

## List of 100 Man Exercises

1. Alternating Dumbbell Bicep Curl
2. Back Extension
3. Barbell Curl
4. Barbell Deadlift
5. Barbell Front Squat
6. Barbell Front Squat to Push Press
7. Barbell Lunge
8. Barbell Reverse Lunge
9. Barbell Rollout
10. Barbell Rotation
11. Barbell Row
12. Barbell Squat One Arm Press
13. Barbell Stepup
14. Barbell Sumo Deadlift
15. Bodyweight Jump squat
16. Cable Chop
17. Cable Crossover
18. Cable Face Pull External Rotation
19. Cable Pull
20. Chair Dip
21. Close Grip Bench Press
22. Close Grip Chinup
23. Close Grip Lat Pulldown
24. Crunch
25. Decline Dumbbell Press
26. Decline Ez Bar Tricep Extension
27. Decline Hammer Curls
28. Diagonal Hand Toe Touch
29. Dumbbell Bulgarian Split Squat
30. Dumbbell Chest Press
31. Dumbbell Deadlift
32. Dumbbell Front Squat
33. Dumbbell Getup
34. Dumbbell Hang Pull
35. Dumbbell Kickback
36. Dumbbell Lateral Raise
37. Dumbbell Lunge
38. Dumbbell Lying Tricep Extension
39. Dumbbell Push Press
40. Dumbbell Split Squat
41. Dumbbell Squat
42. Dumbbell Stepup
43. Dumbbell Straight Leg Deadlift
44. Dumbbell Thrusters
45. Dumbbell Two Arm Row

46. Ez Bar Pullover
47. Goblet Squat
48. Hanging Leg Raise
49. High Box Jump
50. Hip Raise Bosu Ball
51. Incline Bench Press
52. Incline Bench Row
53. Incline Dumbbell Fly
54. Lateral Squat
55. Low Box Lateral Shuffle
56. Lying Dumbbell Raise
57. Medicine Ball Side Throws
58. Medicine Ball Slams
59. Mountain Climber
60. Neutral Grip Chest Press
61. Overhead Farmers Walk
62. Parellel Bar Dip
63. Pushup
64. Reverse Crunch
65. Reverse Dumbbell Lunge
66. Russian Twist Feet Eleveated
67. Seated Ab Crunch
68. Seated Barbell Good Morning
69. Seated Dubbell Curl to Press
70. Seated Reverse Dumbbell Curl
71. Side Plank with Low Cable Row
72. Side Plank with Touch
73. Single Arm Cable Chest Press
74. Single Dumbbell Deadlift
75. Single Arm Dumbbell Row
76. Single Arm Dumbbell Swing
77. Single Arm Inverted Row
78. Single Leg Donkey Calf Raise
79. Single Leg Squat on Bench
80. Single Leg Standing Calf Raise
81. Single Leg Straight Leg Deadlift
82. Sledgehammer Slams
83. Standing Dumbbell Curl
84. Standing Single Arm Shoulder Press
85. Swissball Dumbbell Chest Press
86. Swissball Ez Bar Pullover
87. Swissball Hip Raise with Leg
88. Swissball Jacknife
89. Swissball Oblique Twist
90. Swissball Overhead Tricep Extention
91. Swissball Pushup
92. Swissall Reverse Fly
93. Swissball Reverse hip Raise

94. Swillball Rollout
95. Swissball wall squat
96. Toe Touch
97. Wide Grip Barbell Deadlift
98. Wide Grip Pullup
99. Walking Knee Highs
100. Weighted One Sided Crunch