

Exercises and the Muscles they Work

Muscles Worked	General Exercises (works more than one muscle)	Specific Exercises (isolates the particular muscle well)
Quadriceps (front of the thigh)	Barbell Squats Smith Machine Squats Leg Presses Half Squats	Freehand Squats One-legged Squats Sissy Squats Front Squats (upper quadriceps) Hack Squats (lower quadriceps) Leg Extensions One-legged Leg Extensions Freehand Jump Squats Step-ups with Barbell
Hamstrings (back of the thigh)	Straight-legged Deadlifts	Prone Leg Curls on Machine Prone One-legged Leg Curls on Machine Standing One-legged Leg Curls Seated Leg Curls on Machine
Adductors (Inner thighs)	Wide-stance Barbell Squats Wide-stance Barbell Half Squats Wide-stance Leg Presses Wide-stance Smith Machine Squats	Nautilus Machine for Inner Thighs Hip Adduction using Low Pulley (Cable) Freehand Side Lunges Dumbbell Side Lunges Pliés
Abductors (Outer thighs)		Nautilus Machine for Outer Thighs Hip Abduction using Low Pulley (Cable)
Gluteus (Butt)		Front Freehand Lunges Barbell Front Lunges Smith Machine Reverse Lunges Dumbbell Front Lunges Hip Extensions (One-Legged Kickbacks) Step-ups with Barbell
Trapezius	Barbell Power Cleans Cable Upright Rows EZ Curlbar or Barbell Upright Rows	Dumbbell Shoulder Shrugs Barbell Shoulder Shrugs
Upper Latismus Dorsi (Lats) (Upper back)	Wide-grip Pull-ups (free or on Gravitron)	Wide-grip Front Lat Pulldowns One-Arm Dumbbell Rows Bent-over Lat Pull-in on High Pulley Cable Seated 2-Arm High Pulley (Cable) Rows Prone Wide-grip Barbell Lat Pull-up
Middle Lats	Wide-grip Barbell Rows Straight-Arm Lat Extensions (Pulldowns)	Seated 2-Arm Low Pulley (Cable) Rows Medium-grip Front Lat Pulldowns
Lower Lats	Close-grip Pull-ups to Chest Close-grip Chin-ups Close-grip V-bar Pull-ups Close-grip Bent-over Rows (palms up and Palms down) 2-Arm Long Bar Rows	Close-grip Front Lat Pulldowns
Spinae Erectors (lower back)	Straight-Legged Deadlifts Barbell Deadlifts Dumbbell Deadlifts	Back Hyperextensions Barbell Good Mornings Twisting Hyperextensions
Upper Calf (Gastrocnemius)		Donkey Calf Raises Hack Machine Calf Raises
Front Calf (Shins) Lower Calf (Soleus)	Seated Calf Raises	Tibialis Contractions

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Upper Pectoralis (Pecs) (Upper Chest)	Incline Dumbbell Bench Press Incline Barbell Bench Press Incline Smith Machine Bench Press	Incline Dumbbell Flyes High Pulley Cable Crossovers
Middle Pecs (Middle Chest)	Flat Dumbbell Bench Press Flat Barbell Bench Press Smith Machine Bench Press Push-ups Push-ups off of Bench	Flat Dumbbell Flyes Cable Crossovers Flyes on Machine
Lower Pecs (Lower Chest)	Decline Dumbbell Bench Press Decline Barbell Bench Press Decline Smith Machine Bench Press	Decline Dumbbell Flyes Low Pulley Cable Crossovers Dips (free or on Gravitron machine) Feet Elevated Dips (Bench Dips)
Inner Pecs	Close-grip Barbell Bench Press	
Rib Cage Expansion		Barbell Straight-Arm Pullovers One-Dumbbell Straight-Arm Pullovers
Serratus Anterior Muscle	Overhead Presses (Dumbbell or Barbell)	
Anterior Deltoid (Front of Shoulder)	Overhead Presses with Barbell Dumbbell Shoulder Presses Any Chest Press Exercises	Front Dumbbell Raises Front Barbell Raises Dumbbell Upright Rows Barbell or EZ Curlbar Upright Rows
Medial Deltoid (Side of Shoulder)		Seated Dumbbell Lateral Raises Low Pulley (Cable) Lateral Raises Seated Lateral Raises on Deltoid Machine
Posterior Deltoid (Rear of Shoulder)		Rear Delt Lateral Raises - Prone on Bench Bent-over Low Pulley Rear Delt Raises Rear Delt Lateral Pulls (using Cable) Rear Delt Lat. Pulls on Chest Fly Machine
High Bicep	Close-grip (4") Chin-ups palms facing you	EZ Curlbar Curls on 90° side of Preacher Concentration Dumbbell Curls Bent-over EZ Curlbar Curls
Middle Bicep		45° Bench Incline Dumbbell Curls Seated Dumbbell Biceps Curls Standing EZ Curlbar Curls
Lower Bicep		Preacher Curls with EZ Curlbar Preacher Curls with a Dumbbell Preacher Curls using Machine Hammer Dumbbell Curls (thumbs up)
Outer Triceps	French Press (standing or seated) Lying Triceps Extensions Narrow-grip (12") Chest Presses to Neck	2-Arm Overhead Dumbbell Triceps Press 1-Arm Overhead Dumbbell Triceps Press Dumbbell Kickbacks
Inner Triceps 1. Long Head 2. Medial Head (near elbow)	Parallel Bar Dips 2-Arm Triceps Extensions on High Pulley	Triceps Pushdowns
Forearm Flexors Forearm Extensors	Dumbbell Wrist Curls with palms up Barbell Reverse Curls	Dumbbell Wrist Curls with palms down