|  |  |  |  |
| --- | --- | --- | --- |
| **Muscle** | **Body Weight** | **Free Resistance**  **(Weights & Bands)** | **Machine Resistance** |
| **LOWER BODY** | | | |
| **Calf** | Heel Raise | Weighted Heel Raise | Standing Heel Raise |
| **Quadriceps** | Lunge | Weighted Lunge | Leg Extension |
| **Hamstrings** | Squat | Resistance Band Curl | Leg Curl |
| **Hip Adductors** | Side Leg Lift | Leg lift with ankle weight | Hip Adductor Machine |
| **Hip Abductors** | Leg Lift | Left Lift with ankle weight | Hip Abductor Machine |
| **Glutes** | Squat | Squat or Lunge | Leg Press |
| **UPPER BODY** | | | |
| **Low Back** | Chest Lift | Chest Lift | Low Back Machine |
| **Abdominals** | Sit Up | Sit Up | Curl Machine |
| **Pectorals** | Push Up | Dumbbell Press | Chest Press |
| **Lats** | Chin Up | Bent-Over Row | Lat Pull |
| **Deltoids** | Inverted Push Up | Dumbbell Lateral Raise | Lateral Raise |
| **Biceps** | Chin Up | Dumbbell Curl | Biceps Curl |
| **Triceps** | Dips | Triceps Extension | Triceps Extension |

**Weight Training Exercise Differentiation**

