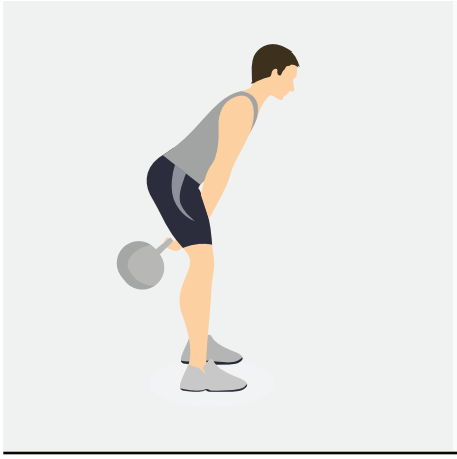
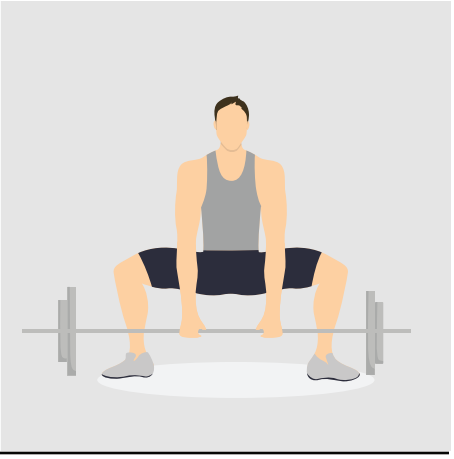
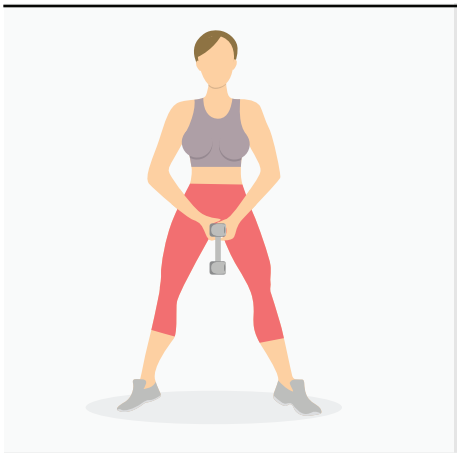
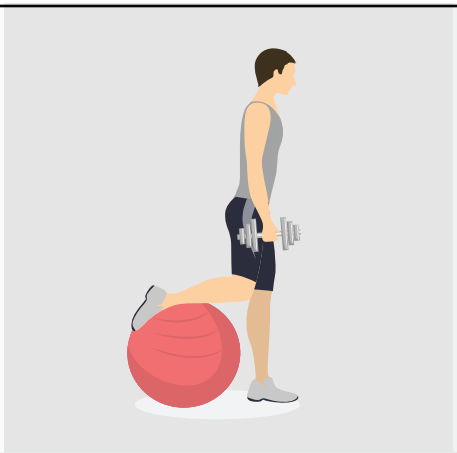
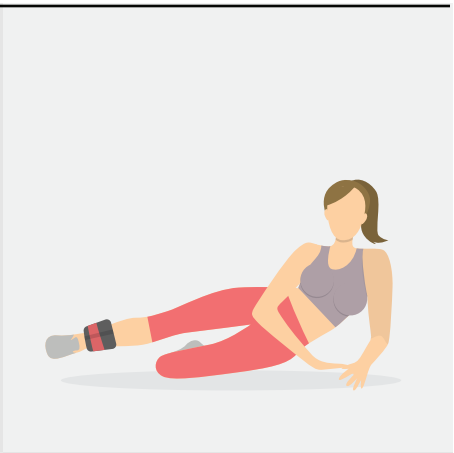
YOUR LOGO

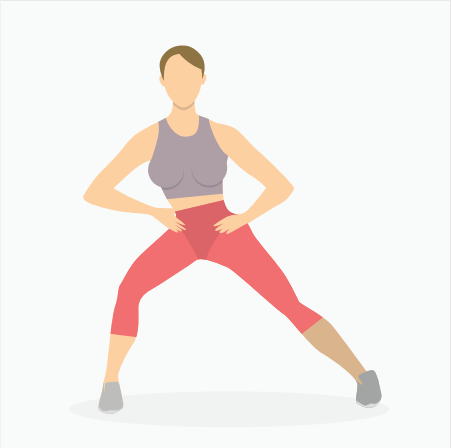
Your Message or Tag Line (Optional)





EXERCISE REFERENCE GUIDE



A Guide to Exercise Performance with Links to Video Demonstrations

YOUR LOGO

Your Message or Tag Line (Optional)

PUSH MOVEMENTS

FLAT DUMBBELL BENCH PRESS

Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Front Shoulders, Triceps
VIDEO DEMONSTRATION

INCLINE DUMBBELL BENCH PRESS

Primary Target Muscle Group: Upper Chest
Secondary Target Muscle Group: Front Shoulders, Triceps
VIDEO DEMONSTRATION

DUMBBELL FLAT FLYS

Primary Target Muscle Group: Chest
VIDEO DEMONSTRATION

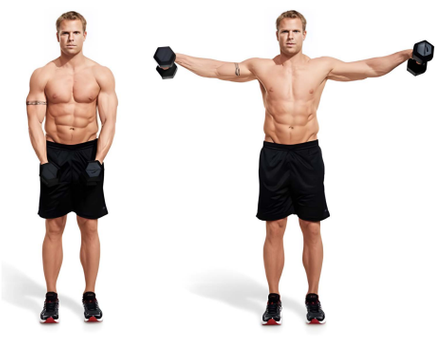
DUMBBELL INCLINE FLYS

Primary Target Muscle Group: Upper Chest
VIDEO DEMONSTRATION

SEATED DUMBBELL SHOULDER PRESS

Primary Target Muscle Group: Shoulders
Secondary Target Muscle Group: Upper Chest, Triceps, Traps
VIDEO DEMONSTRATION

DUMBBELL LATERAL RAISES



Primary Target Muscle Group: Side Shoulders
Secondary Target Muscle Group: Traps
VIDEO DEMONSTRATION

All video links included in this document are "publicly shared" videos and available for free on YouTube. These videos are provided for demonstration purposes only. They do not necessarily represent the exact technique or preferred performance required for maximum benefit. Users should exercise caution and consult a professional for personalized guidance tailored to their specific needs and capabilities.

YOUR LOGO

Your Message or Tag Line (Optional)

PULL MOVEMENTS

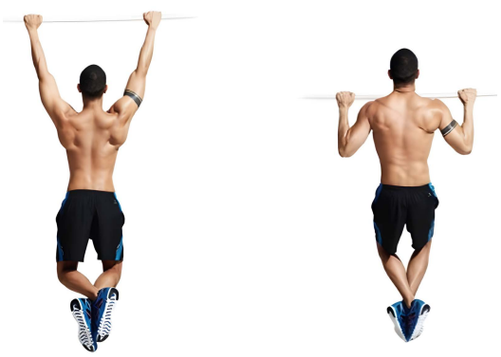
LAT PULLDOWN

Primary Target Muscle Group: Back (Upper Lats)
Secondary Target Muscle Group: Biceps
VIDEO DEMONSTRATION

V GRIP PULLDOWN

Primary Target Muscle Group: Back (Lower Lats)
Secondary Target Muscle Group: Biceps
VIDEO DEMONSTRATION

PULL-UPS



Primary Target Muscle Group: Back (Upper Lats)
Secondary Target Muscle Group: Biceps, Core
VIDEO DEMONSTRATION

INCLINE PULL-UPS

Primary Target Muscle Group: Mid-Back (Lats, Rhomboids)
Secondary Target Muscle Group: Biceps
VIDEO DEMONSTRATION

DUMBBELL PULLOVERS

Primary Target Muscle Group: Back (Lats), Chest
Secondary Target Muscle Group: Muscles of Ribcage (Serratus)
VIDEO DEMONSTRATION

STRAIGHT ARM PULLDOWN

Primary Target Muscle Group: Back (Lats)
Secondary Target Muscle Group: Triceps
VIDEO DEMONSTRATION

YOUR LOGO

Your Message or Tag Line (Optional)

LEG EXERCISES

BARBELL SQUATS

Primary Target Muscle Group: Quads
Secondary Target Muscle Group: Hamstrings, Glutes, Core
VIDEO DEMONSTRATION

DUMBBELL GOBLET SQUATS

Primary Target Muscle Group: Quads
Secondary Target Muscle Group: Hamstrings, Glutes, Core
VIDEO DEMONSTRATION

BARBELL DEADLIFT

Primary Target Muscle Group: Hamstrings, Lower Back
Secondary Target Muscle Group: Quads, Glutes, Core
VIDEO DEMONSTRATION

BULGARIAN SPLIT SQUAT

Primary Target Muscle Group: Quads, Glutes
Secondary Target Muscle Group: Hamstrings
VIDEO DEMONSTRATION

DUMBBELL LUNGES

Primary Target Muscle Group: Quads, Hamstrings
Secondary Target Muscle Group: Glutes
VIDEO DEMONSTRATION

MACHINE LEG PRESS

Primary Target Muscle Group: Quads / Hamstrings
Secondary Target Muscle Group: Hamstrings / Quads, Glutes
VIDEO DEMONSTRATION

YOUR LOGO

Your Message or Tag Line (Optional)

FULL BODY | CORE +

PLANKS

Primary Target Muscle Group: Abdominals
VIDEO DEMONSTRATION

SHOULDER TAPS

Primary Target Muscle Group: Abdominals
VIDEO DEMONSTRATION

ROPE CABLE CRUNCH

Primary Target Muscle Group: Abdominals (Upper)
VIDEO DEMONSTRATION

THRUSTERS

Primary Target Muscle Group: Full Body
VIDEO DEMONSTRATION

BURPEES

Primary Target Muscle Group: Full Body
VIDEO DEMONSTRATION

AB ROLLER

Primary Target Muscle Group: Abdominals
VIDEO DEMONSTRATION

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YOUR LOGO

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RESISTANCE BANDS

RESISTANCE BAND PUSHUPS

Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Shoulders, Triceps
VIDEO DEMONSTRATION

RESISTANCE BAND CHEST PRESS

Primary Target Muscle Group: Chest
Secondary Target Muscle Group: Shoulders, Triceps
VIDEO DEMONSTRATION

RESISTANCE BAND CHEST FLYS

Primary Target Muscle Group: Chest
VIDEO DEMONSTRATION

RESISTANCE BAND ROWS

Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps
VIDEO DEMONSTRATION

BANDED STRAIGHT ARM PULLDOWN

Primary Target Muscle Group: Back
VIDEO DEMONSTRATION

STRAIGHT SINGLE ARM PULLDOWN

Primary Target Muscle Group: Back
Secondary Target Muscle Group: Biceps
VIDEO DEMONSTRATION

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