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| Chest muscle exercises | | | |
|  |  |  |  |
| Pushup (wide) | Chest press standing | Flyes | Crossing |
|  | | | |
| Expanding | | | |
| Shoulder exercises | | | |
|  |  |  |  |
| Expandng cross-legged sitting (elbows don`t move) | Standing Lateral Raises | Trapezius training | Shoulder press |
|  |  |  |  |
|  | Bent Over Lateral Raises | Plank |  |
|  | | | |
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| Abdominal exercises | | | |
|  |  |  |  |
| Situp | Crunch | V-exercise | Mountain Climber |
|  | | | |
| Side crunch | | | |
| Back muscle exercises | | | |
|  |  |  |  |
| Prone raise | Deadlift | Bent-Over Rows | Row |
|  |  |  |  |
|  | Superman | Reverse plank |  |

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| Triceps exercises | | | |
|  |  |  |  |
| Pushup (narrow) | Overhead triceps extension | Dip | Triceps Kickback |
|  | | | |
| Triceps extension with rubberband around the neck | | | |
| Biceps exercises | | | |
|  |  |  |  |
| Biceps curl | Biceps curl with fitball | Concentration Curl (while sitting) |  |
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