

Total Gym Exercise List

(Over 100 exercises)

Chest

- * Arm Pullover
- * Chest Fly
- * Chest Press
- * Crossover Chest Fly
- * Decline Chest Fly
- * Decline Chest Press
- * Decline Push Up
- * Incline Chest Fly
- * Incline Chest Press
- * Kneeling Single-Arm Chest Fly
- * Parallel Grip Chest Press
- * Reverse Grip Chest Press
- * Reverse Grip Decline Chest Press
- * Reverse Grip Incline Chest Press
- * Single Arm Chest Fly
- * Single Arm Chest Press
- * Wide Chest Press

Abdominals

- * Abdominal Crunch
- * Cable Abdominal Crunch
- * Cross-body Pull Over Crunch
- * Incline Sit-Up
- * Kneeling Torso Twist
- * Reverse Fly

- * Shoulder Abduction
- * Shoulder Shrug
- * Supine Cross-Body Shoulder

Biceps

- * Forearm Curl
- * Incline Biceps Curl
- * Kneeling Biceps Curl
- * Kneeling Lateral Biceps Curl
- * Kneeling Reverse Biceps Curl
- * Lateral Biceps Curl
- * Preacher Concentration Curl
- * Preacher Curl
- * Preacher Reverse Curl
- * Prone Biceps Curl
- * Reverse Forearm Curl
- * Seated Biceps Curl
- * Seated Concentration Curl
- * Seated Reverse Biceps Curl
- * Supine Biceps Curl
- * Supine Concentration Curl
- * Supine Reverse Biceps Curl

Back

- * High Crossover Lat Row
- * High Lat Row

- * Kneeling Lat Row
- * Lat Fly
- * Lat Pull-Down
- * Lat Row
- * Low Back Extension
- * Low Crossover Lat Row
- * Parallel Grip Kneeling Lat Row
- * Parallel Grip Lat Pull-Down
- * Parallel Grip Lat Row
- * Pull Up
- * Reverse Grip Kneeling Lat Row
- * Reverse Grip Lat Pull-Down
- * Reverse Grip Lat Row
- * Reverse Grip Pull Up
- * Single Arm Lat Row
- * Single Arm Pull Up
- * Surfer Lat Pull

- * Lying Hip Adduction
- * Plyometric Split Squat
- * Plyometric Squat
- * Rowing Machine
- * Single Leg Calf Raise
- * Single Leg Side Squat
- * Skiing
- * Split Squat
- * Sprint Squat
- * Squat
- * Standing Split Squat
- * Toes In Squat
- * Toes Out Squat

Legs

- * Buns-Up Leg Press
- * Calf Raise
- * Cardio Pull
- * Decline Lunge
- * Hamstring Curl
- * Hip Abduction
- * Hip Adduction
- * Hip Extension
- * Incline Lunge
- * Lateral Lunge
- * Leg Extension
- * Leg Thrust

Raises

- * Swimmer
- * Upright Row

Triceps

- * Close Grip Chest Press
- * Kneeling Reverse Triceps Kickback
- * Kneeling Triceps Kickback
- * Lateral Triceps Extension
- * Overhead Triceps Press
- * Reverse Grip Overhead Triceps

Press

- * Reverse Grip Triceps Pressdown
- * Triceps Dip
- * Triceps Pressdown