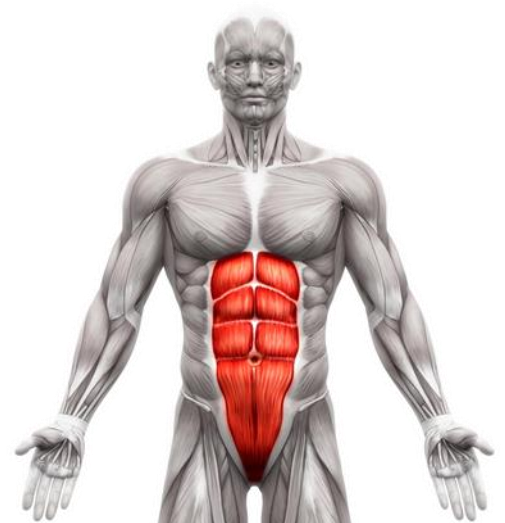
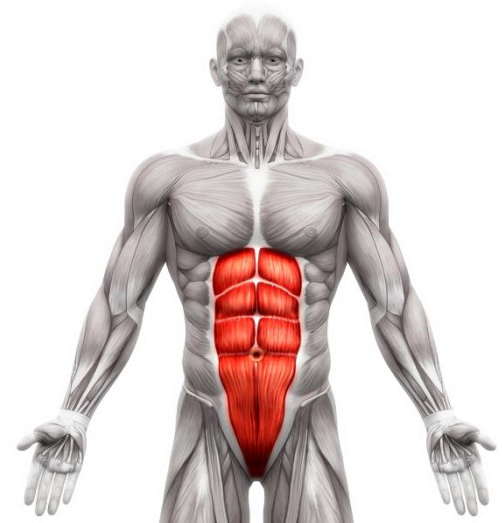


# GREEN WAY OF HEALTH

<a href="#"><u>Side to side crunches</u></a>
<a href="#"><u>V Crunches</u></a>
<a href="#"><u>Side plank elbow touch</u></a>
<a href="#"><u>Butterfly Plank</u></a>
<a href="#"><u>crunch Plate Pass Through</u></a>
<a href="#"><u>Dumbbell Russian Twist</u></a>
<a href="#"><u>Dumbbell Side Plank Reach Through</u></a>
<a href="#"><u>Dumbbell Sit Ups</u></a>
<a href="#"><u>Dumbbell V Crunch</u></a>
<a href="#"><u>Hanging Leg Raise Bent Knee to Straight Leg</u></a>
<a href="#"><u>Hanging Leg Raise Knee Side to Side</u></a>
<a href="#"><u>Hanging Leg Raise Straight Leg Pause on Top</u></a>
<a href="#"><u>Hanging Leg Raise Variation</u></a>
<a href="#"><u>Hanging Leg Raise with Dumbbell</u></a>
<a href="#"><u>Leg lift holding Plate variation</u></a>
<a href="#"><u>Mountain climbers</u></a>
<a href="#"><u>Plank Alternating Leg Lift</u></a>
<a href="#"><u>plank jacks</u></a>
<a href="#"><u>Plank Rocks</u></a>
<a href="#"><u>reverse crunch</u></a>
<a href="#"><u>V crunch with plate</u></a>
<a href="#"><u>Side plank elbow to knee</u></a>
<a href="#"><u>Side to side leg raise</u></a>
<a href="#"><u>Side V Crunch Variation</u></a>
<a href="#"><u>Toe Touches with Plate</u></a>
<a href="#"><u>Up and Down Plank</u></a>
<a href="#"><u>V sit up</u></a>
<a href="#"><u>BENCH LEG RAISES</u></a>
<a href="#"><u>BENCH REVERSE CRUNCHES</u></a>
<a href="#"><u>BENCH SINGLE LEG RAISES</u></a>
<a href="#"><u>Bicycle Crunches</u></a>
<a href="#"><u>CABLE CRUNCHES</u></a>
<a href="#"><u>Decline Leg Raises</u></a>
<a href="#"><u>EXERCISE BALL PLANK HOLD</u></a>
<a href="#"><u>Leg Lift</u></a>
<a href="#"><u>MOUNTAIN CLIMBERS</u></a>
<a href="#"><u>PLANK</u></a>
<a href="#"><u>PLANKS RAISES</u></a>
<a href="#"><u>Abs knee tuck variation on bench / seated knee tucks</u></a>
<a href="#"><u>Hanging flutter kicks</u></a>
<a href="#"><u>Hanging leg raise with resistance band variation</u></a>

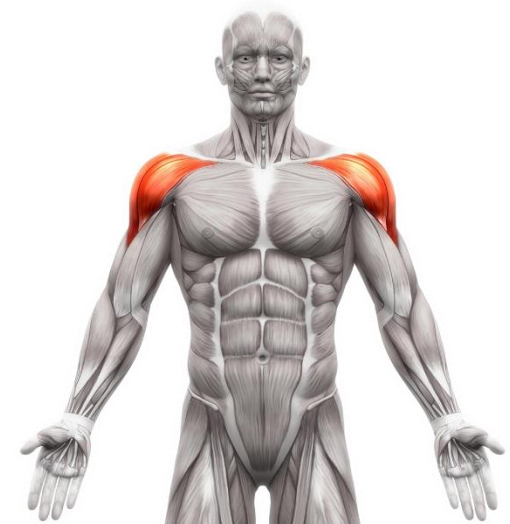
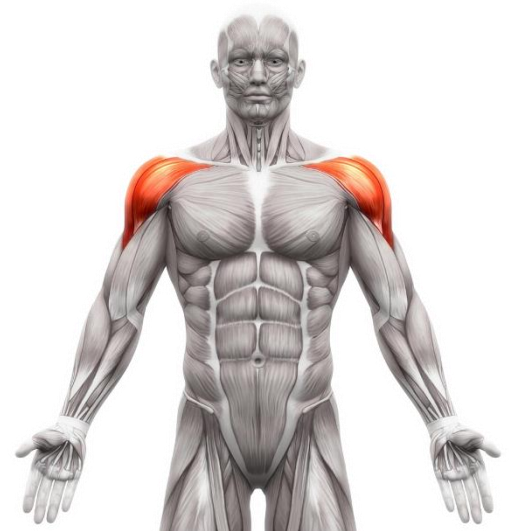


<a href="#"><u>Hanging leg raises</u></a>
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<a href="#"><u>Hanging leg raises with mini band variation</u></a>
<a href="#"><u>Knee tucks</u></a>
<a href="#"><u>BANDED PLANK JACKS</u></a>
<a href="#"><u>Banded Ab Workout</u></a>
<a href="#"><u>Crab toe touch</u></a>
<a href="#"><u>Crunch variation</u></a>
<a href="#"><u>Decline Bench Leg Lift</u></a>
<a href="#"><u>Decline Bench Scissor Variation</u></a>
<a href="#"><u>Knee Tuck with plate</u></a>
<a href="#"><u>Leg Raise with Plate</u></a>
<a href="#"><u>One Leg Dumbbell Cross Crunch</u></a>
<a href="#"><u>Seated knee tuck variation</u></a>
<a href="#"><u>incline mountain climbers</u></a>
<a href="#"><u>V Sit-Ups</u></a>
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<a href="#"><u>Plank 4</u></a>
<a href="#"><u>Hanging Leg Raise (Women)</u></a>
<a href="#"><u>Hanging Oblique Knee Raise</u></a>
<a href="#"><u>Hanging Oblique Knee Raise 2</u></a>
<a href="#"><u>Ball Leg Lifts</u></a>
<a href="#"><u>Plank with Leg Lift</u></a>
<a href="#"><u>plank</u></a>
<a href="#"><u>Plank 2</u></a>
<a href="#"><u>Leg Raise Hip Lift</u></a>
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<a href="#"><u>air bike crunches</u></a>
<a href="#"><u>plank leg lift variations</u></a>
<a href="#"><u>plank leg lift variations 2</u></a>
<a href="#"><u>russian twist with ball</u></a>
<a href="#"><u>Decline Bench leg lift</u></a>
<a href="#"><u>Seated Knee tuck</u></a>
<a href="#"><u>Seated Knee tuck 2</u></a>
<a href="#"><u>plank rotations</u></a>

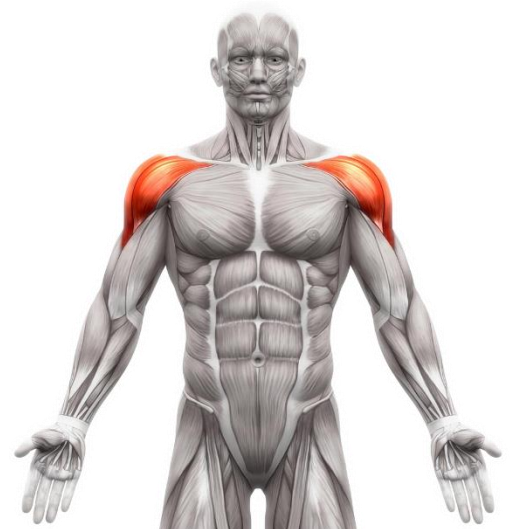
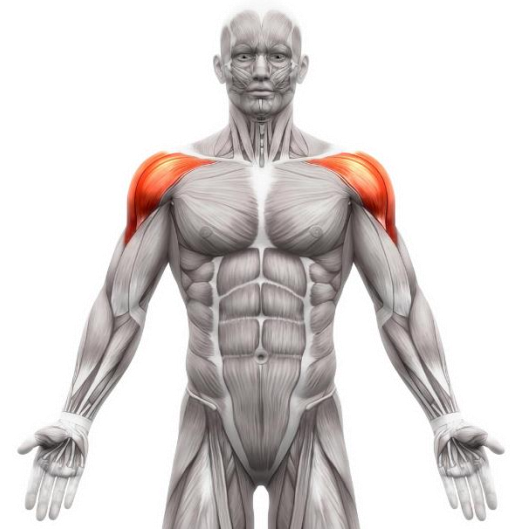


# Shoulder

<u>SHOULDER PRESS</u>
<u>shoulder press with dumbbell 2</u>
<u>shoulder press with dumbbell 3</u>
<u>shoulder press with dumbbell 4</u>
<u>lateral raise</u>
<u>lateral raise with dumbbell shoulders</u>
<u>Single Arm Arnold Press with Static Hold</u>
<u>Dumbbell Arnold press</u>
<u>One arm bent over cable rear delt fly</u>
<u>Standing cable rear delt row with rope</u>
<u>Shoulder press with dumbbells</u>
<u>side lateral raise</u>
<u>Smith machine military shoulder press</u>
<u>seated reverse fly</u>
<u>Steering wheels with plate</u>
<u>Cable face pulls</u>
<u>Cable side lateral raise</u>
<u>Dumbbell alternating static shoulder press neutral grip</u>
<u>Dumbbell Arnold press</u>
<u>Dumbbell bent over reverse FLY</u>
<u>Dumbbell 3 ways</u>
<u>Dumbbell 6 ways</u>
<u>Dumbbell alternating front raise w static hold</u>
<u>Dumbbell alternating static shoulder press</u>
<u>Dumbbell bent over front raise to reverse fly</u>
<u>Dumbbell CURL TO PRESS</u>
<u>Dumbbell lateral raise and half</u>
<u>Dumbbell Lateral Raise</u>
<u>Dumbbell Neutral Grip Static hold alternating shoulder press</u>
<u>Dumbbell PUNCHES</u>
<u>Dumbbell front raise to lateral raise</u>
<u>Dumbbell Front Raise Variation with Static Hold</u>
<u>Dumbbell Seated Shoulder Press</u>
<u>Dumbbell Front Raise to Rear Delt Fly</u>
<u>front to side lateral raise with Dumbbell</u>
<u>Seated alternating front raise to both arms</u>
<u>Seated alternating front raise variation</u>
<u>Seated around the world shoulders</u>
<u>Seated front raise to side raise static hold</u>

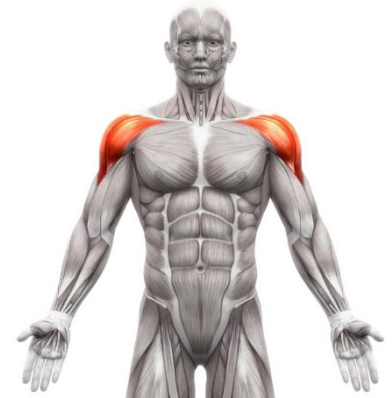


<a href="#"><u>Seated shoulder press variation</u></a>
<a href="#"><u>Seated side to front raise variation</u></a>
<a href="#"><u>shoulder taps</u></a>
<a href="#"><u>Smith machine shoulder press</u></a>
<a href="#"><u>Side Lateral Raise Variation with Static Hold</u></a>
<a href="#"><u>Single Arm Arnold Press with Static Hold with DBs</u></a>
<a href="#"><u>Upright row with barbell</u></a>
<a href="#"><u>BARBELL SEATED SHOULDER PRESS BEHIND HEAD</u></a>
<a href="#"><u>Cable front raise with rope pause on top</u></a>
<a href="#"><u>Around the world with Dumbbell</u></a>
<a href="#"><u>Cable face pulls with rope</u></a>
<a href="#"><u>Front raise with plate</u></a>
<a href="#"><u>Barbell SHOULDER PRESS</u></a>
<a href="#"><u>Barbell front raise</u></a>
<a href="#"><u>Bent over row to reverse fly with Dumbbell</u></a>
<a href="#"><u>Cable Seated Single Arm Rear Delt Flys</u></a>
<a href="#"><u>dumbbell rear delt fly</u></a>
<a href="#"><u>Dumbbell Seated lateral raise variation</u></a>
<a href="#"><u>Dumbbell shoulder bombs</u></a>
<a href="#"><u>Dumbbell Snatch</u></a>
<a href="#"><u>Dumbbell T raises</u></a>
<a href="#"><u>Dumbbell upright row to front raise</u></a>
<a href="#"><u>Dumbbell upright row to front raise</u></a>
<a href="#"><u>Lateral to Front Raise Variation</u></a>
<a href="#"><u>One arm cable front raise</u></a>
<a href="#"><u>Reverse fly back</u></a>
<a href="#"><u>Reverse grip barbell front raise</u></a>
<a href="#"><u>Seated military press shoulders</u></a>
<a href="#"><u>Seated one arm cable rear delt fly</u></a>
<a href="#"><u>Seated shoulder press neutral grip</u></a>
<a href="#"><u>Seated shoulder press variation with neutral static hold</u></a>
<a href="#"><u>Seated Shoulder Press Variation with Static Hold</u></a>
<a href="#"><u>Seated shoulder press with dumbbells</u></a>
<a href="#"><u>Seated Side Lateral Variation</u></a>
<a href="#"><u>Seated side raise variation</u></a>
<a href="#"><u>Shoulder Press with Static Hold Variation</u></a>
<a href="#"><u>Side Lateral Raise Palms Down to Palms Forward</u></a>
<a href="#"><u>front raise</u></a>
<a href="#"><u>Dumbbell Front Raise Variation</u></a>
<a href="#"><u>Standing Front Raise Variation</u></a>
<a href="#"><u>Standing Dumbbell Rear Fly</u></a>
<a href="#"><u>standing dumbbell shoulder press</u></a>
<a href="#"><u>standing dumbbell shoulder press 2</u></a>





<a href="#"><u>standing side lateral raises</u></a>
<a href="#"><u>dumbbell boxer</u></a>
<a href="#"><u>plate around head rotation</u></a>
<a href="#"><u>Vertical Leg Raise</u></a>
<a href="#"><u>single arm dumbbell lateral raise</u></a>
<a href="#"><u>barbell military press (Back)</u></a>
<a href="#"><u>barbell military press (front)</u></a>
<a href="#"><u>shoulder press machine</u></a>
<a href="#"><u>shoulder press machine 2</u></a>



## Biceps

<a href="#"><u>Seated dumbbell hammer alternating curls</u></a>
<a href="#"><u>biceps hammer curl</u></a>
<a href="#"><u>Dumbbell Alternating Hammer Curl Variaton</u></a>
<a href="#"><u>Dumbbell Bicep Curl Variation</u></a>
<a href="#"><u>Dumbbell alternating bicep curls</u></a>
<a href="#"><u>Dumbbell Hammer curls biceps</u></a>
<a href="#"><u>Single arm preacher curl</u></a>
<a href="#"><u>Single Arm Bicep Curl with Static Hold</u></a>
<a href="#"><u>Alternating bicep curl with static hold</u></a>
<a href="#"><u>RESISTANCE BAND SPEED CURLS</u></a>
<a href="#"><u>Alternating standing dumbbell curls</u></a>
<a href="#"><u>Biceps curls with resistance band superset</u></a>
<a href="#"><u>Cable Bicep curl Variation on knees biceps</u></a>
<a href="#"><u>Cable rope hammer curl</u></a>
<a href="#"><u>Dumbbell hammer curl</u></a>
<a href="#"><u>Band alternating Bicep curl</u></a>
<a href="#"><u>Bicep Curls barbell</u></a>
<a href="#"><u>Bicep Hammer Curls</u></a>
<a href="#"><u>Bicep Hammer Curls 2</u></a>
<a href="#"><u>Alternating Bicep Curl</u></a>
<a href="#"><u>Alternating Dumbbell Bicep Curl</u></a>
<a href="#"><u>Bicep Curl with Plate</u></a>
<a href="#"><u>Bicep curls with barbell</u></a>
<a href="#"><u>Biceps Curls with Plate 2</u></a>
<a href="#"><u>Biceps to Hammer Curl</u></a>
<a href="#"><u>Cable Straight Bar Bicep Curls</u></a>
<a href="#"><u>Seated Concentration Bicep Curl</u></a>
<a href="#"><u>Straight bar cable bicep curls</u></a>
<a href="#"><u>biceps barbell curl</u></a>
<a href="#"><u>concentration curls 2</u></a>
<a href="#"><u>concentration curls 3</u></a>



<a href="#"><u>concentration curls 4</u></a>
<a href="#"><u>concentration curls 5</u></a>
<a href="#"><u>standing concentration curls</u></a>
<a href="#"><u>standing concentration curls 2</u></a>
<a href="#"><u>biceps barbell curl</u></a>
<a href="#"><u>Close-Grip EZ Bar Curl</u></a>
<a href="#"><u>Close-Grip EZ Bar Curl 2</u></a>
<a href="#"><u>Dumbbell Alternate Bicep Curl</u></a>
<a href="#"><u>Dumbbell Alternate Bicep Curl 2</u></a>
<a href="#"><u>Dumbbell Alternate Bicep Curl 3</u></a>
<a href="#"><u>Dumbbell Alternate Bicep Curl 4</u></a>
<a href="#"><u>Dumbbell Alternate Bicep Curl 5</u></a>
<a href="#"><u>barbell biceps curl</u></a>
<a href="#"><u>barbell biceps curl 2</u></a>
<a href="#"><u>barbell biceps curl 3</u></a>
<a href="#"><u>barbell biceps curl 4</u></a>
<a href="#"><u>standing dumbbell biceps curl</u></a>
<a href="#"><u>kettlebell biceps curl</u></a>
<a href="#"><u>ez barbell bicep curl</u></a>
<a href="#"><u>dumbbell hammer curls variations</u></a>



## Glute & Hip

<a href="#"><u>Standing hip abduction with Plate</u></a>
<a href="#"><u>Hip abductor variation holding onto machine glutes</u></a>
<a href="#"><u>Hip abductor variation leaning forward glutes</u></a>
<b>REVERSE HYPEREXTENSIONS</b>
<a href="#"><u>Reverse hack squat</u></a>
<a href="#"><u>Reverse hack squat single leg curtsy</u></a>
<a href="#"><u>Reverse V squat</u></a>
<a href="#"><u>Side lunges with dumbbells</u></a>
<a href="#"><u>Single leg kick back on Smith machine</u></a>
<a href="#"><u>Smith machine hyperextension</u></a>
<a href="#"><u>Smith machine sumo squats with resistance band</u></a>
<a href="#"><u>standing cable side kick</u></a>
<a href="#"><u>Reverse hack squat</u></a>
<b>BULGARIAN HOPS</b>
<a href="#"><u>Curtsy Lunge High knee</u></a>
<a href="#"><u>Dumbbell alternating curtsy lunges</u></a>
<a href="#"><u>Dumbbell alternating Curtsy Lunges 2</u></a>
<a href="#"><u>Dumbbell curtsy lunge pulses</u></a>
<a href="#"><u>Dumbbell Donkey KICK BACK PULSES</u></a>
<a href="#"><u>Dumbbell Donkey KICK BACKS</u></a>



<a href="#"><u>Dumbbell ELEVATED REVERSE LUNGES</u></a>
<a href="#"><u>Dumbbell FROG Stance thrusts</u></a>
<a href="#"><u>Dumbbell reverse LUNGE to high KNEE</u></a>
<a href="#"><u>donkey side kick</u></a>
<a href="#"><u>donkey side to side</u></a>
<a href="#"><u>donkey straight leg raises</u></a>
<a href="#"><u>Donkey Straight Leg Side to Side w bands</u></a>
<a href="#"><u>Elevated curtsy lunge</u></a>
<a href="#"><u>Elevated In and Out Jump Squats on Bench Stepper</u></a>
<a href="#"><u>Elevated Single Leg Glute Bridge</u></a>
<a href="#"><u>Frog kicks on glute kick back machine</u></a>
<a href="#"><u>Frog Pump with Dumbbell</u></a>
<a href="#"><u>frog pumps</u></a>
<a href="#"><u>Frog Stance Hip Thrusts</u></a>
<a href="#"><u>Glute Bridge + Single Leg Glute Bridge Superset</u></a>
<a href="#"><u>glute bridge pulses</u></a>
<a href="#"><u>Glute kick back</u></a>
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<a href="#"><u>Hip abductor machine 2</u></a>
<a href="#"><u>Single arm face pull to reverse Lunge</u></a>
<a href="#"><u>Smith machine curtsy lunge</u></a>
<a href="#"><u>Standing kick back variation</u></a>
<a href="#"><u>Step downs on assisted pull up machine</u></a>
<a href="#"><u>Step Up to Reverse Lunge</u></a>
<a href="#"><u>Single Leg Assisted Pistol Squats</u></a>
<a href="#"><u>Single leg deadlift with Dumbbell legs</u></a>
<a href="#"><u>single leg glute bridge</u></a>
<a href="#"><u>Smith Machine Hip Raise</u></a>
<a href="#"><u>Smith Machine Single Leg Kickback</u></a>
<a href="#"><u>squat hold to alternating reverse lunge</u></a>
<a href="#"><u>squat into overhead press and kick abduction</u></a>
<a href="#"><u>Standing Kicks</u></a>
<a href="#"><u>Weighted Hyperextension Glute Focused</u></a>
<a href="#"><u>Banded Monster walk</u></a>
<a href="#"><u>Cable Kickbacks</u></a>
<a href="#"><u>Bent knee Side walk w resistance Band</u></a>
<a href="#"><u>COTTON BAND BARBELL GLUTE BRIDGES NARROW STANCE</u></a>
<a href="#"><u>COTTON BAND BARBELL HIP THRUSTS</u></a>
<a href="#"><u>COTTON BAND GLUTE BRIDGE FLYES</u></a>
<a href="#"><u>COTTON BAND KICKBACKS</u></a>
<a href="#"><u>COTTON BAND LAYING LEG LATERAL RAISES</u></a>
<a href="#"><u>COTTON BAND SINGLE LEG GLUTE BRIDGES</u></a>



<a href="#"><u>DUMBBELL CURSTY LUNGES</u></a>
<a href="#"><u>Glute step down on assisted pull up machine</u></a>
<a href="#"><u>MED BALL GLUTE BRIDGE SQUEEZES</u></a>
<a href="#"><u>REVERSE HACK ROMANIAN DEADLIFTS</u></a>
<a href="#"><u>Booty focused home Workout with Mini Band</u></a>
<a href="#"><u>Bulgarian squats to single leg deadlift variation</u></a>
<a href="#"><u>Cable squat and kick</u></a>
<a href="#"><u>Cable squats</u></a>
<a href="#"><u>Cable squats to deadlift variation</u></a>
<a href="#"><u>Curtsy lunges on Smith machine</u></a>
<a href="#"><u>Goblet squats with resistance band</u></a>
<a href="#"><u>Kneeling squats on smith machine</u></a>
<a href="#"><u>Banded Barbell glute bridge with 3 abductions</u></a>
<a href="#"><u>BANDED DONKEY KICKS</u></a>
<a href="#"><u>Banded glute bridge with 3 abductions</u></a>
<a href="#"><u>Banded Heel Elevated Hip Thrust</u></a>
<a href="#"><u>Banded hip thrust with abduction on leg extension</u></a>
<a href="#"><u>BANDED KICK BACK PULSES</u></a>
<a href="#"><u>BANDED KICK BACKS</u></a>
<a href="#"><u>BANDED REVERSE HYPEREXTENSIONS</u></a>
<a href="#"><u>BANDED REVERSE Single Leg FROG KICKS</u></a>
<a href="#"><u>BANDED SIDE KICKS Standing Hip Abduction</u></a>
<a href="#"><u>BANDED SINGLE LEG GLUTE BRIDGE</u></a>
<a href="#"><u>Banded single leg hip thrust variation</u></a>
<a href="#"><u>Barbell B STANCE STRAGGERED STANCE HIP THRUST 2</u></a>
<a href="#"><u>Barbell B STANCE STRAGGERED STANCE HIP THRUST</u></a>
<a href="#"><u>Barbell BANDED HIP THRUST 3 SECOND HOLD</u></a>
<a href="#"><u>Barbell Curtsy Lunge</u></a>
<a href="#"><u>Barbell Glute bridge FROG STANCE</u></a>
<a href="#"><u>Bench crossover</u></a>
<a href="#"><u>Bench up and overs</u></a>
<a href="#"><u>BULGARIAN HOPS</u></a>
<a href="#"><u>Banded Clams</u></a>
<a href="#"><u>banded clams – home</u></a>
<a href="#"><u>banded clams</u></a>
<a href="#"><u>Banded Donkey Kicks</u></a>
<a href="#"><u>Banded Frog Stance Thrusts with Dumbbell</u></a>
<a href="#"><u>Banded Glute bridge</u></a>
<a href="#"><u>Banded Goblet Squat with Dumbbell</u></a>
<a href="#"><u>Banded Reverse frog kicks</u></a>
<a href="#"><u>Banded Reverse frog kicks 2</u></a>
<a href="#"><u>Banded Seated Hip Abduction</u></a>
<a href="#"><u>Banded Single Leg Hip Thrusts</u></a>





<a href="#"><u>Banded single leg hip thrusts</u></a>
<a href="#"><u>Banded Static Squat with Abductions with Dumbbell</u></a>
<a href="#"><u>Barbell Between Legs Split Squat</u></a>
<a href="#"><u>Bulgarian Split Squat</u></a>
<a href="#"><u>Cable goblet squat</u></a>
<a href="#"><u>Cable Kickbacks</u></a>
<a href="#"><u>Cable Squat walk monster</u></a>
<a href="#"><u>Cable squats with plates</u></a>
<a href="#"><u>Dumbbell Reverse Hyperextension</u></a>
<a href="#"><u>Dumbbell reverse lunge to curtsy lunge</u></a>
<a href="#"><u>Dumbbell reverse lunge to high knee</u></a>
<a href="#"><u>Dumbbell step ups</u></a>
<a href="#"><u>Dumbbell Sumo squat 4 3 1</u></a>
<a href="#"><u>Dumbbell sumo squat pulses</u></a>
<a href="#"><u>Donkey Straight Leg Pulses</u></a>
<a href="#"><u>Dumbbell Elevated Reverse Lunge</u></a>
<a href="#"><u>Glute activation</u></a>
<a href="#"><u>HEEL ELEVATED SINGLE GLUTE BRIDGE</u></a>
<a href="#"><u>HEEL ELEVATED SINGLE LEG HIP THRUST PULSES</u></a>
<a href="#"><u>HEEL ELEVATED SINGLE LEG HIP THRUST</u></a>
<a href="#"><u>Hip Thrust Barbell</u></a>
<a href="#"><u>Jumping Lunges Variation</u></a>
<a href="#"><u>Reverse Leg Press on Smith Machine</u></a>
<a href="#"><u>Smith Machine Reverse Lunge to Curtsy</u></a>
<a href="#"><u>Glute Kickback</u></a>
<a href="#"><u>glute bridge with band</u></a>
<a href="#"><u>glute kickback variations</u></a>
<a href="#"><u>Side-Lying Leg Lift</u></a>
<a href="#"><u>glute bridge</u></a>
<a href="#"><u>prone leg lift alternated</u></a>
<a href="#"><u>single leg glute bridge</u></a>

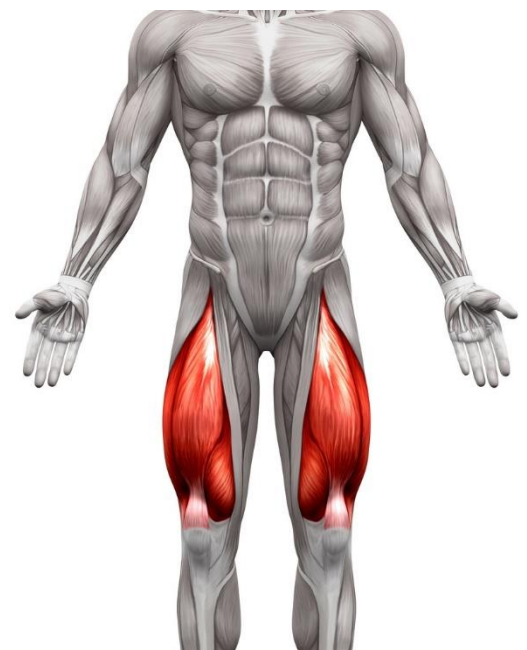
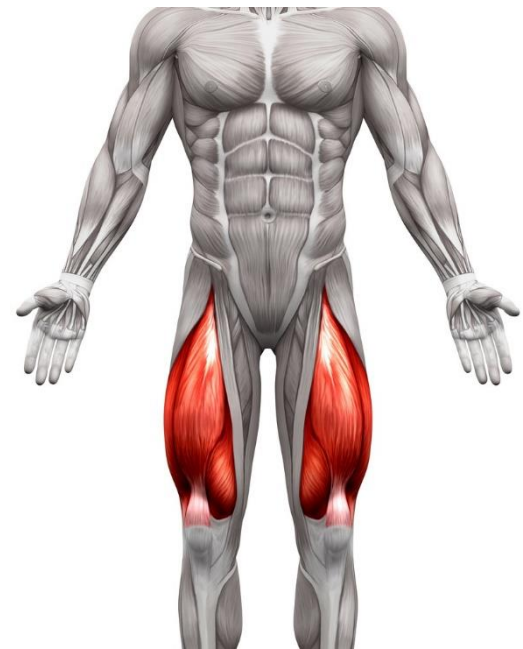


## Quadriceps

<a href="#"><u>SMITH MACHINE ELEVATED REVERSE LUNGES</u></a>
<a href="#"><u>SMITH MACHINE SIDE STEP UPS</u></a>
<a href="#"><u>SMITH MACHINE SQUAT PULSES</u></a>
<a href="#"><u>SQUATS</u></a>
<a href="#"><u>STEP UPS</u></a>
<a href="#"><u>Reverse lunges on Smith machine</u></a>
<a href="#"><u>Squats jumps in &amp; out on smith machine</u></a>
<a href="#"><u>Squats jumps on bosu ball</u></a>
<a href="#"><u>Side lunges with dumbbells</u></a>



<a href="#"><u>Dumbbell Crab Walk</u></a>
<a href="#"><u>Dumbbell BOX SQUAT TO JUMP</u></a>
<a href="#"><u>Dumbbell bulgarian lunges</u></a>
<a href="#"><u>Dumbbell DOUBLE PULSE – SQUAT JUMPS</u></a>
<a href="#"><u>Dumbbell Squat to Deadlift</u></a>
<a href="#"><u>Dumbbell squat to side lunge</u></a>
<a href="#"><u>Dumbbell Sumo Squat to Jump</u></a>
<a href="#"><u>Dumbbell Sumo Squat Walk - double pulse</u></a>
<a href="#"><u>Goblet Squat Jumps</u></a>
<a href="#"><u>Goblet Squats</u></a>
<a href="#"><u>kettlebell sumo squats</u></a>
<a href="#"><u>Kettlebell Romanian Deadlift to Goblet Squat</u></a>
<a href="#"><u>Leg Press High Feet Placement</u></a>
<a href="#"><u>PLIE SQUAT TOES UP</u></a>
<a href="#"><u>PLIE SQUATS one side toes up</u></a>
<a href="#"><u>PLYO STEP UPS</u></a>
<a href="#"><u>Seated leg Extension</u></a>
<a href="#"><u>Seated Single Leg Extension</u></a>
<a href="#"><u>SINGLE LEG LUNGE JUMPS</u></a>
<a href="#"><u>Squat to Lunge</u></a>
<a href="#"><u>Surrender Jump Squats</u></a>
<a href="#"><u>Surrender Squat Jumps</u></a>
<a href="#"><u>Side Lunge with Plate</u></a>
<a href="#"><u>Single leg extension</u></a>
<a href="#"><u>Smith Machine Sumo Squat Deadlift</u></a>
<a href="#"><u>Smith Machine Sumo Squats 1 and Half</u></a>
<a href="#"><u>stationary lunges</u></a>
<a href="#"><u>Towel Assisted Squat with Band</u></a>
<a href="#"><u>Weighted Side Walk with Band</u></a>
<a href="#"><u>Barbell Squat</u></a>
<a href="#"><u>Barbell Walking lunges</u></a>
<a href="#"><u>BENCH SQUAT JUMPS</u></a>
<a href="#"><u>COTTON BAND DUMBBELL WALL SIT</u></a>
<a href="#"><u>COTTON BAND KETTLE BELL GOBLET SQUATS</u></a>
<a href="#"><u>COTTON BAND WALL SIT</u></a>
<a href="#"><u>FROG LEG PRESS</u></a>
<a href="#"><u>KETTLEBELL SIDE LUNGES</u></a>
<a href="#"><u>barbell hip thrust</u></a>
<a href="#"><u>LEG PRESS</u></a>
<a href="#"><u>Reverse Hack Squats</u></a>
<a href="#"><u>Front foot elevated reverse lunges on smith machine</u></a>
<a href="#"><u>Banded Seated Abduction Into Squat Jumps</u></a>
<a href="#"><u>Banded sumo squat to jump</u></a>



<a href="#"><u>Barbell 1 ¼ SQUAT</u></a>
<a href="#"><u>Barbell Paused Sumo Deadlift</u></a>
<a href="#"><u>Barbell Reverse Lunge</u></a>
<a href="#"><u>Barbell Sumo SQUAT</u></a>
<a href="#"><u>Box squat to jump</u></a>
<a href="#"><u>Banded Side Squat Walk</u></a>
<a href="#"><u>Banded Squat Jumps</u></a>
<a href="#"><u>Barbell Squat to curtsy</u></a>
<a href="#"><u>Dumbbell heel elevated narrow squat pulses</u></a>
<a href="#"><u>Dumbbell low side step squat</u></a>
<a href="#"><u>Dumbbell squat to squat jump</u></a>
<a href="#"><u>Dumbbell Surrenders</u></a>
<a href="#"><u>Dumbbell walking lunges to curtsy combo</u></a>
<a href="#"><u>Dumbbell heel elevated goblet squat</u></a>
<a href="#"><u>Dumbbell squat to curtsy</u></a>
<a href="#"><u>Forward to Reverse Lunges</u></a>
<a href="#"><u>kettlebell squat to squat jump</u></a>
<a href="#"><u>Leg extension pause on top quads</u></a>
<a href="#"><u>Monster Walk</u></a>
<a href="#"><u>pop squats</u></a>
<a href="#"><u>Side Lunge With overhead plate hold</u></a>
<a href="#"><u>Sissy Squat</u></a>
<a href="#"><u>Sissy Squat with Plate</u></a>
<a href="#"><u>Leg Press</u></a>
<a href="#"><u>Barbell Lunges</u></a>
<a href="#"><u>Barbell Lunges 2</u></a>
<a href="#"><u>squat jumps</u></a>
<a href="#"><u>squat jumps with band</u></a>
<a href="#"><u>stationary lunges</u></a>
<a href="#"><u>stationary lunges 2</u></a>
<a href="#"><u>barbell squat</u></a>



## Hamstring

<a href="#"><u>SMITH MACHINE SINGLE LEG ROMANIAN DEADLIFTS</u></a>
<a href="#"><u>Leg press on smith machine</u></a>
<a href="#"><u>laying down Hamstring leg Curl</u></a>
<a href="#"><u>Leg Press</u></a>
<a href="#"><u>Single leg deadlift on Hack squats hamstring</u></a>
<a href="#"><u>Stiff leg deadlift hamstring</u></a>
<a href="#"><u>Stiff leg deadlift with dumbbells</u></a>
<a href="#"><u>Cable hamstring curl</u></a>
<a href="#"><u>Dumbbell Romanian Dead Lift</u></a>



<a href="#"><u>Dumbbell Deadlift with Pulses</u></a>
<a href="#"><u>Dumbbell Hamstring Curl</u></a>
<a href="#"><u>Dumbbell romanian deadlift RDL</u></a>
<a href="#"><u>Dumbbell step ups</u></a>
<a href="#"><u>Dumbbell Swings</u></a>
<a href="#"><u>Good morning with barbell hamstring seated hamstring curls</u></a>
<a href="#"><u>single leg Deadlift on smith machine</u></a>
<a href="#"><u>Single Leg Deadlift w Dumbbell</u></a>
<a href="#"><u>Smith Machine Staggered Stance Deadlift</u></a>
<a href="#"><u>Standing Cable Hamstring Curl</u></a>
<a href="#"><u>Standing single leg hamstring curl</u></a>
<a href="#"><u>COTTON BAND DUMBBELL ROMANIAN DEADLIFTS</u></a>
<a href="#"><u>DUMBBELL ELEVATED ROMANIAN DEADLIFTS</u></a>
<a href="#"><u>Hamstring curl with Swiss Ball</u></a>
<a href="#"><u>MED BALL HAMSTRING CURLS</u></a>
<a href="#"><u>Dumbbell or kettlebell single leg deadlift</u></a>
<a href="#"><u>Good mornings on Smith machine</u></a>
<a href="#"><u>Banded Good Mornings</u></a>
<a href="#"><u>Banded single leg Deadlift to reverse Lunge</u></a>
<a href="#"><u>Barbell Good Morning</u></a>
<a href="#"><u>Barbell Good Morning SUMO STANCE</u></a>
<a href="#"><u>Dumbbell heel elevated romanian deadlift</u></a>
<a href="#"><u>Dumbbell pull throughs</u></a>
<a href="#"><u>Dumbbell Romanian Deadlift RDL 1 and half's</u></a>
<a href="#"><u>Good Mornings Smith Machine</u></a>
<a href="#"><u>kettlebell staggered stance single leg romanian deadlift</u></a>
<a href="#"><u>Kettlebell Swings</u></a>
<a href="#"><u>Laying Down Hamstring Curl</u></a>
<a href="#"><u>Seated hamstring curl with pause hamstring</u></a>
<a href="#"><u>Seated single leg hamstring curl</u></a>
<a href="#"><u>Romanian Deadlift</u></a>
<a href="#"><u>barbell good morning</u></a>
<a href="#"><u>barbell romanian deadlift</u></a>
<a href="#"><u>barbell good morning 2</u></a>
<a href="#"><u>smith machine romanian deadlift</u></a>



## Triceps

<a href="#"><u>triceps dips</u></a>
<a href="#"><u>Triceps Overhead Extensions</u></a>
<a href="#"><u>One arm bent over cable triceps extension</u></a>
<a href="#"><u>One arm cable triceps extension</u></a>



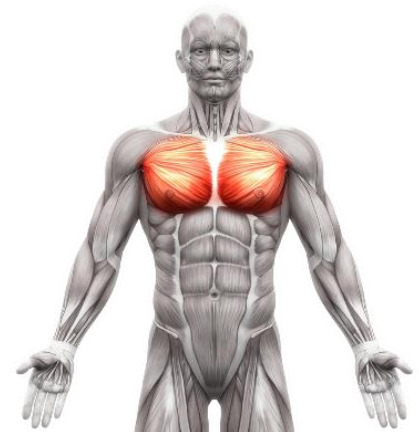


<a href="#"><u>Reverse grip supine triceps push downs</u></a>
<a href="#"><u>Skull crushers with dumbbells</u></a>
<a href="#"><u>triceps cable pushdown</u></a>
<a href="#"><u>Triceps cable rope overhead extensions</u></a>
<a href="#"><u>Cable triceps kick backs</u></a>
<a href="#"><u>Dumbbell triceps press</u></a>
<a href="#"><u>Triceps Dips</u></a>
<a href="#"><u>triceps push ups</u></a>
<a href="#"><u>Skull crushers with barbell triceps</u></a>
<a href="#"><u>Skull crushers with dumbbells triceps</u></a>
<a href="#"><u>Triceps Pushdown</u></a>
<a href="#"><u>Assisted triceps dips chest</u></a>
<a href="#"><u>Dumbbell Overhead triceps Extensions</u></a>
<a href="#"><u>Lying Skull crushers with dumbbells</u></a>
<a href="#"><u>single arm triceps extension cable</u></a>
<a href="#"><u>Cable triceps pushdown</u></a>
<a href="#"><u>Barbell skull crushers</u></a>
<a href="#"><u>Bent Over Dumbbell Triceps Extension kickbacks</u></a>
<a href="#"><u>Cable Triceps Pushdown</u></a>
<a href="#"><u>Cable Triceps Pushdown 2</u></a>
<a href="#"><u>Overhead Triceps Extension with Plate</u></a>
<a href="#"><u>Single Arm overhead Triceps Extension</u></a>
<a href="#"><u>Close grip pulldown</u></a>
<a href="#"><u>Barbell Tricep Extension Overhead</u></a>
<a href="#"><u>Barbell Squat</u></a>
<a href="#"><u>Barbell Lunges</u></a>
<a href="#"><u>Barbell Chest Press</u></a>
<a href="#"><u>Push-Ups - Close</u></a>

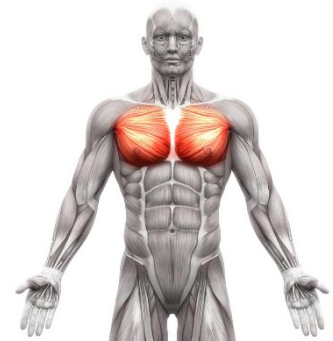
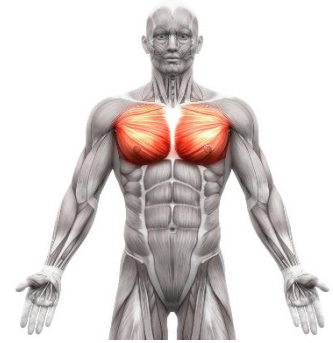


## Chest

<a href="#"><u>Dumbbell CHEST PRESS</u></a>
<a href="#"><u>Push Up on knees</u></a>
<a href="#"><u>Incline Dumbbell chest fly</u></a>
<a href="#"><u>incline push ups</u></a>
<a href="#"><u>chest fly</u></a>
<a href="#"><u>dumbbell chest flies</u></a>
<a href="#"><u>Incline Bench Chest Fly Variation</u></a>
<a href="#"><u>Incline Chest Press Dumbbell</u></a>
<a href="#"><u>Incline Chest Press Variation</u></a>
<a href="#"><u>Incline Single Dumbbell Chest Press</u></a>
<a href="#"><u>cable crossover</u></a>
<a href="#"><u>dumbbell push ups</u></a>



<a href="#"><u>dumbbell push-ups 2</u></a>
<a href="#"><u>Push-Ups On Knees 3</u></a>
<a href="#"><u>Push-Ups On Knees 4</u></a>
<a href="#"><u>Push-Ups On Knees 5</u></a>
<a href="#"><u>Push-Ups On Knees 6</u></a>
<a href="#"><u>Crunch - Legs On Exercise Ball</u></a>
<a href="#"><u>incline barbell bench press</u></a>
<a href="#"><u>Push-Ups</u></a>
<a href="#"><u>Push-Ups 2</u></a>
<a href="#"><u>Push-Ups 3</u></a>
<a href="#"><u>Push-Ups 4</u></a>
<a href="#"><u>dumbbell push ups</u></a>
<a href="#"><u>chest fly machine</u></a>
<a href="#"><u>chest fly machine 2</u></a>
<a href="#"><u>chest flyes on the floor</u></a>
<a href="#"><u>Leverage Incline Chest Press</u></a>
<a href="#"><u>leverage chest press</u></a>
<a href="#"><u>leverage chest press 2</u></a>
<a href="#"><u>leverage chest press 3</u></a>
<a href="#"><u>chest parallel bar dips</u></a>
<a href="#"><u>dumbbell chest press</u></a>



## Lats

<a href="#"><u>Wide grip assisted pull up</u></a>
<a href="#"><u>Reverse grip lat pulldown</u></a>
<a href="#"><u>Seated cable row with rope</u></a>
<a href="#"><u>Single arm dumbbell row</u></a>
<a href="#"><u>Wide grip cable lat pulldown</u></a>
<a href="#"><u>Wide grip cable lat pulldown with partial reps</u></a>
<a href="#"><u>Cable Seated row overgrip</u></a>
<a href="#"><u>Dumbbell bent over row</u></a>
<a href="#"><u>Dumbbell Bent Over Row Variation</u></a>
<a href="#"><u>Dumbbell single arm bent over Row</u></a>
<a href="#"><u>Reverse grip pull down</u></a>
<a href="#"><u>Under grip high cable row</u></a>
<a href="#"><u>Single Arm Cable Pull Down</u></a>
<a href="#"><u>Single Arm Cable Row Partial</u></a>
<a href="#"><u>Smith Machine Inverted Rows</u></a>
<a href="#"><u>Wide Grip Alternating Pull Down</u></a>



<a href="#"><u>Wide Grip Pull Down with Partial Reps</u></a>
<a href="#"><u>Wide Grip Pull Up assisted</u></a>
<a href="#"><u>Close grip assisted pull up</u></a>
<a href="#"><u>Lat pulldown with rope</u></a>
<a href="#"><u>Band Assisted Pull up under feet</u></a>
<a href="#"><u>Band assisted pull up under knee</u></a>
<a href="#"><u>Band assisted pull up under feet easier version</u></a>
<a href="#"><u>Banded assisted pull ups close grip</u></a>
<a href="#"><u>Barbell BENT OVER ROW OVERHAND, WIDE GRIP</u></a>
<a href="#"><u>Barbell BENT OVER ROWS</u></a>
<a href="#"><u>Bent over barbell row back</u></a>
<a href="#"><u>Cable Kayak Row</u></a>
<a href="#"><u>Cable Kayak Row Variation</u></a>
<a href="#"><u>Cable Under Grip Row</u></a>
<a href="#"><u>Close Grip Inverted Rows</u></a>
<a href="#"><u>Dumbbell Bent-Over Row (Single-Arm)</u></a>
<a href="#"><u>Dumbbell renegade row</u></a>
<a href="#"><u>Inverted rows</u></a>
<a href="#"><u>Kneeling Cable Pull Down</u></a>
<a href="#"><u>row to high row variation with bands</u></a>
<a href="#"><u>Seated Cable Row to Bicep Curl back biceps</u></a>
<a href="#"><u>Seated cable row with rope</u></a>
<a href="#"><u>Seated close grip cable row</u></a>
<a href="#"><u>Seated one arm cable row</u></a>
<a href="#"><u>Seated wide grip cable row</u></a>
<a href="#"><u>Straight arm single arm pull down</u></a>
<a href="#"><u>Dumbbell Bent Over Row</u></a>
<a href="#"><u>Dumbbell Bent over Rows 2</u></a>
<a href="#"><u>Dumbbell Bent Over Row 3</u></a>
<a href="#"><u>Dumbbell Bent Over Row 4</u></a>
<a href="#"><u>Dumbbell Bent over Rows 5</u></a>
<a href="#"><u>Pull-Ups</u></a>
<a href="#"><u>Leverage Iso Row</u></a>
<a href="#"><u>Cable Seated Row Over-Grip</u></a>
<a href="#"><u>Pull-Ups 2</u></a>
<a href="#"><u>pull-ups 3</u></a>
<a href="#"><u>pull-ups 4</u></a>
<a href="#"><u>machine-assisted pull-ups</u></a>
<a href="#"><u>standing cable over bent row</u></a>



## Calf



<a href="#">Seated Calf raises</a>
<a href="#">Calf raises on leg press machine</a>
<a href="#">Calf Extension</a>

## Trapezius

<a href="#">Upright rows with dumbbells</a>
<a href="#">Upright Row Variation</a>
<a href="#">Band bent over row to upright row</a>
<a href="#">barbell Upright Row</a>
<a href="#">Dumbbell Upright Row</a>
<a href="#">barbell upright row</a>
<a href="#">barbell upright row 2</a>
<a href="#">barbell upright row 3</a>



## Full Body

<a href="#">burpees</a>
<a href="#">Cable Squat to Deadlift</a>
<a href="#">Commandos</a>
<a href="#">Dumbbell BANDED SQUAT + ALTERNATING KICK BACKS</a>
<a href="#">Dumbbell curtsy lunge to lateral raise</a>
<a href="#">Dumbbell Deadlift to Bent Over Row</a>
<a href="#">Dumbbell Side Lunge to Front Raise</a>
<a href="#">Dumbbell Sumo Squat to Bicep Curl</a>
<a href="#">Full Body Band Home Workout</a>
<a href="#">Kettlebell SUMO squat to bicep curl</a>
<a href="#">kettlebell swings</a>
<a href="#">Squat to curtsy with bicep curl</a>
<a href="#">Sumo Squat to upright row</a>
<a href="#">Squat to row</a>
<a href="#">Home workout full body fat burning circuit</a>
<a href="#">Curtsy to Shoulder Press</a>
<a href="#">iRnsca</a>
<a href="#">Dumbbell reverse lunge to lateral raise</a>
<a href="#">Dumbbell side lunge with press</a>
<a href="#">Dumbbell squat curl press</a>
<a href="#">Dumbbell thrusters</a>
<a href="#">Deadlift to bent over row</a>





Reverse Lunge to Front and Side Raise

TRX

TRX REVERSE LUNGES

Band Reverse Lunge to Bicep curl to lateral raise

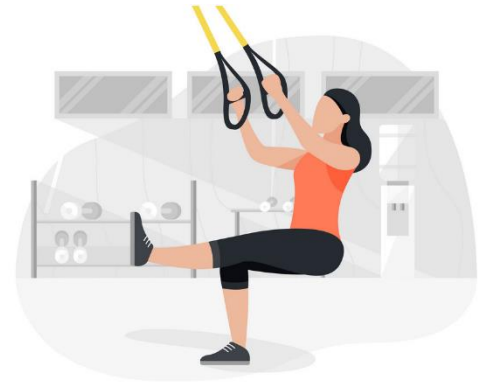
Band reverse Lunge to front raise

Band Single leg Deadlift to bent over row

TRX Low Row Stand

Chest Press on TRX

HiIT



ROPE SLAMS

Dumbbell Curl to Lateral Raise

Dumbbell HAMMER CURL to lateral raise

SPRINTS HIGH KNEES

SQUAT JUMPS

Squat to Upright Row

stationary Lunge to Bicep Curl and Lateral Raise

Sumo Squat to Deadlift

MOUNTAIN CLIMBERS TO PUSH UPS

Barbell SUMO DEADLIFT to UPRIGHT ROW

Bicep curl to front raise

Dumbbell squat to single arm shoulder press

Dumbbell Bicep Curl to Lateral Raise

half burpees

Jumping Jacks

jumping jacks 2

jumping jacks 3

Kettlebell side lunge to overhead press

kettlebell squat to upright row

Battle Rope



Dumbbell Upper Body Workout – Home

Home Warm Up

massage roller

Massage Roller 2

warm up stretches

stretching

warm up stretches 2

warm up stretches 3

warm up stretches 4

Heart Rate Monitor

stationary bike

stationary bike 2

skipping rope

skipping rope 2

Treadmill

elliptical

human muscle system

iRnsca / green way of Health (workouts)

YouTube

