hips and knees to descend until knees are just short of complete flexion. Raise sled by extending knees and hips. Repeat. Great for developing the lower area of the thigh.

Iron Cross

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Lower Back, Traps, Hamstrings, Shoulders, Glutes

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Stand in a low parallel squat position, feet shoulder width apart and holding dumbbells parallel to the ground with palms facing in. Move arms out away from your sides in a giant "T" as you stand upright.

Leg Extensions

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Using a leg extension machine, sit in the seat and hook your feet under the padded bar. Adjust the pad and/or the seat so that your knees hang off the end of the seat and the footpad rest on the lowest part of the shins. Grasp the handles on the machine or the edges of the seat to keep your hips from lifting up as you perform the exercise. Extend your legs until knees are straight, making sure you remain seated flat on the machine. Raise the weight all the way, lock and hold briefly, then slowly lower the weight back to the starting position. Get the full range of motion and feel the muscle being worked during the entire movement. Do not SWING the weight up!

Leg Press

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Machine

Mechanics Type: Compound



Tips: Sitting on a leg press machine, position your feet together against the crosspiece about shoulder-width apart and toes pointed slightly outward. Grasp the handle grips or sides of the seat. Bend your knees and lower the weight as far as possible without changing the position of your hips. Do not lower the weight so far that your hips start to curl up off the seat! Then slowly push the weight back up using your heels, not your toes. Do not lock your knees at the top, but rather take the weight to just before lock. Then begin to lower the weight again SLOWLY. You can change your foot positions to vary the angle on the machine.

Lying Machine Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Machine

Mechanics Type: Compound



Tips: Using a machine like the one shown above, follow the directions that are listed on it.

One Leg Barbell Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Use a 12 to 18 inch box or bench for this exercise. The higher the box, the more difficult the exercise. Place a barbell behind your head at the base of your neck. Grasp the barbell with both hands with a wider than shoulder width grip. Stand approximately 2 to 3 feet from the box and turn so that the box is directly behind you. Reach one foot back and place your toe on the box. Keep your opposite foot flat on the floor and point your toes forward. Stand up straight. Keep your back tight and your chest out throughout the entire exercise. Keep your head and neck in line with your torso so that you are looking forward. Your shoulders should be directly over your front foot. Keeping your front foot flat on the floor, sit your hips back (like you are going to sit in a chair), bend your knee (of your front leg), and lean forward slightly at the waist. Lower yourself in a controlled fashion until your thigh (of your front leg) is parallel to the ground. If you have difficulty lowering yourself down this far, lower yourself until the knee of your front leg is bent 90 degrees. At this point, your knee should be directly over your toe, your hips should be sitting back, and your chest should be directly over the middle of your thigh. Now, leading with your head and chest, raise yourself by pushing your hips slightly forward and up toward the ceiling, and straightening your leg. Return to the starting position. At this point, your shoulders should be directly over front foot.

One-Arm Barbell Snatch

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Lower Back, Traps, Hamstrings, Calves, Abdominals, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Start from the hang position (holding the bar slightly above the knees). With an explosive pull upwards with the hips, drive the weight overhead.

Since the grip will typically be the first to fatigue, the repetitions should remain on the lower end, 3 to 5 reps. This will normally encourage a higher number of sets be implemented to compensate for the lower repetitions. Lifters will also find their performance will vary depending upon the size of the bar. Having been in many different gyms, I know that the grip size of bars will vary a lot, thicker bars will seem heavier, but may be more appropriate for those that are trying to challenge their grip.

Learn More About This Exercise: [CLICK HERE](#)

One-Arm Side Deadlift

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Abdominals, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Standing to the side of barbell resting on the ground, grasp weight directly in the center. Drop into a low deadlift position and drive off as with a standard [deadlift](#) but with particular emphasis of pushing off the obliques. Repeat for your desired reps and then switch sides. Can also be done with a dumbbell.

Overhead Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Lower Back, Hamstrings, Calves, Shoulders, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Place the bar overhead using a side snatch grip with the arms locked out. The feet are placed wide with your toes pointing outward in the receiving position for the snatch. Squat by lowering your hips between your heels until your upper legs are below parallel with the floor. Maintain an upright posture with back tight and chest up. Keep the feet flat on the floor and maintain eyes straight ahead. Do not lean forward from the waist

and push the hips back.

This is a very dangerous exercise since you could fall over. Start with light weight and use a spotter if possible.

Plie Dumbbell Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Position your feet 2-4 inches wider than your shoulders. Hold one dumbbell in front of your body. Point your toes out at a 45 degree angle. While standing upright, keep your knees slightly bent with your hips in a neutral position. Don't arch your lower back. To begin the exercise, start by moving your hips back like you were going to sit in a chair. Then, bend your knees letting them follow the exact angle of your toes. Lower your body until your thighs are parallel to the floor or to a position that feels comfortable to you. Exhale and return to the starting position. Remember to maintain good posture with your chest up. Also, keep your feet flat on the ground throughout the movement. You can also do this with a barbell on your back.

Smith Machine Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves, Glutes

Equipment: Machine

Mechanics Type: Compound



Tips: Just like a [Barbell Squat](#) but in the Smith Machine. Using the safety locks, this is safer than regular barbell squats. It may not be as effective though since your stabilizer muscles are not used quite as much, as with all machine exercises.

Thigh Abductor

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings

Equipment: Machine

Mechanics Type: Isolation



Tips: The outer thighs are tough to work effectively, and the abductor machine is a welcome addition for both body-sculptors and serious bodybuilders alike. Angles are crucial in getting the most out of this movement. Keeping your back and butt where they belong, wedged well against the backrest and on the seat, respectively, is key. The movement is elementary in that you simply keep the OUTside of your knees pressed firmly against

the pads as you move them apart.

Thigh Adductor

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings

Equipment: Machine

Mechanics Type: Isolation



Tips: The inner thighs are tough to work effectively, and the adductor machine is a welcome addition for both body-sculptors and serious bodybuilders alike. Angles are crucial in getting the most out of this movement. Keeping your back and butt where they belong, wedged well against the backrest and on the seat, respectively, is key. The movement is elementary in that you simply keep the inside of your knees pressed firmly against the pads as you move them together.

Wide Stance Barbell Squat

Exercise Data

Main Muscle Worked: Quadriceps

Other Muscles Worked: Hamstrings, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Works more of the inner thighs. Place a barbell on your upper back. Use a comfortable hand grip. Keep your head up and your back straight with your feet about 30 inches apart. Point your toes and knees a little outwards. Squat until your upper thighs are parallel to the floor. Slowly return to the starting position.

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Lats Exercise Guides

Close-Grip Front Lat Pulldown

Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps,Middle Back

Equipment: Cable

Mechanics Type: Compound



Tips: Works the lower lats. Sit at a lat pulldown machine or kneel in front of a cable pulley. Hold lat bar with hands about 8 inches apart. Start with arms extended overhead. Pull bar straight down until it is even with your upper chest. Return slowly to starting position. Do not swing or lean back!

Full Range-Of-Motion Lat Pulldown

Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps,Middle Back

Equipment: Cable

Mechanics Type: Compound



Tips: Either standing or seated on a high bench, grasp two stirrup cables that are attached to the high pulleys. Grab with the opposing hand so your arms are crisscrossed about you and your palms are facing forward. Keeping your chest up and maintaining a slight arch in your lower back, pull the handles down as if you were doing a regular pulldown. The range of motion will be more of an arc. During the movement, rotate your hands so that in the bottom position your palms face each other rather than forward. Return slowly to the starting position and repeat.

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](#).

Straight-Arm Pulldown

Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Stand in front of a lat pulldown bar with your arms outstretched towards the bar. Place your palms flat on the bar and pull it down to shoulder level. Keeping your elbows slightly bent and your wrists locked, pull the bar down towards your body in an arcing motion. Once you contracted the lats fully and the bar has touched or come close to your thighs, slowly allow the bar to come back up to the starting position. Keep your torso erect!

Underhand Cable Pulldowns

Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps

Equipment: Cable

Mechanics Type: Compound



Tips: Grasp a cable bar from a high pulley with an underhand grip. Sit with thighs under supports. Pull down cable bar to upper chest until elbows are to the sides. Return until arms and shoulders are fully extended. Repeat. Do not lean back!

V-Bar Pulldown

Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Equipment: Cable

Mechanics Type: Compound



Tips: Attach a V-Bar attachment to the pulldown machine. Using a palms-in grip, grasp the V-Bar and extend your arms completely straight above your head. Keeping your back straight and your torso vertical (do not lean back) pull the V-Bar down to your upper chest. Touch the chest and slowly return to the starting position. Do not swing!

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 Lat Pulldown

Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps,Middle Back

Equipment: Cable

Mechanics Type: Compound



Tips: Start with your legs positioned snugly under the kneepads of a pulldown machine. Your feet should be flat on the floor. Grasp the wide bar firmly with an overhand grip. Your hands should be almost twice your shoulder width apart. Pull the bar down on top of your chest, arching your back slightly. Focus on keeping your elbows directly below the bar. Pause briefly with the bar in position right on top of your collarbone. Slowly raise the bar back to the starting position. Do NOT lean back too far and pull the weight down using your body weight!

Wide-Grip Pulldowns Behind The Neck

Exercise Data

Main Muscle Worked: Lats

Other Muscles Worked: Biceps, Middle Back

Equipment: Cable

Mechanics Type: Compound



Tips: Some experts believe this exercise should not be used because it can cause injuries. Hold lat bar with hands about 36 inches apart. Pull bar straight down until it touches the back of your neck just above shoulders. Return slowly to starting position. Can also be done with a closer grip.

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.

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Middle Back Exercise Guides

Bent Over Barbell Row

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps,Lats

Equipment: Barbell

Mechanics Type: Compound



Tips: Position your feet at about shoulder width. Bend over so your back is as close to parallel to the floor as you can and hold bar with an overhand grip and with hands a little wider than shoulder width. Keep legs slightly bent. Hold bar at arm's length straight down. Pull bar straight up to the lower part of your chest. Slowly lower bar back to starting position. Keep your head up and back straight at all times, and do NOT swing or use momentum to lift the weight!

Bent Over One-Arm Long Bar Row

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps,Lats

Equipment: Barbell

Mechanics Type: Compound



Tips: Put weight on one end of a long barbell. It is helpful to put something at the other end of the barbell on the ground so it can not slide backward. Straddle the bar and bend forward until torso is as close to parallel with the floor as you can go. Keep your knees slightly bent. Hold bar just behind plates with one hands. Put your other hand on your knee. Pull bar straight up with your elbows in until the plates touch your lower chest. Lower bar slowly to starting position. Finish set and then switch arms. Do not let the plates touch the floor at the bottom. You can get a better range of motion by using many small plates rather than one big plate. Keep your back straight and head up!

Bent Over Two-Arm Long Bar Row

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps,Lats

Equipment: Barbell

Mechanics Type: Compound



Tips: Put weight on one end of a long barbell. It is helpful to put something at the other end of the barbell on the ground so it can not slide backward. Straddle the bar and bend forward until torso is as close to parallel with the floor as you can go. Keep your knees slightly bent. Hold bar just behind plates with both hands. Pull bar straight up with your elbows in until the plates touch your lower chest. Lower bar slowly to starting position. Do not let the plates touch the floor at the bottom. You can get a better range of motion by using many small plates rather than one big plate. Keep your back straight and head up!

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.

Lying T-Bar Row

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps, Lats

Equipment: Machine

Mechanics Type: Compound



Tips: Adjust the leg height so that your upper chest is at the top of the pad. Lay face down on the pad and grab the handles. You can use a palms down, palms up, or palms in position depending on what part of your back you want to work more. Extend your arms completely to start. Slowly pull the weight up and squeeze your back at the top of the movement. Do not lift your body off of the pad! Return to the starting position.

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.

Reverse Grip Bent-Over Rows

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps,Lats

Equipment: Barbell

Mechanics Type: Compound



Tips: Bending over at a slight angle, knees bent, back straight, abs tight, grab straight bar with a reverse grip (palms are facing forward or up). Pull bar towards your upper stomach, squeezing you back as you pull. Return bar to starting position slowly. Can also be done with dumbbells. Sometimes it helps to imagine you are squeezing your shoulder blades together or imagine a string attached to your elbows and the string is pulling your elbows back. This will help keep the concentration on the back instead of just pulling the bar with the arms.

Seated Cable Rows

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps, Lower Back, Lats

Equipment: Cable

Mechanics Type: Compound



Tips: Sit down at a low-pulley rowing machine with your feet flat against the footrests and your knees slightly bent. Bending only at the waist, lean forward and grasp the pulley handle in front of you. Your palms should be facing each other. Keep your back FLAT and looking forward, slowly draw the handles back to your stomach while simultaneously leaning back at the waist until your torso is perpendicular to the floor. The handles should reach your stomach just as your upper body reaches the upright position. Slowly return to the starting position by leaning forward from the waist while extending your arms in front of you. TO ISOLATE YOUR LATS ONLY do not bend forward at all, just keep your back straight up and down and move only your arms and squeeze your back.

Smith Machine Bent Over Row

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps, Lats

Equipment: Machine

Mechanics Type: Compound



Tips: Just like the [Barbell Bent Over Row](#) but with a Smith Machine bar instead.

T-Bar Row

Exercise Data

Main Muscle Worked: Middle Back

Other Muscles Worked: Biceps, Shoulders, Lats

Equipment: Machine

Mechanics Type: Compound



Tips: Straddle a T-bar rowing machine with your feet firmly on the ground. Using a narrow grip, hold the bar slightly off the ground so your back is straight and not hunched. Lift the bar up toward your body with your back by squeezing your shoulder blades together. Bring the weight up as high as you can, or until it touches your lower chest. Your elbows should be pointing up and slightly out as you lift. Return to the starting position in a

Lower Back Exercise Guides

Hyperextensions (Back Extensions)

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings

Equipment: Other

Mechanics Type: Isolation



Tips: Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance. Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. Slowly raise your torso until your legs and upper body are in a straight line again. Do NOT arch your back past a straight line!

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.

Smith Machine Stiff Legged Deadlift

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings

Equipment: Machine

Mechanics Type: Isolation



Tips: Like the [Stiff Legged Deadlift](#) but with a Smith Machine.

Stiff Leg Barbell Good Morning

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place a barbell on your shoulders. Keep your head up and your back completely straight. Bend at your waist with your legs locked, until your upper body is parallel to the floor. Return slowly to the upper position. Can also be done with your knees slightly bent.

Stiff-Legged Barbell Deadlift

Exercise Data

Main Muscle Worked: Lower Back

Other Muscles Worked: Hamstrings, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Bend at your waist with your head up, back straight and knees nearly locked. Hold bar with hands about 16 inches apart. Straighten up while holding the bar at arm's length. Lower back down to the floor but do not let plates touch. 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 (so that plates don't touch the floor) or with dumbbells.

Learn More About This Exercise: [CLICK HERE](#)

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.

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.

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Glutes Exercise Guides

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!

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 to that you feel them do the work. This should begin to tighten and firm these muscles.

One-Legged Cable Kickback

Exercise Data

Main Muscle Worked: Glutes

Other Muscles Worked: Hamstrings

Equipment: Cable

Mechanics Type: Isolation



Tips: The one-legged cable kickback is a great way to carve shape into those sagging buns. Hook a leather ankle cuff to a low cable pulley and then attach the cuff to your ankle. Face the weight stack from a distance of about two feet, grasping the steel frame for support. While keeping your knees and hips bent slightly and your abs tight, contract your glutes to slowly "kick" the working leg back in a semicircular arc as high as it will comfortably go. At full extension, squeeze your glutes for peak contraction. Bring your working leg forward, resisting the pull of the cable until you reach the starting position. After completing the desired number of reps, switch legs and repeat this movement for the other bun.

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Hamstrings Exercise Guides

Barbell Lunge

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: Quadriceps, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Place a barbell on your upper 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! Can also be done with dumbbells in each hand instead of using a barbell.

Dumbbell Lunges

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: Quadriceps, Calves

Equipment: Dumbbell

Mechanics Type: Compound



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!

Lying Leg Curls

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Lie face down on a leg-curl machine and hook your heels under the roller pad. Your legs should be stretched out straight so that the pads rest on the back of your ankles. Grasp the handles under the bench for support. Remaining flat on the bench, curl your legs up until your hamstrings are fully contracted. Release and lower the weight slowly back to the starting position. Concentrate on using a full range of motion and do not SWING the weight up. You can point your toes to intensify the burn in your hamstrings.

Romanian Deadlift

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: Quadriceps, Calves, Glutes

Equipment: Barbell

Mechanics Type: Compound



Tips: Put a barbell in front of you on the ground. Standing on a box if needed, grab the dumbbell with a little wider than shoulder width grip. Bend the knees slightly. The position should be shins vertical, hips back and back straight. Keeping your back completely straight at all times, use your hips to lift the bar. The movement should not be fast but steady and under control. The arms should remain straight. Once you are standing completely straight up, lower the bar by pushing the hips back, only slightly bending the knees, unlike when squatting. Take a deep breath at the start of the movement and keep your chest up. Hold your breath as you lower and exhale as you complete the movement. Start with light weights to get used to it and be careful!

Seated Leg Curl

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Follow the directions on the seated leg curl machine.

Smith Machine Stiff Legged Deadlift

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: Lower Back

Equipment: Machine

Mechanics Type: Isolation



Tips: Like the [Stiff Legged Deadlift](#) but with a Smith Machine.

Standing Leg Curl

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Using a standing leg curl machine, keep your body erect at all times and do not bend over. Using one leg, position the pad so it is at your ankle. Grab the handles with your hands to stabilize yourself. Pull up with your hamstring and go up as far as you can. Do NOT use momentum to swing the weight up. Perform the desired reps and then do the other leg.

Stiff-Legged Barbell Deadlift - Hamstrings

Exercise Data

Main Muscle Worked: Hamstrings

Other Muscles Worked: Lower Back, Calves

Equipment: Barbell

Mechanics Type: Compound



Tips: Bend at your waist with your head up, back straight and knees nearly locked. Hold bar with hands about 16 inches apart. Straighten up while holding the bar at arm's length. Lower back down to the floor but do not let plates touch. 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 (so that plates don't touch the floor) or with dumbbells.

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Calves Exercise Guides

Barbell Seated Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place a block about 12 inches in front of a flat bench. Sit on the bench and place the balls of your feet on the block. Place a barbell over your upper thighs about 3 inches above your knees. Raise up on your toes as high as possible and squeeze the calves. Lower down to the starting position and stretch as far as you can. Repeat.

Calf Press On The Leg Press Machine

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: While sitting a leg press machine, press the weight rack up as if you were going to do a leg press. Lock your knees and slide your feet down so that only the balls of your feet are on the rack and your heels are hanging off. Push with your toes and point the feet like a ballet stance, pushing the rack along with you. Let the rack come back down bringing the toes closer to your body and repeat. Make sure the handles remain in the locked position. If your feet were to slip off the rack and you don't have the handles locked you can be injured. Don't bounce the rack up and down. Use the muscles slowly with control. You can also focus on the inner or outer calves by pointing your toes in or out instead of keeping them straight.

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.

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.

Rocking Standing Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: This is a great option to calf training without fancy machines. From a standing squat position with a barbell on your back, perform a standard calf raise, but as you return your feet flat to the ground raise the toes off, hence "rocking back." Now a word of caution to those over-zealous types: perform with caution and get the feel of the exercise as tempo should be slow with total control. Can also be done by holding two dumbbells in your hands.

Seated Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Sit on a calf raise machine. Place your upper thighs under the leg pad just above your knees. Disengage any weight lock that may be in place. Lower your heels to the lowest possible position. Slowly raise up on your toes as high as you can go. Hold for a moment and return to the starting position. Do not "swing" the weight up using momentum! Repeat.

Standing Barbell Calf Raise

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Set a barbell on a power rack and put a block of wood or something similar nearby. Position your back under the barbell with both hands to sides, just like if you were doing squats. 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. You can also do this with dumbbells in your hands, or in a smith machine.

Standing Calf Raises

Exercise Data

Main Muscle Worked: Calves

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Stand with your toes on the block of a standing-calf-raise machine and your heels hanging off the end of the platform. Hook your shoulders under the pads and straighten your legs, lifting the weight clear of the support. Do not hunch, but rather keep your body straight. Keeping your legs straight, lower your heels and the weight as far as possible toward the floor. Rise up on your toes as far as possible. Hold the contraction briefly, then slowly return to the starting position. You can also point your toes in or out to vary the area of emphasis in your calf muscle.

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.

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Diet suggestions:

1800-2000 calorie diet, on a 40/40/20 split. That means 40% of your diet from protein, 40% from carbs, and 20% from fat.

Each gram of protein and carbs has 4 calories in it, so that means:

200g Protein

200g Carbs

44g Fat (get as much in unsaturated fat as you can....no trans fat or saturated fat)

Now distribute that over six smaller meals a day, not 3 large ones. That is ESSENTIAL. It keeps your blood sugar nice and even, meaning you don't store anything and you will burn fat because you don't have enough calories.

Now, add some low-intensity cardio. Or maybe advanced cardio called HIIT. High Intensity Interval Training.

Get on a bike, or a treadmill, or whatever you want and aim for a heartbeat of 130-140 for 30-40 minutes as many times as you can do it during the week. Hell, do it six times a week if you can!

Now, that alone will get you started losing fat pretty quick. Over the course of 2-3 months, you'll really get your metabolic fires burning.

Also, if you want some supplements to help you along the way, here's what I'd suggest:

A good multi-vitamin (try GNC's Ultra Mega Men time release)

Man Scorch (it keeps your metabolism high and makes your burn more calories)

Sesathin (it's unsaturated fats that help you lose weight....don't ask how it works, just know that it does)

It's important to know that the results will take TIME. Dieting is a long-term process. But I GURANTEE that if you actually follow these guidelines, you'll burn fat and have a great body in no time.

Also, go ahead and have one day a week where you PIG OUT. It'll keep you from breaking down due to desire. When you want something you shouldn't eat, you can just think about that you have that day coming up and you can go nuts! It won't hurt you.

And remember, alcohol has tons of calories in it.

Many serious bodybuilders understand that the body cannot gain muscle and lose body fat at the same time, due to this many bodybuilders go through [bulking](#) and [cutting phases](#) in their bodybuilding routine. During bulking phases the person increases their calorie intake in an attempt to gain weight. This article will discuss the concepts of the bulking phase.

The Right & Wrong Way To Bulk

Like everything there is a right and wrong way to bulk. Some people believe that if they just eat everything it will increase their muscle mass. This isn't correct. Bulking "clean" should be the goal during a bulking phase. Bulking clean means to increase your calorie intake but not from fatty junk foods. You increase your quality high protein food intake. You still eat your proper food, just more of it.

On a bulking diet I eat a high calorie breakfast consisting of eggs, milk, oatmeal, and sometimes a [protein shake](#). I eat a pre-workout meal, and a very high calorie post-workout shake. This ensures maximum energy for working out, and maximum [recovery](#) after a workout, which will aid in gaining weight. My post workout shake currently consists of protein powder mixed in skim milk with dextrose sugar added. This offers me 50g of protein and 75g of carbs. Some people also recommend a meal right before bed to ensure the muscles do not starve overnight. This is quite different than during a cutting phase when it is not recommended that a person eat for a few hours before bed.

I do believe that it is important to eat before bed during a bulking phase however. Just make sure it is a high protein, low/moderate fat, low carb meal. Whey protein is not ideal here as it is quick absorbing by the body and you would want something that could last you the night. Slow absorbing protein such as milk or cheese might be a better idea here. You could then consume your whey protein shake with breakfast for an extra protein boost.

1 gram of protein per pound of bodyweight is required as a minimum amount of protein to eat in a day for any bodybuilder. During a bulking phase make sure your protein does not drop below this level. This is both on your workout and non-workout days. Your body needs just as much protein during your off days. Some argue that your body needs even more as this is the time when your body is recovering and it is the only time your body is actually building muscle. Try to acquire as much protein as possible from real foods and not protein shakes. Shakes are all right as a protein source but actual food contains vitamins and nutrients that [whey protein](#) alone does not have.

[Weight gainers](#) are another popular source of calories by a lot of thin bodybuilders attempting to gain weight. I personally would recommend staying away from weight-gainers. I have quite a few reasons for this. First weight gainers are high priced. In Canada weight gainers are in the area of \$80-100 for 10 lbs. Regular whey will cost \$50 for 5lbs but the serving size for regular whey protein is half of that of the weight gainer and offers the same amount of protein. So the 10lb of weight gainer will last the same time as a 5lb of whey protein for close to twice the price.

The only real difference between the two types of protein is the sugar. And this is a major issue because many people argue that the great thing with many weight gainers like [Nlarge2](#) for example is that it offers you a high amount of sugar after a workout to restore the muscles when they need it. This would be a good argument if Nlarge2 contained a sugar that was actually useful post-workout. The sugar found however is fructose, which is useless for helping the muscles after a workout.

The sugar you need post workout is Dextrose, which can be bought cheaply online and can easily be added to a quality protein source to be used post workout. Weight-gainers also contain such a high amount of sugar that they should never be used before going to bed as your body will not have time to burn off the extra sugar and will need to store it as fat. It is also recommended that due to its potency a serving of N'large be spit up into several smaller servings and consumed over time throughout the day.

Well if this is done the amount of protein consumed at each sitting is also reduced and the usefulness of the weight-gainer continues to drop. Due to the high amount of sugar, and that fact that it contains a useless sugar for post-workout needs, it would seem that weight-gainers have very little use in the average bodybuilders day and should be avoided.

I believe during a bulking phase that cardio should be kept to a minimum. [Cardio](#) will burn away calories needed to add weight. Some people worry that the added calories combined with a lack of cardio will cause fat gain, but this isn't the case. If you are bulking clean and gradually, there will be little added fat gained during this time. Cardio will merely cancel out the effects of the added calories. Save the running for the cutting phase.

Quick Tips To Keep In Mind...

- Increase your calories clean, keep the junk food out, look for calorie rich food with calories coming from protein not sugar.
- That being said sugar is very important post-workout, just make sure its dextrose sugar, which can be bought at a rather low cost in pure powder form and is easily added to your whey protein shake after a workout.
- Make sure you eat a good meal first thing in the morning, eggs, milk and oatmeal are all good ideas for breakfast, and it is truly the most important meal you will have during the day.
- It is a good idea to have a slow absorbing protein meal before you go to bed. This will ensure your muscles don't starve during the time you are asleep and unable to feed them. Cheeses are a good idea and whey should be avoided as it is quickly absorbed and will not be around long enough to keep you going throughout the night.
- Keep high amounts of cardio in your cutting routine as too much cardio will interfere with your weight-gaining goals by burning away all your precious calories.

Find Your One Rep Max

Maximum Lift Reference Table

The following is a chart that can be used to determine your projected maximum without performing a 1 repetition max. Some athletes "get psyched" for a maximum lift, while others get psyched out by the number 300,350, or 400. But as a rule, the chart gives a good indication of what an athlete is capable of for a single lift.

Example: The first column all the way to the left is the weight that you are using. So let's say you use 135 lbs. If you can bench 135 lbs for 8 reps than your estimated one rep max is 167 lbs. So just slide your finger across the page and line it up with the number of times you can lift the weight. Yes you can use this chart for other lifts such as the squat as well.

	2	3	4	5	6	7	8	9	10
135	143	147	151	156	159	163	167	171	176
145	154	158	162	167	171	175	180	184	189
155	164	169	174	183	188	192	197	202	207
165	175	180	185	190	195	200	205	210	215
175	186	191	196	201	207	212	217	222	228
185	196	202	207	213	218	224	229	235	241
195	207	213	218	224	230	236	242	248	254
205	217	223	230	236	242	248	254	260	267
215	228	234	241	247	254	260	267	273	280
225	239	245	252	259	266	272	279	286	293
235	249	256	263	270	277	284	291	298	306
245	260	267	274	282	289	296	304	311	319
255	270	278	286	293	301	308	316	324	332
265	281	289	297	305	313	321	329	337	345
275	292	300	308	316	325	333	341	349	358

285	302	311	319	328	336	345	353	362	371
295	313	322	330	339	348	357	366	374	384
305	323	332	342	351	360	369	378	387	397
315	334	343	353	362	372	381	391	400	410
325	345	354	364	373	384	393	403	413	423
335	355	365	375	385	395	405	415	425	436
345	366	376	386	397	407	417	428	438	449
355	376	387	398	408	419	430	440	451	462
365	387	398	409	420	431	442	453	464	478
375	398	409	420	431	443	454	465	476	488
385	408	420	431	443	454	466	477	489	501
395	419	431	442	454	466	478	490	502	514
405	429	441	454	466	478	490	502	514	527
415	440	452	465	477	490	502	514	527	539
425	450	463	476	489	501	514	527	540	552
435	461	474	487	500	513	526	539	552	565
445	471	485	498	511	525	538	551	565	578
455	482	496	510	523	537	550	564	577	591
460	476	497	513	529	543	561	577	593	610
465	481	502	518	535	549	567	584	600	616
470	486	508	524	541	555	573	590	606	623
475	492	513	530	546	561	580	596	613	629
480	497	518	535	552	566	586	602	619	636
485	502	524	541	558	572	592	609	626	643
490	507	529	546	564	578	598	615	632	649
495	512	535	552	569	584	604	621	639	656
500	518	540	558	575	590	610	628	645	663
505	523	545	563	581	596	616	634	651	669
510	528	551	569	587	602	622	640	658	676
515	533	556	574	592	608	628	646	664	682

520	538	562	580	598	614	634	653	671	689
525	543	567	585	604	620	641	659	677	696
530	549	572	591	610	625	647	665	684	702
535	554	578	597	615	631	653	671	690	709
540	559	583	602	621	637	659	678	697	716
545	564	589	608	627	643	665	684	703	722
550	569	594	613	633	649	671	690	710	729
555	574	599	619	638	655	677	697	716	735
560	580	605	624	644	661	683	703	722	742
565	585	610	630	650	667	689	709	729	749
570	590	616	636	656	673	695	715	735	755
575	595	621	641	661	679	702	722	742	762
580	600	626	647	667	684	708	728	748	769
585	605	632	652	673	690	714	734	755	775
590	611	637	658	679	696	720	740	761	782
595	616	643	663	684	702	726	747	768	788
600	621	648	669	690	708	732	753	774	795
605	626	653	675	696	714	738	759	780	802
610	631	659	680	702	720	744	766	787	808
615	637	664	686	707	726	750	772	793	815
620	642	670	691	713	732	756	778	800	822
625	647	675	697	719	738	763	784	806	828
630	652	680	702	725	743	769	791	813	835
635	657	686	708	730	749	775	797	819	841
640	662	691	714	736	755	781	803	826	848
645	668	697	719	742	761	787	809	832	855
650	673	702	725	748	767	793	816	839	861
655	678	707	730	753	773	799	822	845	868
660	683	713	736	759	779	805	828	851	875
665	688	718	741	765	785	811	835	858	881

670	693	724	747	771	791	817	841	864	888
675	699	729	753	776	797	824	847	871	894
680	704	734	758	782	802	830	853	877	901
685	709	740	764	788	808	836	860	884	908
690	714	745	769	794	814	842	866	890	914
695	719	751	775	799	820	848	872	897	921
700	725	756	781	805	826	854	879	903	928
705	730	761	786	811	832	860	885	909	934
710	735	767	792	817	838	866	891	916	941
715	740	772	797	822	844	872	897	922	947
720	745	778	803	828	850	878	904	929	954
725	750	783	808	834	856	885	910	935	961
730	756	788	814	840	861	891	916	942	967
735	761	794	820	845	867	897	922	948	974
740	766	799	825	851	873	903	929	955	981
745	771	805	831	857	879	909	935	961	987
750	776	810	836	863	885	915	941	968	994

THE "5 X 5" PRINCIPLE.

The 5X5 training approach has been around for decades and has proven to be effective for many types of strength athletes. Originally popularized by bodybuilding legend Reg Park in the 1950's, I've found that the 5X5 can also be effective when used on compound assistance exercises for Olympic lifters. It's also effective for short cycles, 3 to 5 weeks, for Power lifting movements.

THREE APPROACHES!!!

- 1. Light weight for speed: 5 sets of 5 reps with no more than 60 seconds rest between sets. 60% to 65% of your 1 RM. is recommended. NOTE: It's important that you move the weight as fast as possible with 100% effort on each rep. Maximum bar velocity is important to get the optimum use of your fast twitch muscle fibers.**
- 2. Medium weight: 5 to 6 sets of 5 to 6 reps. Work up over the first 2 to 3 sets, then do 2 to 3 sets of with the same work weight. 75% to 85% is recommended.**
- 3. Heaviest weight: 5 to 6 sets working up to limit "all-out" set of 3 to 5 reps on the last set. 85% to 95% is recommended.**

I've used all three of these approaches to the 5X5 principle for many years and have found them to be ideal for trainees to train compound movements. However, I don't recommend this for "multiple compound" movements (Olympic lifts)

Try doing the same compound movement twice in one week with one of each from the 3 choices above.

FOR A CYCLE: Try doing one "light/speed" workout and then on another day do one "medium" workout. Do this for two weeks. Then on the third week do a "light to medium" workout one day and on second workout go for that "limit set" of 3 to 5 reps.

Let's assume you're training the Squat and your 1RM is 300 lb..

If you're doing a light/ speed workout, you would use 180 lb. to 195 lb.. Start with a light weight, let's say 135 lb., and do 10 to 12 reps for a warm up. Increase your speed progressively faster and faster on the last 4 to 5 reps.

Now put your 60% to 65% (180 to 195) on the bar and do 5 sets of 5 reps with no more than 60 seconds rest between sets, and do each rep like there was 300 lb. on the bar.

If you're doing a "medium" weight workout use 75% to 85%. That's 225 to 255. Start with 135 for 10 to 12 reps. Then go 185X5, 225X5, and finish with 255 for 2 to 3 sets. Or if you're not feeling 100% that day, just do the 225 for 3 sets of 5.

On a "heavy" workout day, you would use between 255 and 285 lb.. To progress up do something like 135X10 reps, 185X5, 225X5, 255X5, 280X5. If you can get that 280 for 5, then try 290 to 300 and try to get at least a triple. If you can get 290 for 3 reps or better, you can pretty much estimate a higher 1RM. without actually doing that 1RM.

This is a good way to train both front and back squats, as well as most pressing movements, Bench, Incline, and Seated Presses.

2 Way Split

My bulking routine

SUNDAY
MONDAY
TUESDAY = **Workout #1**
WEDNESDAY
THURSDAY
FRIDAY = **Workout #2**
SATURDAY

Workout #1 Chest/shoulders/triceps

Bench Press - 6-8 reps Reps 3-sets
Incline Bench - 5-6 reps Reps 3-sets
Military press - 5-6 reps Reps 3-sets
Side laterals - 8-10 reps Reps 2-sets
Skullcrushers - 6-8 reps Reps 3-sets
Calf Raise - 10-12 reps Reps 4-sets

off days Abs

Situp - 20-25 reps Reps 2-sets
Knee Raise - 20-25 reps Reps 2-set

Workout #2 Legs/Back/Biceps

Squat - 10 reps Reps 3-sets
Leg Extension - 8-10 reps Reps 2-sets
Hamstring Curl - 8-10 reps Reps 3-sets
Shrugs - 10 reps Reps 4-sets
Barbell row - 10 reps Reps 3-sets
Barbell curl - 6-8 reps Reps 3-sets

3 Way Split

BRIT_BEEF bulking routine... This is one I use to kickstart my bulking phase's. I use it for 4-5 weeks and have gained 12-20lbs with it before (bodyweight, not just muscle). It is based around lifting heavy and plenty of rest. (Obviously it is combined with a much higher intake of calories.) Still aiming for 6-8 reps except where stated.

Monday Legs

Squat (10/8/6/4/2)
Leg press (3 sets)
Leg curl (3 sets) I know you expected sldl
Standing calf raise (3 sets)

Wednesday Back/biceps

Deadlift (10/8/6/4/2)
Barbell row (8/6/4)
Close grip pulldowns (3 sets)
Shrugs (3 sets)
Barbell curl (3 sets)

Friday Chest/shoulders/triceps

Flat dumbbell press (8/6/4/2) This is the routine where I miss barbell bench the most
Incline db press (3 sets)
Military press (8/6/4)
Upright rows (3 sets)
Close grip benchpress (3 sets)

4 Way Split

4 way split I alternate between two workouts for each bodypart and will show both. Some are similar week to week, while others use totally different exercises. The alternatives are done for the same number of sets.

Monday Quads/calves

Squat (4 sets) In both routines done first.
Legpress (4 sets) alt. Dumbbell lunge
Leg extension (3 sets) alt. Leg press
Standing calf raise (4 sets) alt. Seated calf raise
Seated calf raise (4 sets) alt. Standing calf raise

Tuesday Chest/shoulders

Flat dumbbell press (4 sets) alt. Incline dumbbell press
Incline dumbbell press (3 sets) alt. Flat dumbbell press
Low incline flyes (3 sets) alt. Dips

Seated dumbbell press (4 sets) alt. Military press
Side laterals (3 sets) alt. Upright rows
Rear laterals (3 sets) In both routines done last.

Thursday Back/hamstrings

Deadlifts (4 sets) In both routines done first.
Barbell row (3 sets) In both routines done second.
Wide grip pullups (3 sets) alt. Close grip pulldown
Dumbbell row (2 sets) alt. Seated row (staying upright)
Shrugs (3 sets) I alternate between dumbbells and machine shrugs.
Stiff leg deadlift (3 sets) alt. Leg curl
Leg curl (3 sets) alt. Stiff leg deadlift

Saturday Triceps/biceps/forearms

Close grip bench press (3 sets) alt. Pushdowns
Skullcrushers (3 sets) alt. Close grip bench press
Bench dips (2 sets) alt. One arm overhead extensions
EZ bar curl (3 sets) alt. Straight bar curl
Incline dumbbell curl (2 sets) alt. Dumbbell preacher curls
Hammer curls (2 sets) This is done every time.
Behind back wrist curls (3 sets) This is done every time.

5 Way Splits

The best thing is that if you are pushed for time the workouts are very quick. You can also do a bit more volume per bodypart if you wish and it is also very flexible.

Absolute **beginner** (I have put the larger bodyparts at the beginning of the week when you are fresher from the weekend. Same reps as the other beginner routines.)

Monday Quads/abs

Leg press (3 sets)
Dumbbell lunge (3
Leg extension (2 sets)
Hip flexor (3 sets)
Crunch (3 sets)

Tuesday Chest/shoulders

Bench press (3 sets)

Incline dumbbell press (2 sets)
Dips (2 sets)
Seated dumbbell press (3 sets)
Side laterals (2 sets)
Rear laterals (2 sets)

Wednesday Back

Pulldowns (3 sets)
Seated row (3 sets)
Dumbbell rows (2 sets)
Hyperextensions (3 sets)
Shrugs (3 sets)

Thursday Triceps/biceps

Pushdowns (3 sets)
Dumbbell overhead extensions (3 sets)
Barbell curls (3 sets)
Incline dumbbell curls (2 sets)
Hammer curls (2 sets)

Friday Hamstrings/calves

Leg curls (3 sets)
Stiff leg deadlift (3 sets)
Standing calf raises (3 sets)
Seated calf raises (3 sets)

Intermediate (6-8 reps except where stated - a bit more volume per bodypart this time.)

Monday quads/hamstrings

Squats (4 sets)
Leg press (3 sets)
Leg extensions (3 sets)
Leg curls (3 sets)
Stiff leg deadlift (3 sets)

Tuesday chest/abs

Bench press (4 sets)
Incline dumbbell press (3 sets)
Chest dips (3 sets)
Hanging hip raise (3 sets to failure)
Crunches (3 sets to failure)

Wednesday back/forearms

Deadlift (4 sets)
Barbell row (4 sets)
Chin ups (3 sets)
Seated row (3 sets)
Behind back wrist curl (3 sets)
Reverse wrist curl

Thursday shoulders/calves (shrugs could also be done on back day)

Military press (4 sets)
Side laterals (3 sets)
Rear laterals (3 sets)
Shrugs (3 sets)
Standing calf raises (3 sets - 10-15 reps)
Seated calf raises (3 sets)

Friday triceps/biceps/abs

Close grip bench press (3 sets)
Skullcrushers (3 sets)
Barbell curls (3 sets)
Incline dumbbell curls (3 sets)
Crunch (3 sets to failure)
Twisting crunches (3 sets to failure)

I would suggest keeping the balance in the routines the same, meaning that if you want to do a different bicep exercise replace one, don't just add another one in.

by BRIT_BEEF

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