

Sample Exercise Matrix

| Body Part | | Exercise | Variations |
|------------------------|----------------------------|---------------------------|--|
| Chest | <i>Compound Movements</i> | Bench Press | Barbell (Wide or Narrow Grip), Dumbbell (Overhand, Vertical Grip, Underhand) |
| | | Seated Chest Press | LifeFitness |
| | | Incline Press | Barbell (Wide or Narrow Grip), Dumbbell (Overhand, Vertical Grip, Underhand), LifeFitness, Icarian |
| | | Decline Press | Barbell (Wide or Narrow Grip), Dumbbell (Overhand, Vertical Grip, Underhand), LifeFitness, Icarian |
| | | Pullover & Press | EZ Curl Bar, Straight Bar |
| | <i>Isolation Movements</i> | Pec Dec | Upper Handle, Lower Handle |
| | | Pec Fly- High | High Cables, Flat Bench w/ Dumbbell (Overhand, Underhand, or Vertical Grip) |
| | | Pec Fly- Mid | High Cables, Incline Bench w/ Dumbbell (Overhand, Underhand, or Vertical Grip) |
| | | Pec Fly- Low | Low Cables, Decline Bench w/ Dumbbell (Overhand, Underhand, or Vertical Grip) |
| Upper Back/Lats | <i>Compound Movements</i> | Lat Pull Down | Wide Bar, H-Bar, V-Bar, Rope |
| | | Seated Row | Wide Bar, H-Bar, V-Bar, Rope, Underhand Grip, Icarian, LifeFitness |
| | | Bent Over Row (Low Cable) | Wide Bar, H-Bar, V-Bar, Rope, Underhand Grip |
| | | High Cable Row | Wide Bar, H-Bar, V-Bar, Rope, Underhand Grip |
| | <i>Isolation Movements</i> | Rhomboid Fly | Dumbbell (Standing, Sitting, Flat Bench), Low Cables, LifeFitness |
| | | Straigh Arm Kickdown | Rope, Straight Bar, Wide Bar, Incline Bench w/ Dumbbell |
| | | | |
| Lower Back | | Hyperextension | Prone, Roman Chair |
| | | Prone Leg Extension | Prone, Bench |
| | | Side Hyperextension | Roman Chair |
| Abdominals | <i>Rectus</i> | Crunch | Prone, Bench, High Cable w/ Rope |
| | | Reverse Crunch | Prone, Bench |
| | | Double Crunch | |
| | | Hip Raise | Prone, Bench |
| | | Knee Raise | Prone, Seated, Bench, Hanging |
| | | Leg Lift | Single, Double, Scissors, Hanging, "12 Inches" |
| | | Bicycle | |

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|----------------------------|----------------------------|------------------------------------|--|------------------------|-------------------------------|
| Abdominals (continued) | <i>Obliques</i> | Side Crunch | | | |
| | | Side Leg Raise | Single, Double | | |
| | | Side Hyperextension | | | |
| | | Side Jackknife | Single, Double | | |
| | | Side Bend | | | |
| | | Seated Twist | | | |
| | | Hip-Up | | | |
| Biceps | <i>Compound Movements</i> | Chin-Up | Close Grip, Wide Grip | | |
| | | Underhand Lat Pull Down | Close Grip, Wide Grip | | |
| | | Barbell Drag Curl | Straight Bar, EZ Curl Bar | | |
| | <i>Isolation Movements</i> | Standard Curl | Hammer Strength, Dumbbell, EZ Curl Barbell, LifeFitness, Preacher Bench, Incline Bench (Supine, Prone) | | |
| | | Hammer Curl | Dumbbell, Low Cable w/Rope | | |
| | | Reverse Curl | Dumbbell, EZ Curl Barbell, Low Cable | | |
| | | "21s" | EZ Curl Barbell, Straight Barbell, Dumbbell | | |
| | | Cross Body Curl | | | |
| | | Kung-Fu Curl | | | |
| | | Zottman Curl | | | |
| | | Concentration Curl | Dumbbell, Low Cable | | |
| | | Low Cable Curl (Standard Grip) | EZ Curl Bar, Straight Bar, V-Bar | | |
| | | Low Cable Curl (Overhand Grip) | EZ Curl Bar, Straight Bar, V-Bar | | |
| | | High Cable Curl (Standard Grip) | EZ Curl Bar, Straight Bar, V-Bar, Rope | | |
| | | Supine Cable Curl | EZ Curl Bar, Straight Bar, V-Bar, Rope | | |
| | | High Cable Cross Curl (Strongmans) | Standard Grip, Hammer Grip | | |
| | | Triceps | <i>Compound Movements</i> | Standard Dip | Assisted Dip, LifeFitness |
| | | | | Bench Dip | Flat Bench, Chair |
| | | | | Close Grip Push-Up | |
| | | | | Close Grip Bench Press | Straight Bar, EZ Curl Barbell |
| Body Weight Push-Back | | | | | |
| <i>Isolation Movements</i> | Cable Extension | | Rope, V-Bar, Single Arm (Overhand, Underhand) | | |
| | Supine Extension | | Dumbbells, EZ Curl Bar | | |
| | Upright Extension | | Dumbbells, EZ Curl Bar | | |
| | Dumbbell Kickback | | Overhand, Hammer Grip, Underhand | | |
| | Lateral Kickout | | Overhand, Hammer Grip, Underhand | | |
| | French Press | | Standing, Supine | | |
| Cable Cross Pull-Down | | | | | |
| One-Arm Wall Extension | | | | | |

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|------------------|----------------------------|-------------------------------|---|
| Shoulders | <i>Compound Movements</i> | Seated Shoulder Press | Overhand, Hammer Grip, Underhand |
| | | Arnold Press | |
| | | Compound Press | |
| | <i>Isolation Movements</i> | Front Raise | |
| | | 45-Degree Raise | |
| | | Lateral Raise | |
| | | Cross-Lateral Raise | Low Cables |
| | | Rear Deltoid Raise- Low Cable | Rope, Straight Bar, H-Bar |
| | | Horizontal Extension/Flexion | Overhand Grip, Vertical Grip |
| | | Upright Row | |
| | | Lateral Trap Raise | Dumbbells, Low Cables |
| | | Internal Rotation | Dumbbells, Barbell, High Cable |
| | | External Rotation | Dumbbells, Barbell, Low Cable |
| | | Shrug | Standard, Behind-the-Back, Overhead |
| Legs | <i>Whole Leg</i> | Seated Leg Press | |
| | | Seated Squat | |
| | | Hack Squat | |
| | | Barbell Squat | |
| | | Dumbbell Wide Squat | |
| | <i>Quadriceps</i> | Leg Extension | |
| | | Walking Lunge | |
| | | Descending Box Lunge | |
| | | Side Lunge | |
| | | Sissy Squat | |
| | | Step Up | |
| | | Step Down | |
| | <i>Hamstring</i> | Leg Curl- Machine | LifeFitness, Icarian |
| | | Leg Curl- Dumbbell | Flat Bench, Incline Bench |
| | | Mountain Climber Leg Curl | |
| | <i>Glutes</i> | Rear Leg Raise | Prone, Flat Bench, Single Leg, Two Legs |
| | | Lying Straight-Leg Kickdowns | |
| | | Pelvic Lift | Single Leg, Two Legs |
| | | Standing Kickback | |
| | | Glute Machine | LifeFitness |
| | <i>Adductors</i> | Adduction Machine | |
| | | Standing Adduction | Front, Rear |
| | <i>Abductors</i> | Abduction Machine | |
| | | Standing Abduction | Front, Rear |
| | <i>Hip Flexors</i> | Knee Raise | Low Cable, Incline Bench |
| | <i>Gastrocnemius</i> | Standing Calf Raise | Single Leg, Two Legs |
| | | Calf Raise Machine | |
| <i>Soleus</i> | Seated Calf Raise | Icarian, Barbell | |