

Exercise Selection List – for clients only

(Rough Draft)

Quad-dominant (bilateral)

- dumbbell squats (narrow stance/ wide stance)
- barbell squats
- stability ball squats
- front squats
- bodyweight squats
- functional squat progression
- leg extensions (2-leg)

Quad – dominant (unilateral)

- step ups
- forward lunges
- reverse lunges
- static lunges
- walking lunge (1-leg)

Hamstrings

- Romanian Deadlifts
- 1-leg deadlifts (anterior reach)
- stability ball leg curl
- machine leg curl
- machine leg curl (1 leg)

Upper body movements

Horizontal push (chest)

- Dumbbell chest press
- Incline dumbbell chest press
- Barbell chest press
- Incline Barbell chest press
- Pushups (variations)
- Chest flye variations (machine, cable, or dumbbell)

Horizontal pull

- cable row (1-arm or 2-arm)
- 1-arm dumbbell row
- 2-arm bent row
- machine rows
- reverse bodyweight rows

Vertical push (shoulders)

*If you have shoulder pain or a history of rotator cuff problems, avoid “vertical push” exercises prior to professional consultation.

- Dumbbell shoulder press (2-arm)/ sitting or standing
- Dumbbell shoulder press (1-arm)/ sitting or standing
- Barbell shoulder press (2-arm)/ sitting or standing

Rotator Cuff:

External rotation with cables, dumbbells, or tubing

Vertical Pull

Pulldown variations (underhand, overhand, parallel grip)
Chinups or assisted chinups (underhand, overhand, parallel grip)
Dumbbell pullover

Other Shoulder/ trapezius exercises

Dumbbell side raises (1-arm or 2-arm)
Dumbbell upright rows
Barbell upright rows
Dumbbell shrugs
Barbell shrugs

Biceps

Dumbbell curls (1-arm or 2-arm)
Barbell curls
EZ curls
Cable curls

Triceps

Dip variations (bench, regular bodyweight, or assisted on machine)
Tricep pressdowns (rope or bar)
Tricep dumbbell kickbacks
Lying tricep extension (with dumbbell or barbell)
Overhead tricep extension (with cables)

Core (abs/low-back):

Spinal flexion – variation of crunches
Lateral spinal flexion – side bend with dumbbells
Rotation: cable rotation, or Russian twist
Static holds: front plank, side plank
Stability ball back extension
Superman