

**List of Commercial Gym and Home Gym Exercises for Each Part of the Body with Hyperlinks to Exercise Demonstration Videos**

<b>Commercial Gym</b>	<b>Home Gym Alternative</b>
<b>Quadriceps</b>	
<a href="#">Squat</a> <a href="#">Deadlift/Trap Bar Deadlift</a> <a href="#">Leg press</a> <a href="#">Leg Extension</a>	<a href="#">Bulgarian split squat (barbell)</a> <a href="#">Deadlift/Trap Bar Deadlift</a> <a href="#">Lunge (one leg at a time)</a> <a href="#">Sissy squat</a>
<b>Back</b>	
<a href="#">Deadlift</a> <a href="#">Barbell row, Dumbbell or cable row</a> <a href="#">Yates Reverse Grip Row</a> <a href="#">Pull-up or pull-down</a>	<a href="#">Barbell/Dumbbell Deadlift</a> <a href="#">Dumbbell or Barbell Row,</a> <a href="#">Yates Reverse Grip Row</a> <a href="#">Pull-up</a>
<b>Chest</b>	
<a href="#">Bench press (Incline, Flat or Decline)</a> <a href="#">Dip</a> (leaning your body forward) <a href="#">Pec Deck or cable crossover</a>	<a href="#">Bench Press</a> <a href="#">Dip</a> between chairs or dip station <a href="#">Flat or Incline Dumbbell Fly</a>
<b>Hamstrings</b>	
<a href="#">Stiff-legged/Romanian deadlift</a> <a href="#">Good Morning</a> <a href="#">Back extension</a>  <a href="#">Seated Leg Curl</a>  <a href="#">Leg press</a> (feet high on the platform)	<a href="#">Dumbbell/Barbell Romanian deadlift</a> <a href="#">Good morning</a> <a href="#">Back extension</a> using a stability ball <a href="#">Stability ball leg curl</a> <a href="#">Lying Leg curl</a> <a href="#">Lunges /Wall Squat (hold 30-60 sec)</a>
<b>Shoulders</b>	
<a href="#">Dumbbell/Barbell Shoulder Press</a> <a href="#">Lateral raise</a> <a href="#">Bent over raise</a> <a href="#">Front raise</a>	<a href="#">Barbell/ Dumbbell Shoulder Press</a> <a href="#">Lateral raise</a> <a href="#">Bent over raise</a> <a href="#">Front raise</a>
<b>Abdominal</b>	
<a href="#">Weighted crunch</a> <a href="#">V-up</a> <a href="#">Reverse Crunch</a>	<a href="#">Weighted crunch</a> <a href="#">V-up</a> <a href="#">Reverse Crunch</a>
<b>Lower back</b>	
<a href="#">Deadlift or Stiff-legged deadlift</a> <a href="#">Good Morning</a> <a href="#">Back extension</a> <a href="#">Superman</a>	<a href="#">Deadlift or Stiff-legged deadlift</a> <a href="#">Good Morning</a> <a href="#">Back extension using a stability ball or Superman</a>

<b>Trapezius</b>	
<a href="#">Barbell/Dumbbell shrug</a> <a href="#">Shoulder press</a>	<a href="#">Barbell/Dumbbell shrug</a> <a href="#">Shoulder press</a>
<b>Calf</b>	
<a href="#">Standing calf raise</a> <a href="#">Calf press</a> <a href="#">Seated calf raise</a>	One-legged calf raise on a stair One-legged calf raise on a stair Seated calf with a padded barbell on your lap
<b>Triceps</b>	
<a href="#">Close grip bench press</a> <a href="#">Push-down</a> <a href="#">Dips - Triceps Version</a>	<a href="#">Close hand push-up</a> <a href="#">Bench dip</a> <a href="#">Dips - Triceps Version</a>
<b>Biceps</b>	
<a href="#">Barbell/Dumbbell curl</a> <a href="#">Preacher curl</a> <a href="#">Hammer Curls</a>	<a href="#">Barbell/Dumbbell curl</a> <a href="#">Preacher curl (on the incline pad of your bench)</a> <a href="#">Hammer Curls</a>

For additional exercise demonstrations visit: <https://www.bodybuilding.com/exercises>.