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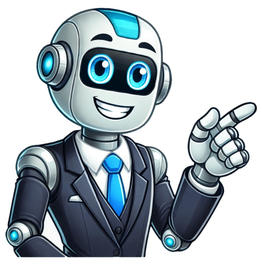

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Explore our latest gallery of Editors’ Picks.Browse Editors' Favorites This free Gym Workout Plan for Beginners (PDF with Pictures) includes the 51 most effective strength and mobility training exercises for your legs, back, core, triceps, shoulders, chest, and biceps. If you want to get in shape at the gym, look no further than this complete gym schedule for beginners. With these beginner exercises, instructions, pictures, and a printable workout calendar, you will get results and you won’t suffer from aches and pains. This gym workout routine is designed for everyone, with either weight loss or muscle gain as their goals. Even though it’s a beginner’s program, you’ll learn to navigate the gym like a pro! Our workout programs have been downloaded by over 15,000 people and this 12-Week Gym Workout Plan for Beginners is our most comprehensive yet. In this post, we’ll share the free gym workout plan for beginners PDF and the proven plan to get results. I hope you’re pumped up! You have access to a gym and you’re committed to showing up to reach your goals. Congrats! But, your standard gym membership doesn’t come with a plan or a personal trainer. Especially as a beginner, this can be intimidating. To succeed at the gym, you need a plan to follow. You need a system. You do not rise to the level of your goals. You fall to the level of your systems. – James Clear By committing to this plan, you’re following a proven system. You get a 12-week workout calendar with built-in variety and periodization weekly, a printable weight tracking sheet to ensure progress, pictures of each exercise so you can head to the gym with confidence, and more. This plan puts you leaps and bounds ahead of the average gym goer. We’re excited to hear about your results! If you’re short on time and just want to download the printable gym workout plan for beginners PDF with pictures, here you go! Otherwise, for details on the training program and tips on how to best utilize this tool, keep reading. This free PDF is a 12-week gym workout routine with 51 of the most effective, beginner-friendly exercises. Print the calendar, weight tracker sheet, and pictures to follow along at the gym with confidence. We're just an email away for support! We were excited to create this program for many reasons. But mostly, because we couldn’t find anything comparable and free on the internet. You are already paying for the gym membership, you shouldn’t have to pay for an upgraded workout plan too. While some of the plans available for free online are effective and helpful, we thought they were lacking some key components that make them useful and user-friendly for beginners. There are 7 reasons why this is the best gym workout plan for beginners, both men and women. Consider this your DIY gym beginners guide. 1. It’s a full-body gym workout plan for weight loss and muscle gain.2. A 12-week workout calendar and weight tracker sheet are included.3. The plan includes pictures of each exercise.4. Periodization and variety are built in to prevent boredom and plateau.5. Each exercise is safe for beginners. 6. But each exercise is still incredibly effective. 7. You get bonus content to help you monitor progress. In the next section, we’ll dive into each of those to explain what sets our plan apart. Lastly, if you don’t already go to the gym, you can use this gym workout plan at home as long as you have a few dumbbells and resistance bands. Have you heard the phrase “muscle burns fat?” Well, it’s true. Muscle is also important for metabolic health, especially as we age. Whether your goals are to lose weight, tone up, or gain muscle, this plan covers all the bases.   The full body strength routine targets the following: Upper body: biceps, triceps, shoulders, upper back muscles, and chest muscles. Core: abs, obliques, and lower back. Lower body: glutes, quads, hamstrings, adductors and abductors, and calves. But this isn’t just for your muscles. Since you’ll move from one exercise to the next as quickly as possible (no more than 10-20 seconds, please) you’ll strengthen your lungs as well! Get your heart rate up and enjoy the cardio benefit of this gym workout plan for weight loss! We’ve paid for dozens of professional workout programs and every one includes a printable calendar and weight tracking sheet. That’s because it’s essential for maximizing results. First, the printable calendar/exercise chart shows you what to do, when to do it, and for how long. Not following a plan like this is a bad idea. Our brains are designed to conserve energy and take it easy during exercise. Following the gym workout plan for beginners (printable PDF) will push you out of your comfort zone and toward serious progress. Second, using the weight tracker sheet, you record the weight you lifted for each exercise. How can you progress if you don’t know what weights you lifted last week and whether or not it was easy or difficult? Especially for a gym workout plan, this is critical since you’ll be lifting dumbbells and using the cable machine or resistance bands. This free routine is the total gym workout routine for beginners. You’re already setting aside time for workouts and managing to show up each day. That’s hard enough. Therefore, the actual workout plan needs to be crystal clear and simple to follow. For beginners (and even for people like us who have been in the fitness industry for over a decade), pictures of each exercise are always appreciated. We’ve created downloadable and printable sheets that you can bring with you to the gym. Below is a preview of the pictures included. Results take time. Not days or weeks, but months. A 7-day plan or even a 30-day training program won’t suffice. To get results that will make you proud and provide momentum to continue, you need a multi-month plan. The periodization, meaning the workouts get progressively more difficult over time, and variety help prevent boredom, injury, and plateau.   The exercises in the Gym Workout Plan for Beginners PDF are all low risk. To us, this means the following. The exercises are low-impact and easy on the knees. Each rep is to be done slowly to limit momentum. All push-up or plank exercises are excluded to reduce wrist, elbow, and back pain. The plan incorporates functional fitness movements using bands or the cable machine to help you perform better in the real world such as playing softball, hiking, or chasing your kids. Later in this article, we’ll share more tips on completing each exercise safely and with proper form. By following this free gym workout routine for beginners, you’ll learn to navigate the gym like a pro. The most effective exercises are not done on a machine. Your body is the most high-tech machine in the gym, so put it to work! When you move weight that isn’t attached to a gliding track, you engage stability muscles that are critical for mobility, range of motion, and injury prevention. Our plan only uses dumbbells, resistance bands, a cable machine, and a bench. When you use this equipment in a slow and controlled manner, you get a more effective full-body workout.   How will you know that these workouts are working if you don’t track your progress? Included with the Gym Workout Plan for Beginners PDF is our Body Measurement Chart and instructions on how to measure your body. When you download the 12-Week Gym Workout Plan, you’ll have instant access to the calendar, pictures, and weight tracking sheet. Also, we will get in touch with you shortly after you sign up, and we will always be available for support. When you download the program, we’ll be sure to share future updates with you and new offerings that relate to weight training workouts. If you only want the gym training program for beginners and you don’t want to hear from us again, please click “unsubscribe” once you have everything you need. Also, if you’re not yet familiar with Ryan and Alex Duo Life, we apply our engineering and health backgrounds to help couples improve their health, lifestyle, and relationship. We are engineers by trade and, although we’re highly knowledgeable about fitness, we are not certified personal trainers. Therefore, these exercises and the downloadable plan have been reviewed by multiple fitness professionals with a combined 45 years of experience as certified personal trainers. With their help, our written instruction ensures proper form. Proceed at your own risk! If you have injuries or other concerns, discuss them with your physician before attempting these exercises. This free PDF is a 12-week gym workout routine with 51 of the most effective, beginner-friendly exercises. Print the calendar, weight tracker sheet, and pictures to follow along at the gym with confidence. We're just an email away for support! With these tips, pictures, and written instructions, you’re ready to get started with the gym workout plan. Of course, you also need to download and print the free Gym Workout Plan for Beginners PDF. Whether your goal is become a better runner, lose weight, gain muscle or just feel stronger, with all of this, you’re set up for success. However, if you have any questions or feedback, please share in the comments section of this post. Next, we’ll cover the workout program details, notes on proper form, and some common questions. This weekly gym workout plan for beginners is a 12-week program with 4 days of exercise per week. Here is a rough schedule. Weeks 1-6 Training Plan: Day 1: Legs Day 2: Chest, Triceps, and Core Rest day Day 3: Back, Biceps, and Core Day 4: Shoulders and Core Most people start the plan on a Monday, but whatever fits your schedule best is ideal. There are 14-17 exercises per day. You complete 12 reps of each exercise and two sets, all with limited rest. Therefore, it’s estimated that each workout is between 28 and 34 minutes. To keep your body confused and to add variety, everything changes during weeks 7-12. Weeks 7-12 Training Program: Day 1: Chest, Back, and Core Day 2: Legs Rest day Day 3: Shoulders and Arms Day 4: Total body There are 14-24 exercises per day (the number of reps and sets remains the same). Therefore, each workout is between 28 and 48 minutes. Each exercise requires proper form to prevent injury and maximize results. Therefore, please review the written instructions below and follow the links for more guidance (and video) for each exercise. Lower Body Exercises Proper form during these exercises is essential because you’ll be lifting heavier weights. When doing squats, only sink as low as you can without rounding your lower back. Another helpful reminder for lunges and squats: when you go to the floor, flex your core, and keep your back straight. Below are pictures of the lower body exercises in the Gym Workout Plan for Beginners PDF. You’ll find more instructions on proper form for these lower body exercises here and here. Make sure your abs are controlling your movements, not the momentum from the dumbbell. You should never arch your lower back or feel pain there. During back extensions, make sure you engage your quads, glutes, and abs. Below are pictures of the core exercises in the Gym Workout Plan for Beginners PDF. Again, you’ll find more instructions on the proper form for these core exercises here and here. Keep your upper body and elbows stationary during the exercise. Do not thrust your torso backward. That is cheating. It’s also important to engage your core and keep your spine straight during these bicep exercises. If swinging the dumbbells seem to cause your body to sway, you can always “kickstand” one foot behind you to keep your body straight and stationary. To be extra safe, you don’t have to go past a 90° bend in your elbows if that’s a problem area for you. Stop if you feel pain during these exercises. During the tricep exercises, focus on squeezing your elbows together, keeping them shoulder-distance apart. To isolate your tricep muscles and protect your joints, don’t let your elbows flair out. Again, your body and elbows should remain stationary. During these chest exercises, whether you’re doing them on the ground or a bench, it’s critical to engage your core and not round your lower back. You’ll probably be lifting heavier weights, so be sure to move slowly and in a controlled manner. Keep your spine in line, don’t arch your back, and engage your core during all of these exercises. Also, squeeze your shoulder blades together and maintain perfect posture. Go slow and maintain control. It’s easy to let momentum make these exercises easier, but that’s risky and not effective. Only your arms should move, so engage your core and focus on not thrusting your hips forward. Also, for raises and upright rows, you should never lift the weights above your shoulders. Enjoy the burn! With these tips, the downloadable gym workout plan, and printable pictures of each exercise, we hope you have the best success yet at the gym. Based on what we’ve seen, this is the best gym workout plan for beginners that’s available for free on the internet. But we’re always looking to improve, so if you have any questions or feedback please ask in the comments. Cheers to your transformation! For more helpful resources, such as our Bodyweight Workout Plan or the Dumbbell Workout Plan for beginners, head over to our Work Out At Home page. All free! This free PDF is a 12-week gym workout routine with 51 of the most effective, beginner-friendly exercises. Print the calendar, weight tracker sheet, and pictures to follow along at the gym with confidence. We're just an email away for support! A husband-wife duo, two engineers, and the creators of Ryan and Alex Duo Life. After eight years working in the corporate world as engineers, we left to tackle our true passion: Helping highly motivated couples optimize their relationship and health by cutting through the muck and sharing what the research says works. Each Friday receive evidence-based tips to elevate your health and relationship. Workout Labs LOGIN Upgrade to PRO WorkoutLabs Average Rating: 4.7 Votes: 287 Reviews: 287 Illustration licensing Available with yourWORKOUT PRO membership Learn More Finding the right exercise for your workout can be tricky. There are so many options out there. But what if there was a guide that made it easy? Our Ultimate A-Z List Of Exercises With Pictures does just that. It offers you a clear, easy-to-follow directory of exercises from A to Z. This list covers everything you need for a full-body workout—whether you’re looking to stretch, build muscle, or enhance your routine. I’ve spent over ten years coaching and writing about fitness and nutrition. My journey began in a local gym and led me to earn degrees in Physical Education and Sports Management, along with certifications in personal training and lifeguarding. I share my expertise through articles on sports nutrition, workout strategies, and by teaching at fitness seminars. This article draws on all that experience to give you the most comprehensive rundown of exercises available today. Get ready for your ultimate exercise guide! The Ultimate A-Z List Of Exercises offers a simple guide with pictures for each exercise, covering all you need for a full-body workout. Key exercises from every letter group target different body parts, such as Arms with Biceps Curl and Butt with Barbell Squats. Proper technique matters in doing exercises right, like aligning your knees over toes in squats and breathing correctly to enhance performance. Consistency in practicing these exercises enhances strength and form, offering varied routines to keep workouts fresh. This guide makes fitness accessible by providing detailed descriptions and images for each listed exercise. We made a big list of moves from A to Z. Each move has a short story and a picture to show you how to do it. To give you the best guide for your fitness journey, we’ve put together a comprehensive list. This includes a mix of exercises, complete with visuals to help you nail the form. Each exercise comes with a simple explanation. This way, you get the picture—literally and figuratively. From firsthand experience, the key to mastering these moves is consistency. Whether it’s arm curls or elbow planks, practicing regularly will enhance your strength and form. And with this list, you’ve got a variety of exercises to keep your workouts fresh and challenging. Each description and image here is a starting point. Dive in, try them out, and find what works best for you. Fitness is a personal journey, one where the best results come from a mix of patience, perseverance, and the right guidance. Here we dive into key exercises from every letter group. This list includes moves for all parts of the body. Arms – Biceps Curl: Stand tall with weights in your hands. Keep those palms facing up. Now, lift the weights towards your shoulders. I’ve seen great arm growth with this classic move. Butt – Barbell Squats: Place a bar across your back standing up straight. Squat down as if sitting in a chair then stand back up. It targets more than just your glutes, promising a solid lower-body workout. Core – Plank: Lie face down then push up on your hands and toes. Keep your body straight like a plank of wood. It looks easy but wait till you try holding it for over a minute! Deadlifts for Legs: Stand with feet hip-width apart, holding a bar or free weights in front of you. Bend at the hips to lower the weight, then pull it back up, keeping that back straight! This move seriously boosts leg and back strength. Exercise for High Knees: Run in place lifting those knees as high as they’ll go. Pump your arms to keep balance and speed up the heart rate. Flexibility – Butterfly Stretch: Sit on the ground and press the soles of your feet together; now lean forward gently from the hips. You’ll feel this stretch right through your inner thighs. Glutes – Hip Thrusts: Sit on the ground leaning against a bench, roll a bar over your lap, and thrust those hips upward; squeeze hard at the top! You can really shape your rear end with these. Hamstrings – Romanian Deadlifts: Hold weights in front of you, stand straight then hinge at the waist; keep those legs almost straight as you lower down and lift again. Incline Push-up for Chest: Find an elevated surface like a bench or step; do push-ups against it to target upper chest muscles better than flat push-ups do. .Jumps – Box Jumps: Stand before a sturdy box or platform; bend knees deeply then jump onto it landing softly; step down and repeat for explosive leg power! .Kettlebell Swing for Full Body: Grab that kettlebell with both hands, swing it between legs then thrust hips forward swinging it chest height while keeping arms loose—it works everything! .Lunges for Quads, Step forward with one leg bending both knees until rear knee nearly touches ground — push back up to start position to hit those thigh muscles hard. Each exercise listed above teaches us valuable lessons about movement and strength building while covering different parts of our bodies—from arms to legs—to make sure we’re working out every major muscle group effectively using proper form and resistance training techniques learned from firsthand experience coaching folks just like you! After exploring some standout exercises from each letter, it’s time to focus on how to do them right. Getting the hang of each move matters. Start by finding your grip. Whether you’re lifting dumbbells or swinging kettlebells, how you hold them shapes your workout. Keep your starting position solid—feet planted and body balanced. Your power comes from a strong start. For squats, press-ups, or lunges, align your body just so. Your knees should line up over your toes; keep your back straight. Breathing is key too—inhale as you lower down, exhale when pushing up or out. And always pace yourself; rushing leads to slips and less effective training. Lastly, don’t skip the finish—ease out of movements rather than stopping short to make every rep count and protect against strain injuries. We walked you through an A-Z list of workouts. This showed all kinds of body movements and fitness tips. You saw how doing these can be simple and effective. We shared tools like dumbbells and pull-up bars to help you get stronger. Now, take what you learned and use it every day to get fit. Your journey to health just got easier with this guide by your side! You’ll discover a complete list of exercises, each with pictures to show you how to perform them right. From arm curls to calf raises, it covers every muscle group. Yes! Alongside photos, there are videos for some exercises. This way, you get to see the moves in action, helping you nail the perfect form. Absolutely! Whether you’re looking to work on your triceps or strengthen your legs, this directory sorts exercises by category and body part—like neck or gluteus maximus—making it easy to find what you need. For sure! The guide is made for everyone. It shows simple steps on how to do each exercise from standing positions or even sitting ones if needed. It’s pretty broad; from strength training using barbells for bench presses to plyometric training like squat jumps—it’s all there! Yes, each entry talks about keeping safe while exercising—like not overextending your knee during lunges—to help avoid injury and make sure your workouts are effective. Learn how to perform proper executions of fitness exercises with our incredible database set of more than 100+ exercises guides This free Gym Workout Plan for Beginners (PDF with Pictures) includes the 51 most effective strength and mobility training exercises for your legs, back, core, triceps, shoulders, chest, and biceps. If you want to get in shape at the gym, look no further than this complete gym schedule for beginners. With these beginner exercises, instructions, pictures, and a printable workout calendar, you will get results and you won’t suffer from aches and pains. This gym workout routine is designed for everyone, with either weight loss or muscle gain as their goals. Even though it’s a beginner’s program, you’ll learn to navigate the gym like a pro! Our workout programs have been downloaded by over 15,000 people and this 12-Week Gym Workout Plan for Beginners is our most comprehensive yet. In this post, we’ll share the free gym workout plan for beginners PDF and the proven plan to get results. I hope you’re pumped up! You have access to a gym and you’re committed to showing up to reach your goals. Congrats! But, your standard gym membership doesn’t come with a plan or a personal trainer. Especially as a beginner, this can be intimidating. To succeed at the gym, you need a plan to follow. 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We are engineers by trade and, although we’re highly knowledgeable about fitness, we are not certified personal trainers. Therefore, these exercises and the downloadable plan have been reviewed by multiple fitness professionals with a combined 45 years of experience as certified personal trainers. With their help, our written instruction ensures proper form. Proceed at your own risk! If you have injuries or other concerns, discuss them with your physician before attempting these exercises. This free PDF is a 12-week gym workout routine with 51 of the most effective, beginner-friendly exercises. Print the calendar, weight tracker sheet, and pictures to follow along at the gym with confidence. We're just an email away for support! With these tips, pictures, and written instructions, you’re ready to get started with the gym workout plan. Of course, you also need to download and print the free Gym Workout Plan for Beginners PDF. 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During the tricep exercises, focus on squeezing your elbows together, keeping them shoulder-distance apart. To isolate your tricep muscles and protect your joints, don’t let your elbows flair out. Again, your body and elbows should remain stationary. During these chest exercises, whether you’re doing them on the ground or a bench, it’s critical to engage your core and not round your lower back. You’ll probably be lifting heavier weights, so be sure to move slowly and in a controlled manner. Keep your spine in line, don’t arch your back, and engage your core during all of these exercises. Also, squeeze your shoulder blades together and maintain perfect posture. Go slow and maintain control. It’s easy to let momentum make these exercises easier, but that’s risky and not effective. Only your arms should move, so engage your core and focus on not thrusting your hips forward. Also, for raises and upright rows, you should never lift the weights above your shoulders. Enjoy the burn! With these tips, the downloadable gym workout plan, and printable pictures of each exercise, we hope you have the best success yet at the gym. Based on what we’ve seen, this is the best gym workout plan for beginners that’s available for free on the internet. But we’re always looking to improve, so if you have any questions or feedback please ask in the comments. Cheers to your transformation! For more helpful resources, such as our Bodyweight Workout Plan or the Dumbbell Workout Plan for beginners, head over to our Work Out At Home page. All free! This free PDF is a 12-week gym workout routine with 51 of the most effective, beginner-friendly exercises. Print the calendar, weight tracker sheet, and pictures to follow along at the gym with confidence. We're just an email away for support! A husband-wife duo, two engineers, and the creators of Ryan and Alex Duo Life. After eight years working in the corporate world as engineers, we left to tackle our true passion: Helping highly motivated couples optimize their relationship and health by cutting through the muck and sharing what the research says works. Each Friday receive evidence-based tips to elevate your health and relationship. FacebookXRedditGoogle+LinkedInWhether you’re a seasoned athlete or just starting out on your fitness journey, knowing which exercises to incorporate into your routine is key to achieving your goals. From building strength to improving cardiovascular health, there are countless exercises you can choose from, but it’s essential to focus on those that are effective and align with your fitness objectives.In this comprehensive guide, we’ve curated a list of 100 exercises for different goals and fitness levels. Each exercise targets specific muscle groups and can be adjusted for intensity and duration. Whether you’re looking to tone your body, boost endurance, or increase flexibility, you’ll find something in this list that suits your needs.Upper Body ExercisesPush-UpsA classic bodyweight exercise that works the chest, shoulders, and triceps. Variations like incline and decline push-ups target different areas of the chest.Bench PressThis compound exercise focuses on the pectoral muscles and is great for building overall chest strength.Chest FlysPerformed with dumbbells, chest flys target the pectoral muscles and improve chest definition.Dumbbell PulloverA great move for targeting the chest and back simultaneously, enhancing strength and mobility.Chest DipsTarget the lower chest, triceps, and shoulders with this bodyweight exercise.Overhead Shoulder PressCan be done with dumbbells or a barbell. This compound movement builds shoulder strength and mass.Lateral RaisesFocus on the side deltoids to help create a well-rounded shoulder appearance.Front RaisesWorks the front of the deltoid muscle, helping with shoulder definition.Arnold PressNamed after Arnold Schwarzenegger, this variation of the overhead press also hits the front of the shoulder.Face PullsGreat for improving posture and strengthening the rear delts.Pull-UpsA compound exercise that engages the upper back, shoulders, and arms.Lat PulldownsTargets the latissimus dorsi muscles and is a great alternative to pull-ups.Bent-Over RowsA barbell or dumbbell exercise that targets the upper back and helps with posture.DeadliftsA powerful compound movement that engages the entire back along with the legs and core.T-Bar RowThis variation of the row focuses on the middle back and rear delts.Bicep CurlsA classic isolation exercise for building the biceps.Tricep DipsA bodyweight exercise that strengthens the triceps and chest.Hammer CurlsFocuses on the brachialis part of the arm for more defined biceps.Skull CrushersA great tricep isolation exercise using either a barbell or dumbbells.Concentration CurlsAn isolation exercise targeting the biceps for maximum muscle engagement.PlankA static hold that engages your core, shoulders, and back, helping with overall stability.CrunchesA popular ab exercise that primarily targets the rectus abdominis.Russian TwistsThis rotational movement works the obliques and helps with spinal mobility.Leg RaisesFocuses on the lower abs and helps in improving core strength.Bicycle CrunchesA dynamic exercise targeting both the rectus abdominis and the obliques.Superman ExerciseA great move for strengthening the lower back and improving posture.Back ExtensionsTarget the erector spinae muscles in your lower back, promoting spinal health.Bird DogFocuses on stability, balance, and the lower back muscles.Deadlifts (Lower Back Focus)Adjusting your form to focus on the lower back can help strengthen it specifically.Good MorningsThis is a lower-back and hamstring-focused exercise using a barbell.Mountain ClimbersA full-body movement that engages the core, shoulders, and legs.V-SitsA dynamic core exercise that focuses on the abs and hip flexors.Flutter KicksA simple movement that targets the lower abs and hip flexors.Toe TouchesA great ab exercise for improving flexibility while engaging your core.Hanging Leg RaisesA more advanced movement that challenges the core, especially the lower abs.SquatsOne of the most effective exercises for building lower body strength and mass.LungesA great unilateral movement to strengthen the legs and improve balance.Leg PressA machine-based exercise that targets the quads, hamstrings, and glutes.Bulgarian Split SquatsAn advanced squat variation that emphasizes the quads and glutes.Step-UpsA simple yet effective exercise for building leg strength and improving coordination.Glute BridgesA fantastic exercise for activating and strengthening the glutes.Hip ThrustsAn effective glute exercise that involves lifting your hips off the ground with a barbell.Donkey KicksA bodyweight movement that isolates the glutes and helps with toning.Kettlebell SwingsWorks the glutes, hamstrings, and core with explosive movements.Sumo DeadliftsA variation of the traditional deadlift that targets the glutes and inner thighs.ClamshellsA great hip-opening exercise that strengthens the glute medius.Fire HydrantsA bodyweight movement targeting the hip abductors and glutes.Leg AbductionsA simple move that works the outer hip muscles, improving mobility.Standing Hip ExtensionsA simple exercise to isolate and strengthen the hip flexors and glutes.Side-Lying Leg RaisesStrengthens the hips and works on improving flexibility.BurpeesA full-body, high-intensity exercise that boosts cardiovascular fitness.Jump RopeA simple yet effective cardio workout that also improves coordination.High KneesA fast-paced exercise that targets the core and leg muscles while raising your heart rate.Jumping JacksA great warm-up exercise that also boosts heart rate and endurance.Mountain Climbers (High-Intensity)Fast-paced mountain climbers provide an excellent cardio workout while engaging your core.WalkingOne of the simplest forms of cardio, walking is great for beginners or anyone with joint issues.CyclingLow-impact but effective cardio that works the legs and improves endurance.SwimmingA low-impact, full-body workout that’s easy on the joints and improves cardiovascular health.Rowing MachineAn effective, low-impact cardio exercise that engages the upper and lower body.Elliptical TrainerA great low-impact cardio machine for building endurance without putting strain on the joints.RunningOne of the best ways to improve cardiovascular health and endurance.Stair ClimbingGreat for building cardiovascular fitness while toning the lower body.Box JumpsImprove explosive power, endurance, and coordination with this plyometric exercise.HikingGreat for overall fitness, hiking engages your legs, core, and cardiovascular system.Cycling SprintsHigh-intensity cycling intervals that focus on building both speed and endurance.YogaA practice that combines breath with movement to increase flexibility, mobility, and strength.Dynamic StretchingPre-workout stretches that activate muscles and improve range of motion.Foam RollingA myofascial release technique that helps with muscle recovery and flexibility.Cat-Cow StretchA yoga movement that improves spinal mobility and flexibility.Hamstring StretchA static stretch that targets the hamstrings and helps with overall flexibility.Bodyweight ExercisesSquat JumpsA plyometric exercise that increases power and endurance.Push-Up VariationsRegular push-ups, decline push-ups, and wide push-ups target the chest and arms.Tricep Push-UpsA variation that targets the triceps more directly.Plank to Push-UpA challenging movement that engages the core while working the upper body.Lunges (Bodyweight)Effective for leg strengthening and balance.Barbell SquatBuilds strength and mass in the lower body, especially in the quads and glutes.Deadlift (Barbell)A foundational strength move that works the posterior chain.Overhead Press (Barbell)Strengthens the shoulders and triceps, with a focus on the upper body.Kettlebell SwingsStrengthens the posterior chain and improves explosiveness.Barbell RowsTarget the upper back and improve posture.Kettlebell SnatchA dynamic exercise that builds strength and power while improving coordination.Turkish Get-UpA full-body movement that improves strength, mobility, and stability.Farmers WalkImproves grip strength and engages multiple muscle groups for a full-body workout.Battle RopesGreat for full-body conditioning and building endurance.Medicine Ball SlamsAn explosive movement that works the entire body while improving cardiovascular fitness.This list of 100 exercises provides a comprehensive resource for anyone looking to improve their fitness. Whether you’re looking to build strength, boost cardiovascular endurance, or improve flexibility, there’s something here for everyone.If you found this guide helpful, consider exploring more articles on building a personalized workout plan, how to stay motivated, or the best recovery practices for optimal performance.Start incorporating these exercises into your routine, and watch your fitness transform!How many exercises should I include in my routine?Aim for a balanced approach. Include a mix of upper body, lower body, cardio, and core exercises in each session. For general fitness, 5-7 exercises per workout is a good starting point.Can I do these exercises every day?While bodyweight exercises can be done daily, it’s important to give your muscles time to recover. Alternate between strength training and cardio days to allow your muscles to recover.What’s the best way to structure a workout?A typical workout might start with a warm-up (5-10 minutes), followed by strength exercises (3-5 sets of each), cardio (20-30 minutes), and a cool-down/stretching session. Browse our comprehensive collection of exercises. Find the perfect movements for your workout routine.Get access to our complete exercise library with 3D demonstrations, AI nutrition tracking, and personalized workout plans tailored to your goals.Download AppBrowse Exercises Here you will find our complete list of strength training exercises. All strength training exercises have detailed instructions, muscles worked, and a video demonstration. All exercise descriptions are also available for free in our workout log app. All exercise descriptions are available for free in our workout app StrengthLog, in which you can also track your workouts, build workout routines, and follow our strength training programs. Download StrengthLog for free with the links below: Feel free to use these exercise descriptions, images, and videos on your website as long as you link to us as the source. Here is our complete list of strength training exercises, sorted by muscle group and name. Barbell Wrist Extension Dumbbell Wrist Extension Rowing Machine Stationary Bike This is our recommended list of the best strength training exercises for every major muscle group. These are time-tested classics that have proven their effectiveness both in the trenches and in the research labs. Which exercise is best for you will depend on your anatomy, background, and preferences, but this list should give you a starting point. For most of the muscle groups below, we try to list at least one compound exercise and one isolation exercise. By combining two or three of the strength exercises listed for each muscle group, you should be able to work most of the muscle fibers of the target muscles effectively. Bench Press Incline Dumbbell Press Bar Dips Standing Cable Chest Fly Read more about the best chest exercises. Read more about the best shoulder exercises. Deadlift Lat Pulldown Pull-Up Barbell Row Dumbbell Row Read more: How to Train Your Back Muscles Barbell Curl Dumbbell Curl Hammer Curl Read more: How to Train Your Biceps Read more about the best tricep exercises. Squat Hack Squats Leg Extension Bulgarian Split Squat Read more: How to Train Your Quad Muscles Seated Leg Curl Lying Leg Curl Romanian Deadlift Read more: How to Train Your Hamstring Muscles Squat Hip Thrust Romanian Deadlift Bulgarian Split Squat Read more: How to Train Your Glute Muscles Cable Crunch Hanging Leg Raise High to Low Wood Chop Crunch Read more: How to Train Your Abs Standing Calf Raise Seated Calf Raise Read more: How to Train Your Calf Muscles Related articles: The four basic strength training exercises refer to the four fundamental movements of resistance training. They are four movements that, together, cover a large part of what we can do with our bodies. The idea is that if you do at least one exercise for each fundamental movement, you will have worked almost all your major muscle groups. At least one exercise from each of these four basic movements should be included in every comprehensive strength training program. The four fundamental movements are: Push something away from you. Examples: bench press, overhead press, push-ups, machine chest press. Pull something towards you. Examples: pull-ups, lat pulldown, barbell row, dumbbell row, cable row. Hip hinge. Examples: deadlift, good morning, Romanian deadlift, clean, kettlebell swing. Squat. Examples: squat, front squat, Bulgarian split squat, goblet squat, leg press. Push, pull, hinge, and squat. That’s it. The bench press, barbell row, deadlift, and squat. Four exercises, four fundamental movements. Generally speaking: Pick one exercise from each category and train it once or more per week, and you will have an excellent strength training program for basically your entire body. If you train with a barbell and pick one exercise from each category, it might be bench press, barbell row, deadlift, and squat. If you train with kettlebells, it might be kettlebell press, kettlebell row, kettlebell swing, and goblet squat or front squat with the kettlebells in the rack position. If you train with machines, it might be chest press, machine row, back extension, and leg press. Can’t we leave a nice thing alone? Alright. If you want to get fancy, there are two things you can add. While the back of your core gets plenty of training in most hip hinge and squat exercises, your abs and obliques (the front and sides) don’t. To rectify this, you could add an ab exercise from the list of exercises above. For even more comprehensive upper body training, you could split up the pushing and pulling movements into horizontal and vertical planes of motion. Horizontal movements have your arm working about 90 degrees out from your body, i.e. where the arm would be horizontal if you were standing upright. Examples: Horizontal pushes: bench press, dumbbell chest press, and push-ups. Horizontal pulls: barbell row, dumbbell row, and cable row. Vertical movements have your arm working over your head. Examples: Vertical pushes: overhead press, dumbbell shoulder press, and kettlebell press. Vertical pulls: lat pulldown and pull-up. Horizontal and vertical movements will emphasize slightly different muscles, or different regions in large muscles, and can thus lead to more complete training. An exercise is effective for building muscle if it: Works the muscle through a long range of motion. Is stable enough for your muscle power to be the limiting factor, and not your balance. Trains multiple muscles simultaneously (these exercises are often called compound exercises). Of course, you don’t have to train several muscles in the same exercise, but it is time-effective to use compound exercises as they will help you train all your major muscle groups more quickly. Not that we’re aware of. But … A lot of people would say the deadlift. The deadlift. While the deadlift certainly uses a lot of muscle mass at the same time, it doesn’t work all major muscle groups. The deadlift primarily works your posterior chain: your glutes, lower back, hamstrings, adductors, traps, and of course grip. This leaves out the muscles in your upper arms, shoulders, lats, and abdominals. Your quads aren’t worked very effective either. Another exercise that comes to mind is the clean and jerk (or clean and press). The clean and jerk basically combines a deadlift-like movement with an overhead jerk, adding some work for your legs, shoulders and arms. You might argue, however, that the clean and jerk is actually two exercises combined (the clean and the jerk), and thus not “one exercise for the whole body”. No matter how you slice it, both the deadlift and clean and jerk are still two fantastic exercises, and if one of them was all you ever did, you would still do pretty good. Free weights refer to all kinds of training equipment that isn’t attached to something. The most common ones being barbells, dumbbells and kettlebells. Machines refer to training equipment that is fixed in one way or another. For example, it could be machines for leg presses or leg extensions, or smith machines. While some may preach the superiority of one or the other, the truth is that free weights and machines both have their pros and cons that you should consider when planning your training. To learn which is better for your goals, check out our article on free weights vs. machines. We analyzed millions of workouts from hundreds of thousands of users of our workout tracker to find the most popular exercises. You can see the results in the article: The Most Popular Gym Exercises for Men & Women. Want more? Subscribe to our weekly newsletter to get notified of new articles, and get weekly training tips! 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