

# Basic Isolation Resistance Exercises

2-3 x a week: 1-3 sets

Levels  
**GREEN HIGHLIGHT-** BEGINNER  
**ORANGE HIGHLIGHT** INTERMEDIATE  
**RED HIGHLIGHT-** ADVANCED

<b>Leg Extensions</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/leg-extension/">https://weighttrainingguide.com/exercises/leg-extension/</a>
<b>Leg Curls</b> 10-15 reps		
<b>Inner and Outer Thigh Movement</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/machine-seated-hip-abduction/">https://weighttrainingguide.com/exercises/machine-seated-hip-abduction/</a>
<b>Leg Press Machine</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/incline-leg-press/">https://weighttrainingguide.com/exercises/incline-leg-press/</a> This page describes
<b>Row Movement</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/straight-back-seated-cable-row/">https://weighttrainingguide.com/exercises/straight-back-seated-cable-row/</a>
<b>Pulldown Movement</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/wide-grip-lat-pulldown/">https://weighttrainingguide.com/exercises/wide-grip-lat-pulldown/</a>
<b>Press Movement</b> 10-15 reps		<a href="https://www.acefitness.org/education-and-resources/lifestyle/exercise-">https://www.acefitness.org/education-and-resources/lifestyle/exercise-</a>
<b>Fly Machine</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/machine-fly/">https://weighttrainingguide.com/exercises/machine-fly/</a>
<b>Reverse Fly Machine</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/machine-fly/">https://weighttrainingguide.com/exercises/machine-fly/</a>
<b>Assisted Pull Up Machine</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/assisted-pull-up/">https://weighttrainingguide.com/exercises/assisted-pull-up/</a>
<b>Assisted Dip Machine</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/machine-assisted-triceps-dip/">https://weighttrainingguide.com/exercises/machine-assisted-triceps-dip/</a>
<b>Db Curls</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/dumbbell-curl/">https://weighttrainingguide.com/exercises/dumbbell-curl/</a>
<b>Db Shoulder Presses</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/seated-dumbbell-overhead-press/">https://weighttrainingguide.com/exercises/seated-dumbbell-overhead-press/</a>
<b>Db Lateral Raises</b> 10-15 reps		<a href="https://www.acefitness.org/education-and-resources/lifestyle/exercise-">https://www.acefitness.org/education-and-resources/lifestyle/exercise-</a>
<b>Cable Triceps Pushdowns single or double arm</b> 10-15 reps		<a href="https://weighttrainingguide.com/exercises/cable-one-arm-reverse-grip-">https://weighttrainingguide.com/exercises/cable-one-arm-reverse-grip-</a>

# Basic Compound Exercises

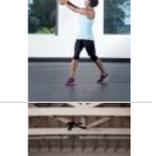
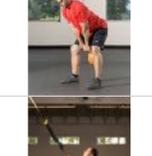
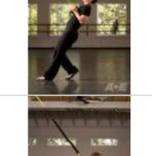
which are exercises that work more than one muscle group. 2-3 x a week: 1-3 sets

<b>Single Leg Deadlifts</b> –You can hold onto something at first. With knee locked and somewhat bent hinge at hip and bend forward keeping back locked. Go to stretch and return and then repeat for 10-15 reps. Perform 1-3 sets. Remember to do both sides.		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Dips</b> off a chair-till you feel a burn-you can put feet up to increase challenge. Do not fog too deep. Nor more than 90 degrees of flexion		<a href="https://www.youtube.com/watch?v=HCf97NPYeGY">https://www.youtube.com/watch?v=HCf97NPYeGY</a>
<b>Squats to Shoulder Press</b> 10-15 reps—Weighted with Dumbbells or Bands		<a href="https://www.youtube.com/watch?v=7JzNvdMLJ8">https://www.youtube.com/watch?v=7JzNvdMLJ8</a>
<b>Wide Squats to Curls</b> 10-15 reps—Weighted with Dumbbells or Bands-when you can 10-15 reps easily increase weight		<a href="https://www.youtube.com/watch?v=j3c_1dJzBC4">https://www.youtube.com/watch?v=j3c_1dJzBC4</a>
<b>Deadlifts to Upright Rows</b> 10-15 reps-Weighted with Dumbbells or Bands-when you can 10-15 reps easily increase weight. DO NOT BRING DUMBBELLS BELOW KNEES OR ABOVE SHOULDERS AS SEEN IN VIDEO		<a href="https://www.youtube.com/watch?v=yq9XTJqQ79I">https://www.youtube.com/watch?v=yq9XTJqQ79I</a>

# Basic Functional Exercises

2-3 x a week: 1-3 sets

Levels  
**GREEN HIGHLIGHT-** BEGINNER  
**ORANGE HIGHLIGHT** INTERMEDIATE  
**RED HIGHLIGHT-** ADVANCED

<b>BATTLE ROPES- asynchronous</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>BATTLE ROPES- simultaneous waves</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Wall Ball Target</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Medicine Ball HayBailer</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Slam Ball Overhead Slams</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Medicine Ball Wood Chop</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Kettlebell Bottoms up Press</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Kettlebell Farmers carry</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Kettlebell Waiter's carry</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Kettlebell Swing</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>TRX ® Back Row</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>TRX ® Chest Press</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Barbell Jammers</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Inverted Flyer</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Step Ups</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>
<b>Pull to Press with Bands or Cable</b>		<a href="https://www.youtube.com/watch?v=HtHxNwMgZM">https://www.youtube.com/watch?v=HtHxNwMgZM</a>