

Client Name:

# A Better Bod Exercise Training List

Date:

Time:

Exercise Name	C	M	weight	rep	weight	rep	weight	rep	weight	rep
<b>CHEST</b>	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Bench press										
Incline bench press										
Decline bench press										
Dumbbell bench press										
Incline dumbbell bench press										
Decline dumbbell bench press										
Power rack bench press										
Cable flyes ( flat incline decline )										
Flat flyes										
Incline flyes										
Decline flyes										
Push ups										
Elevated leg push ups										
Dips										
Dumbbell pullovers										
Cable pullovers										
Reverse grip bench press										
Cable Crossover (H M L )										
Suspended push ups										
<b>BACK</b>	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Chin ups (wide under over )										
Narrow grip lat pulldown										
Wide grip lat pulldown										
Reverse grip lat pulldown (V-handle Y N )										
Straight arm pulldown										
Eye height standing cable row (rope)										
Wide grip seated row										
Seated row										
Reverse grip seated row										
One arm seated row										
High row										
Low row										
Dumbbell row										
Barbell row										
V-bar row										
T-bar row										
Back extensions										
Reverse grip barbell row										
Supermans										
Cobras										
Standing low cable row										
One arm cable row										
Deadlifts										
Seated cable row										
<b>SHOULDERS</b>	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Seated shoulder press										
Side delt raise										
Front delt raise										
Front plate raise										
Rear delt flyes										
Arnold shoulder press										
Side to front delt raise										
Barbell shoulder press (military press)										
Front cable raise										
Side cable raise (behind back )										
BTN shoulder press (smith machine)										
Smith machine shrugs										
Reverse pec deck flyes										
E-Z bar upright row										
Dumbbell upright rows										
BTB smith machine shrugs										
Lying one arm lateral raise										
Shrugs										
3 way delt raise										
Lying rear delt raise										
Upright row										
<b>TRICEPS</b>	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Bench dips										
Machine dips										
Seated e-z bar tri extensions										
Seated dumbbell tri extensions										
Skull crushers										
Tricep kickbacks										
Single arm cable tri press										
Single arm cable tri side ext										
Standing overhead cable tri extension										
Seated cable tri ext										
Close grip bench press										
Machine tricep extensions										
Lying tricep extensions										

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TRICEPS cont.....	C	M	weight	rep	weight	rep	weight	rep	weight	rep
One arm tricep extensions										
Narrow grip push ups										
Reverse grip tricep pressdowns										
Tricep ladders										
Reverse grip tricep pressdowns										
Biceps	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Preacher curls (wide narrow )										
Preache rcurls 21's										
Preacher curls straight bar										
Incline dumbbell curls										
E-Z bar bicep curls										
Straight bar bicep curls										
Concentration curls bent over										
Concentration curls cable										
Concentration curls seated										
Cable curls										
Rope cable curls										
High cable curls										
Nautilus curls										
Low one arm curls (facing cable)										
Low one arm curls (facing away from cable)										
Reverse lying bench curls										
Hammer Curls										
Rope hammer curls										
Cross body hammer curls										
Bathroom curls										
Single arm bathroom curls										
LEGS	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Front Squats										
Back squats - Smith Machine										
45° Leg Press										
Front Squats Barbell										
Front Squats - Smith Machine										
Leg Curls (lying Seated )										
Duck Squats - Smith Machine										
Duck Squats - Dumbbell										
Dumbbell Leg Curls on a Bench										
Duck Squats										
Static Lunges - Barbell										
Stiff Legged Dead Lifts - Barbell										
Static Lunges - Dumbbells										
Legged Dead Lifts - Nautilus										
Walking Lunges - Barbell										
Walking Lunges - Dumbbells										
Walking Lunges - Plate										
Side Lunges - Barbell										
Smith Machine Lunges										
Reverse Lunges										
Hack squats										
Step Ups - Barbell										
Step Ups - Dumbbells										
Step Ups - (Plate Med Ball )										
Abductor on Cable										
Adductor on Cable										
Side leg raise										
Kick Backs on Cable										
Plyo lunges										
Plyo squat to lunge										
Step ups with raised knee										
Single leg squat										
CALVES	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Seated Calf Raises Calf Raises										
45° Leg Press calve raises										
Standing Calf Raises - Smith Machine										
Standing One Legged Calf Raises - Dumbbells										
Tibialis Anterior										
Crap Squats										
ABS	C	M	weight	rep	weight	rep	weight	rep	weight	rep
Hanging Leg Raises - With Variations Crunches										
Reverse Crunches										
V-Sit Bench Crunches										
Toe Touches										
Sit Ups										
Oblique Cable Crunches										
Bench Leg Raises										
Heel Taps										
Alternate Lying Leg Raises										
Oblique Crunches										
Ab Bicycle										
Crunch machine										