

EXERCISE SELECTION CHART 07/08

Upper Body Options

Horizontal Push	Horizontal Pull	Vertical Push	Vertical Pull
Bench Press <ul style="list-style-type: none"> - DB/KB - Normal Bar - 2 or 3 boards - Thick Bar - Bench Bar Chains Weight releasers Bands	Bent Over Row <ul style="list-style-type: none"> - Normal Bar - Steel Log - Thick Bar - DB/KB - Plate Row 	Military Press <ul style="list-style-type: none"> - Cambered Bar - Tick Bar - Trap Bar - Regular Bar - Steel Log - Jammer Press - Calf Raise Machine 	Chins <ul style="list-style-type: none"> - Weighted - Wide Grip - Close Grip - Thick Grip - Finger Grip - Band - Rope - Towel
Incline Bench Press <ul style="list-style-type: none"> - DB / KB - Normal Bar - 2 or 3 boards - Thick Bar - Bench Bar - 15, 30, 45 Degrees Chains Weight releasers Bands	Prone Bench Row <ul style="list-style-type: none"> - Normal Bar - Thick Bar - DB / KB 	DB / KB <ul style="list-style-type: none"> - Seated - Standing - Alternating See Saw 	Lat Pull Down <ul style="list-style-type: none"> - Wide Grip - Close Grip
Decline Bench Press <ul style="list-style-type: none"> - DB / KB - Normal Bar - 2 or 3 Boards - Thick Bar - Bench Bar Chains Weight Releasers Band	Hammer Low Row	Over Head Presses <ul style="list-style-type: none"> - Bradford - Press behind neck 	Hammer High Row

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Floor Press <ul style="list-style-type: none"> - DB / KB - Normal Bar - Thcik Bar - Bench Bar - Steel Log - MMA Press Chains Weight Releasers Bands	DB / KB Row <ul style="list-style-type: none"> - Supported - No Support - Swiss Ball - MMA Alternating - See Saw 		Upright Row <ul style="list-style-type: none"> - Normal Bar - DB / KB - Alternating - Thcik Bar - Clean Grip - Close Grip - EZ Bar
Push Ups <ul style="list-style-type: none"> - Weighted - Hindus - Chain - Feet Elevated - Hands Elevated - Swiss / Bosu Ball 	Seated Row		Seated Variations <ul style="list-style-type: none"> - Seated DB / KB Cleans - Seated DB / KB Snatch
	Fat Man Chins <ul style="list-style-type: none"> - Bar - Chains - Feet Elevated - Steel Log 		

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Lower Body Options

Olympic	Bilateral Squat	Unilateral Squat	Hamstring / Lower Back
Power Clean – High or low Catch <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 Position Floor, knee, thigh - DBs - Steel Log - Band Assisted 	Back Squat <ul style="list-style-type: none"> - Cambered - Safety - Regular - Box (high or low) - Belt Squats - Assisted Chains Weight releasers Bands 	Single Leg <ul style="list-style-type: none"> - Bulgarian (Sprinters) - Cambered - Safety - Regular - Power Sprinter - Box (high or low) - Belt Squats Chains Weight releasers Bands 	Dead Lift <ul style="list-style-type: none"> - Trap Bar - Gorilla Grip - Regular - Thick Bar - Dumbbells - Rack Deadlifts - Rubber Square - Standing - Rubber Square Bar - Platform + Band - Assisted - Single Leg
Power Snatch – High or low Catch <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 Position Floor, Knee, Thigh - DBs - Clean Grip 	Front Squat <ul style="list-style-type: none"> - Regular - Harness 	Step Ups <ul style="list-style-type: none"> - Camered - Safety - Regular - DB / KB 	Glut Ham Raise <ul style="list-style-type: none"> - Weighted - Bands - Single Leg - Eccentrics
Clean Pulls – High or Low <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 Position Floor, Knee, Thigh - DBs 	Kneeling Squat	Lunge <ul style="list-style-type: none"> - Static - Dynamic - Reverse - Walking - Cambered - Safety - Regular - DB / KB 	Good Morning <ul style="list-style-type: none"> - Regular Bar - Safety - Cambered - Combo

EXERCISE SELECTION CHART 07 / 08

Snatch Pulls – High or Low <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 Position Floor, Knee, Thigh - DBs 	Zercher Lift & Squat <ul style="list-style-type: none"> - Regular - Thick Bar 		Romanian Dead Lift <ul style="list-style-type: none"> - Regular - Trap Bar - Single Leg - DB / KB
			Reverse Hyper
			Back Extension <ul style="list-style-type: none"> - Single Leg - 45 Degree - Regular - Weighted - Swiss Ball

EXERCISE SELECTION CHART 07 / 08

Power Options

Olympic / Pull Option	Squat / Jump Option	Push Option
Power Clean – High or Low Catch <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 position floor - Knee, Thigh - DBs - Steel Log - Band Assisted 	Squats <ul style="list-style-type: none"> - Assisted squats with bands Chains Weight Releasers Bands 	Overhead Jerks <ul style="list-style-type: none"> - Bar - Thick Bar - Steel Log Push Press <ul style="list-style-type: none"> - Bar - Thick Bar - Steel Log
Power Snatch – High or Low Catch <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 position Floor, Knee, Thigh - DBs - Clean Grip 	¼ Explosive Squats	Hammer Jammer <ul style="list-style-type: none"> - Two Arm - Single Arm - Rotational
Clean Pulls – High or Low <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 position Floor, Knee, Thigh - DBs 	Jump Squats	Bench Press with: <ul style="list-style-type: none"> - Bands - Chains - Weight - Release - 2/3 Board

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Power Options

Olympic / Pull Option	Squat / Jump Option	Push Option
Snatch Pulls – High or low <ul style="list-style-type: none"> - Block (high or low) - Floor - Hang - 3 Position Floor, Knee, Thigh - DBs 	Plyometric Jumps Options <ul style="list-style-type: none"> - Knees to feet - Seated box jumps - Band jumps - Box jumps - Depth Jumps - Broad Jumps - Band Broad Jumps - Hurdle Jumps - Single Leg 	Hammer Push / Pull
Power Tackler	Wall Sprints with Bands	

Strongman Options

Pull	Push	Walk
Anchor Chain Drag Stone Clean Prowler Pull Keg Clean Stone Lift onto Barrel Tyre Flip Hand Over Hand Pull	One Man Scrum Prowler (high / Low) Mauling Sled Sled Press Viking Press Stone Press	Framer's Walk Conan's Wheel Yolk Stone Sled Keg Walk Wheel Barrow