

LIST OF COMMERCIAL GYM AND HOME GYM EXERCISES

Commercial Gym	Home Gym
Quadriceps	
Squat Trap Bar Deadlift Leg press Leg Extension	Bulgarian Split Squat Trap Bar Deadlift Lunges Sissy squat
Back	
Pull-up or Pull-Downs Cable/Barbell/DB Row Deadlift	Pull-up Barbell/Dumbbell Row Deadlift
Chest	
Bench Press Dips Fly Pec Deck/Cable Fly	Bench Press Dips between chairs Incline/Flat Dumbbell Fly
Hamstrings	
Stiff-legged Deadlift Romanian Deadlift Hip Raise Good Morning Back Extension	Stiff-legged Deadlift Romanian Deadlift Good morning Stability Ball Back Extension Leg Curl
Shoulders	
Shoulder Press Lateral Raise Bent-over Raise	Shoulder Press Lateral Raise Bent-over Raise
Abdominal	
Cable Crunch Reverse Crunch	Weighted Crunch Reverse Crunch

Lower Back

Stiff-legged Deadlift
Back Extension

Stiff-legged Deadlift
Good Morning

Trapezius

Barbell/Dumbbell Shrug

Barbell/Dumbbell Shrug

Calf

Calf Press
Seated Calf Raise
Donkey Calf Raise

One-legged Calf Raise
Seated Calf Raise
(with a padded barbell on your lap)

Triceps

Close-grip Bench Press
Push-down
Triceps Extension

Close Hand Push-up
Bench Dip
Triceps Extension

Biceps

Barbell/Dumbbell curl
Close Grip Pull-up

Barbell/Dumbbell curl
Close Grip Pull-up