

# THREE ELEMENTS OF STRENGTH WORKOUTS

## PUSH EXERCISES

Push exercises involve muscles on the front of the body including chest, triceps, and shoulders.

Pushups  
Chest Press  
Chest Fly

Overhead press  
Front Shoulder Raise  
Arnold Press  
Lateral Shoulder Raise

Tricep Press  
Tricep Dips  
Tricep Overhead Extension

Upright rows

## PULL EXERCISES

Pull exercises involve muscles on the back of the body, including back, biceps and rear deltoids.

Pull ups  
Lat Pulldowns  
Lat Press  
Lat Pullovers

Bent Over Rows  
Seated Rows

Biceps Curls  
Hammer Curls

Reverse Fly  
Shoulder Shrugs

## HIP HINGE EXERCISES

Hip hinge exercises involve major muscles of the legs and lower back to support the spine.

Squats  
Goblet Squats

Deadlifts

Good Mornings

Cleans

Kettlebell Swings

Glute Bridges  
Hip Thrust