

ABS

Core Twist



Wood Chop



Reverse Crunch



Ab Crunch



ARMS

Bicep Curl



Tricep Kickback



Shoulder Press



Upright Row



BACK

One Arm Row



High Row



Rear Delt



Reverse Fly



CHEST

Incline Press



Pec Fly



Chest Press



Low Fly



LEGS

Glute Kick



Lunge



Hip Abduction



Squat



FULL BODY

Lunge to Press



Lunge to Row



Press to Twist



Squat to Press



Bodycraft Exercise Guide

S Ben Porath

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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