

A beginners guide to exercise selection

When designing client programs, select from the list of exercises to build your session plan. Exercises can be executed with the use of free weights, barbells and/ or machines.

For information on how to instruct exercises, refer to: <https://exrx.net>

Glossary:

- | | |
|---------------|------------|
| 1. Quadriceps | 6. Triceps |
| 2. Hamstrings | 7. Biceps |
| 3. Glutes | 8. Back |
| 4. Core | 9. Chest |
| 5. Shoulders | |

Target Area	Exercise Selection
Quadriceps	Lunges: Rear, Side, Walking Squat: Front squat, Back squat, Hack squat, Pendulum squat, Bulgarian split squat, Goblet squat, Sissy squat, Step-ups Leg Press
Hamstrings	Good- morning 45 degree hyperextension Lying leg curl Romanian deadlift
Glutes	Hip thrust Deadlifts: Romanian, Sumo stance, Conventional Squats: Single leg split squat, box squat, front squat, hack squat, safety bar squat Cable glute kickback



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AUSTRALIAN MIND BODY INSTITUTE

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Target Area	Exercise Selection
Core	Seated crunch Hanging/ lying leg raise V-up/ Jack- knife sit up Russian twist
Shoulders	Shoulder press: behind neck. Military press Front raise Upright row Y raise Lat raise
Triceps	Tricep dips Cable tricep extensions Close grip bench press Cable bar push down
Biceps	Bicep curl Hammer curl Chin up
Back	Pull-ups Leg variations Lat pulldowns
Chest	Bench press Flies Chest press Chest dip Push-ups



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