LOWER BODY EXERCISES

Client Name: _____

Trainer's Initials ➔																								
Date ➔																								
QUADS																								
Leg Extensions																								
DB Squats																								
Ball Squats																								
Leg Press																								
One Leg Bench Squats																								
Stationary Lunges																								
Alternating Lunges																								
Walking Lunges																								
Oblique Lunges																								
Ball Sits																								
Step Ups																								
HAMSTRINGS																								
Ball Curls																								
Leg Curl Machine																								
GLUTES																								
All-4's Hip Ext																								
Ball Bridge+Hip Ext																								
Ball Double Hip Ext																								
MULTIMUSCLE/CALF																								
Head Ball Bridge+Knee Ext																								
Hyper Extensions																								
Superman's																								
Foot Ball Bridge+Alt. Leg Lift																								
Calf Raises																								
HIP ABD + ADD																								
Floor ABD																								
Floor ADD																								
Ball Squeezes																								
ABDOMINALS																								
Regular Crunch																								
Reverse Crunch																								
Oblique Crunch																								
Side Crunch																								
Head Ball Bridge Crunch																								
Bicycle Crunches																								

UPPER BODY EXERCISES

Client Name: _____

Trainer's Initials ➔																								
Date ➔																								
SHOULDERS																								
Shoulder Press																								
Front Raises																								
Side Raises																								
Rev Rear Delt Flies																								
Horizontal Shld Abd																								
External Rotation																								
Internal Rotation																								
CHEST																								
Flat Press																								
Incline Press																								
Decline Press																								
Push Ups																								
Chest Flies																								
Chest Press Machine																								
BACK																								
Row Machine																								
One Arm DB Rows																								
Pull Downs																								
Seated/Ball Rows																								
Prone Incline DB Row																								
BICEPS																								
Standing BB/Tube Curls																								
Standing DB Curls																								
Cable Curls																								
21's																								
Hammer Curls																								
Ball Bridge Tube Curl																								
TRICEPS																								
Dips																								
Closed Grip Push Up																								
Push Downs																								
One Arm DB Ext																								
Kickbacks																								
OTHER																								
Cardio Interval																								
Balance Mat																								