

WEIGHT BENCH Exercises



UPPER BODY

 Bench Press	 Chest Fly	 Inclined Bench Press	 Reverse Incline Bench Press	 Alternating Incline Press	 Chest Dip
 Seated Shoulder Press	 Seated Armbar Press	 Seated Upright Row	 Side Lying Lateral Raise	 Seated Lateral Raise	 Lying Front Raise
 Seated Front Raise	 Seated Dumbbell Curl	 Concentration Curl	 One-Armed Triceps Extension	 Over-Head Triceps Extension	 Triceps Kickback
 Skull Crusher	 Triceps Dip	 Incline Push-Up	 Decline Push-Up	 Pike Push-Up	 Pigeon Bench Top Push-Up

BACK

 Bent Over Row	 Pike Rowing Row	 Incline Row	 Reverse Incline Row	 Seated Row	 Hyperextension
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CORE

 Sit-Up	 Weighted Sit-Up	 Elevated Bicycle Crunch	 Leg Pull-In	 Lying Leg Raise	 Feet Elevated Plank
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LOWER BODY

 Seated Bench Squat	 Single Leg Bench Squat	 Bulgarian Split Squat	 Hip Thrust	 Single Leg Hip Thrust	 Reverse Incline Extension
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TOTAL BODY

 Bench Tug-of-War	 Bench Press	 Reverse Incline Bench Press	 Pike Push-Up	 Bench Squat	 Bench Dip
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Exercise Guide Fitness Benches

M Woodhall



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