GYM EXERCISE GUIDE

CHEST

Bench press	Sets:		Reps:	Notes:
Incline press	Sets:		Reps:	Notes:
Chest flyes	Sets:		Reps:	Notes:
Dips	Sets:		Reps:	Notes:
Dumbbell press	Sets:		Reps:	Notes:

BACK

Pull-ups	Sets:		Reps:	Notes:
Barbell row	Sets:		Reps:	Notes:
Lat pulldown	Sets:		Reps:	Notes:
Dumbbell row	Sets:		Reps:	Notes:
Deadlift	Sets:		Reps:	Notes:

SHOULDERS

Overhead press	Sets:		Reps:	Notes:
Lateral raises	Sets:		Reps:	Notes:
Front raises	Sets:		Reps:	Notes:
Rear delt flyes	Sets:		Reps:	Notes:
Face pull	Sets:		Reps:	Notes:

LEGS

Squat	Sets:		Reps:	Notes:
Leg press	Sets:		Reps:	Notes:
Lunges	Sets:		Reps:	Notes:
Leg curl	Sets:		Reps:	Notes:
Leg extension	Sets:		Reps:	Notes:

ARMS

● Biceps curl	**Sets:**		**Reps:**		**Notes:**	
● Hammer curl	**Sets:**		**Reps:**		**Notes:**	
● Triceps pushdown	**Sets:**		**Reps:**		**Notes:**	
● Skull crushers	**Sets:**		**Reps:**		**Notes:**	
● Bench dips	**Sets:**		**Reps:**		**Notes:**	