

Top Compound Exercises

Push		Pull	
Vertical/Diagonal	Horizontal	Vertical/Diagonal	Horizontal
Angled Barbell One Arm Press	Dumbbell Bench Press	Pull Up	Dumbbell Bent Over Row
Angled Barbell Shoulder to Shoulder Press	Dumbbell Wide-Elbow Bench Press	Lat Pulldown	Dumbbell One Arm Off-Bench Row
Dumbbell Incline Bench Press	Dumbbell Decline Floor Press	One Arm Lat Pulldown	Dumbbell One Arm Free Standing
Dumbbell Incline Wide-Elbow Bench Press	Cable Press	One Arm Wide-Elbow Lat Pulldown	Cable One Arm Row
Dumbbell One Arm Overhead Press	Band Press	Fighters Lat Pulldown	Cable One Arm Compound Row
Dumbbell Rotational Overhead Press	Band Step and Press	Cable One Arm Angled Row	Seated Row
Band Incline Press	Push Up	Cable On Arm Motorcycle Row	Suspension Row
NT Loop One Arm Overhead Press		Band Bent Over Wide-Elbow Row	Suspension One Arm Row
Hip Hinge		Knee Bend	
Double Leg	Single Leg	Double Leg	Single Leg
Barbell Hybrid Deadlift	Angled Barbell One Leg Leaning RDL	Trap Bar Squat	Dumbbell Lateral Goblet Squat
Barbell RDL	Dumbbell One Leg RDL	Dumbbell Goblet Squat	Dumbbell Traveling Lunge
Dumbbell RDL	Dumbbell Traveling RDL Lunge	Dumbbell Off-Set Goblet Squat	Dumbbell Elevated Reverse Lunge
Upright Dumbbell Hybrid Deadlift	Dumbbell Lateral RDL Lunge	Stability-Ball Wall Squat	Dumbbell Elevated Split Squat
Band Hybrid Deadlift	Low Cable One Leg RDL	Zombie Squat	Dumbbell Bulgarian Split Squat
Core			Dumbbell Step Up
Linear	Lateral	Rotation	One Leg Drop Squat
Medicine Ball Rollout	Angled Barbell Tight Rainbow	Weight Plate Speed Chop	One Leg Knee Tap Squat
Arm Walkout	Dumbbell One Arm Carry	Dumbbell Plank Row	One Leg Bench Squat
Reverse Crunch	Weight Plate Side Lean	Cable One Arm Press	
Stability-ball Weight Plate Crunch	Weight Plate Around the World	Cable Tight Rotation with Hip Shift	
Stability-ball Arcs	Low Cable Side Lean	Cable Two-Point Rotations	
Stability-ball Knee Tuck	Stability-Ball Side Crunch	Cable Low to High Chop	
Stability-ball Pike	Dynamic Side Elbow Plank	Cable 2-Point Low to High Chops	
Stability-ball Pike Rollout		Cable High to Low Chop	
Suspension Trainer Fallout		Cable 2-Point High to Low Chops	
Leg Lowering with Band		One Arm Plank	


