

	Barbell bench press	Bent over barbell row	Barbell squat	Incline dumbbell press	Wide-grip lat pulldown	Hip thrusts	overhead press	Dumbbell Shrugs	Dumbbell bench press	Front squat	Incline Dumbbell Press	Close-grip lat pulldown	Straight leg deadlift	Core rollouts, weighted plank, Russian twists	Deadlift	Pushups	Pullups	Walking lunges	Dips	chin ups	box jump
Arms:																					
Wrist extensors	✓							✓				✓			✓	✓	✓			✓	✓
Wrist flexors		✓						✓				✓			✓	✓	✓			✓	✓
Brachioradialis		✓						✓				✓			✓	✓	✓			✓	✓
Brachialis		✓						✓				✓			✓	✓	✓			✓	✓
Triceps Long head	✓			✓				✓				✓			✓	✓	✓			✓	✓
Triceps lateral head	✓			✓				✓				✓			✓	✓	✓			✓	✓
Triceps medial head	✓			✓				✓				✓			✓	✓	✓			✓	✓
Biceps short head		✓						✓				✓			✓	✓	✓			✓	✓
Biceps long head		✓						✓				✓			✓	✓	✓			✓	✓
Deltoids front delt	✓			✓				✓				✓			✓	✓	✓			✓	✓
Deltoids middle delt								✓				✓			✓	✓	✓			✓	✓
Deltoids rear delt		✓										✓			✓	✓	✓			✓	✓
Front body:																					
Upper:																					
External oblique			✓											✓✓✓	✓						✓
Rec abd (abe)			✓											✓✓✓	✓						✓
Serratus anterior									✓					✓✓	✓						
Pectoralis upper	✓			✓					✓					✓✓	✓	✓				✓	
Pectoralis middle	✓								✓					✓✓	✓	✓				✓	
Pectoralis lower	✓								✓					✓✓	✓	✓				✓	
Lower:																					
Iliopsoas			✓										✓		✓						
Sartorius			✓										✓		✓						
Gracilis			✓										✓		✓						
Adductors			✓										✓		✓						
quadriceps			✓			✓				✓			✓		✓			✓			✓
Back body:																					
Upper:																					
Lats		✓			✓							✓			✓					✓	✓
Teres major		✓			✓							✓			✓					✓	✓
Teres minor		✓			✓							✓			✓					✓	✓
Infraspinatus		✓			✓							✓			✓					✓	✓
Traps		✓			✓			✓				✓			✓					✓	✓
Lower:																					
glutes			✓							✓			✓		✓						✓
hamstrings			✓							✓			✓		✓						✓
Calves			✓							✓			✓		✓						✓
Neck															✓		✓				✓