

<b><u>Muscle group</u></b>	<b><u>Multi-joint</u></b>	<b><u>Single joint</u></b>
<b>Chest</b>	<b>Barbell bench press</b> <b>Dumbbell bench press</b> <b>Machine bench press</b> <b>Dips</b>	<b>Dumbbell flye</b> <b>Pec flye machine</b> <b>Cable crossover</b>
<b>Back</b>	<b>Lat pulldown</b> <b>Dumbbell row</b> <b>Seated row</b> <b>Barbell row</b>	<b>Straight arm pulldown</b> <b>Hyperextension</b>
<b>Shoulders</b>	<b>Seated db press</b> <b>Barbell shoulder press</b> <b>Arnold press</b>	<b>Lateral raise</b> <b>Front raise</b> <b>Reverse Pec flye</b>
<b>Biceps</b>	N/A	<b>Barbell curls</b> <b>Dumbbell curls</b> <b>Preacher curls</b>
<b>Triceps</b>	N/A	<b>Lying tri-extension</b> <b>Rope pushdowns</b> <b>Seated DB extension</b>
<b>Abdominals</b>	N/A	<b>Crunch</b> <b>Reverse crunch</b> <b>Side crunch</b>

<b><u>Muscle group</u></b>	<b><u>Multi-joint</u></b>	<b><u>Single joint</u></b>
<b>Quadriceps</b>	<b>Back squats Leg press Lunges</b>	<b>Leg extension</b>
<b>Hamstrings</b>	<b>High-foot leg press Lunges Reverse curl on stability ball</b>	<b>Seated leg curl Lying leg curl Stiff-leg deadlift</b>
<b>Calves</b>	<b>N/A</b>	<b>Seated calf raise Toe press (on leg press)</b>