

Olympic Variations

[The Bear](#) [t-nation.com – entire article]
[Clean from hang](#) [exrx.net]
[Clean with jerk](#) [exrx.net]
[Dumbbell snatch](#) [t-nation.com – last exercise]
[Snatch](#) [exrx.net]

Deadlift Variations

[Deadlift](#) [exrx.net]
[King deadlift](#) [t-nation.com – last exercise]
[Snatch grip deadlift](#) [t-nation.com – 1/2 way down page]
[Stiff-leg deadlift](#) [exrx.net]
[Sumo deadlift](#) [t-nation.com – 1/4 way down page]

Calves

[Donkey calf raise \(use dip belt for load\)](#) [exrx.net]
[Leg press calf raise](#) [exrx.net]
[Seated calf raise](#) [exrx.net]
[Standing calf raise](#) [exrx.net]

Vertical pull

[Cable pulldown](#) [exrx.net]
[Chin-up](#) [exrx.net]
[Parallel grip chin-up](#) [bodybuilding.com – 1st variation]
[Pull-up](#) [exrx.net]
[Sternum chin-up](#) [t-nation.com – 1st exercise]
[Towel / rope chin-up](#) [t-nation.com – end of article]
[Upright row](#) [exrx.net]

Vertical Press

[Bent press](#) [t-nation.com – 1st exercise]
[Front raise](#) [exrx.net]
[Push press](#) [exrx.net]
[Scott press](#) [larryscott.com – scroll down]
[See-Saw press](#) [bodybuilding.com – 7th exercise]
[Shoulder press](#) [exrx.net]

Biceps

[Cable curl](#) [exrx.net]
[Barbell curl](#) [exrx.net – use straight bar]
[Dumbbell curl](#) [exrx.net]
[Lying curl \(Lazy man curl\)](#) [t-nation.com – 6th exercise]
[Preacher curl](#) [exrx.net]

Abdominal

[Cable kneeling crunch](#) [exrx.net]
[Cable woodchopper](#) [chekinstitute.com - figure 16]
[Decline bench sit-up](#) [bodybuilding.com – 8th exercise]
[Dragon flag](#) [evfit.com – scroll 1/2 way down page]
[Hanging leg raise](#) [exrx.net]
[Hanging leg raise with pike](#) [t-nation.com – 1/4 way down]
[Jackknife sit-up](#) [exrx.net]
[Rollout](#) [t-nation.com – exercise A1]
[Russian twist](#) [t-nation.com – 2nd exercise in circuit]
[Saxon side bend](#) [t-nation.com – 4th exercise]

Exercise Complexes

[Combo extension-pull](#) [t-nation.com – 1st exercise]
[T Push-up](#) [t-nation.com – 4th exercise]
[Iron Cross](#) [bodybuilding.com]
[Turkish Get-up](#) [t-nation.com – 2nd exercise]

Squat Variations

[Back squat](#) [exrx.net]
[Box squat](#) [t-nation.com – entire article]
[Front squat](#) [exrx.net]
[Hack squat](#) [exrx.net]
[Single leg split squat](#) [exrx.net]
[Zercher squat](#) [t-nation.com – 1/2 way down]

Additional leg exercises

[Glute-ham raise](#) [bodybuilding.com – 1st exercise]
[Good-Morning](#) [exrx.net]
[Hip Bridge](#) [Dartmouth - 9th exercise]
[Leg curl](#) [exrx.net]
[Leg press](#) [exrx.net]
[Lunge](#) [exrx.net]
[one leg back extension](#) [t-nation.com – 1st exercise]
[Overhead lunge](#) [t-nation.com 6th exercise]
[Pull through](#) [t-nation.com – 1/2 way down]
[Rear Lunge](#) [exrx.net]
[Step-up](#) [exrx.net]
[Swissball Leg curl](#)
[Zercher good morning](#) [t-nation.com – 1/2 way down]

Horizontal pull

[Bent-over row](#) [exrx.net]
[Cable row](#) [exrx.net]
[Supine row](#) [exrx.net]
[T-bar row](#) [exrx.net]
[Renegade row](#) [bodybuilding.com]
[Reverse Push-up](#) [exrx.net]

Horizontal Press

[Bench press](#) [exrx.net]
[Cable crossover](#) [bodybuilding.com – 1st exercise]
[Dips](#) [exrx.net]
[Fly](#) [exrx.net]
[Pull-over](#) [exrx.net]
[Push-up](#) [exrx.net]
[Telle Fly](#) [t-nation.com – 4th exercise]

Triceps

[Cable pressdown](#) [exrx.net]
[Close-grip bench press](#) [exrx.net]
[Floor press](#) [weightliftingdiscussion.com]
[Lying triceps extension](#) [exrx.net]
[Overhead triceps extension](#) [exrx.net]

Postural / Corrective

[Cable external rotation](#) [exrx.net]
[Cuban rotation](#) [t-nation.com – 1st exercise]
[Face pulls](#) [t-nation.com – 3rd exercise]
[Kneeling cable x-row](#) [t-nation.com – 3rd exercise]
[Poor man's shoulder horn](#) [t-nation.com – 7th exercise]
[Rear lateral raise](#) [exrx.net]
[Scapular wall slide](#) [t-nation.com – 1st exercise]
[Scare crow](#) [t-nation.com – 8th exercise]
[Side-lying external rotations](#) [familydoctor.org – ex.2]
[Straight-arm cable pressdown](#) [exrx.net]
[Wall push-up](#) [uhseast.com]