

The **BIG** **BOOK** Workouts & Exercises



*A library of some of the best Workouts
and Exercises we have ever created!*

sixpackfactory.com
EVERYTHING YOU NEED TO GET RIPPED

HEALTH WARNING

Due to the physical nature of the information contained in this publication, it is highly recommended that anybody considering any exercise regime or diet plan consult a doctor or physician before embarking on any workout, training or eating plan.

It is the responsibility of the individual to make sure that he or she is in good physical and mental condition before embarking or following any of the information in this publication.

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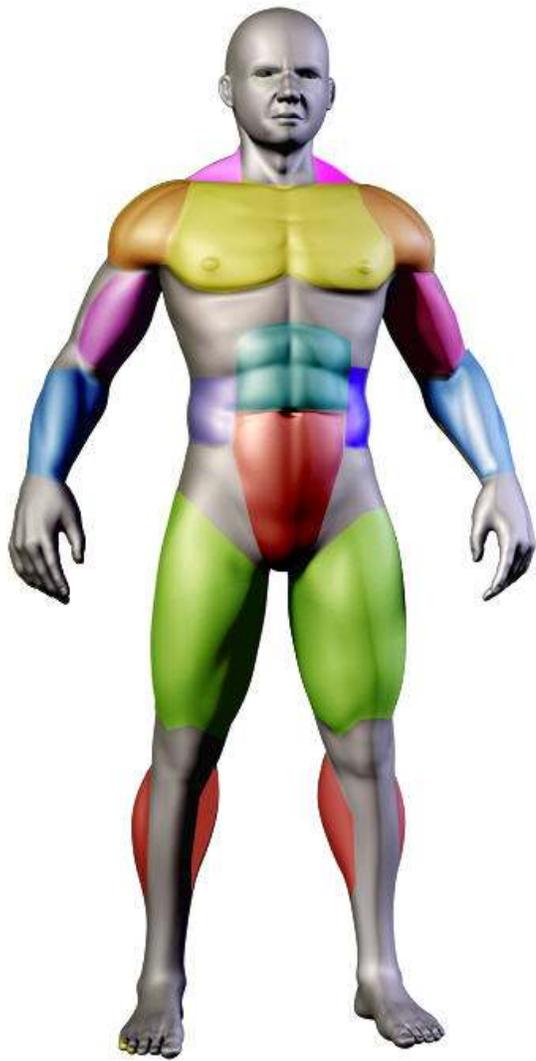
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- Traps
- Shoulders
- Biceps
- Upper Abs
- Obliques
- Forearms
- Lower Abs
- Quads
- Calves
- Chest



- Traps
- Shoulders
- Forearms
- Calves
- Hamstrings
- Buttocks
- Back
- Triceps

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Legs Shoulders Abs

Workouts

Cardio Biceps Chest



Chest Workouts

Beginner Home Chest Workout

Exercises

- Exercise Band Push-up
- Floor Dumbbell Flyes
- Dumbbell Flye & Dumbbell Chest Press Combo

Structure

- Do each Exercise till failure
- Rest 30second between exercises
- Do 3 to 5 sets of the full circuit

Workout Video Link

- <http://www.sixpackfactory.com/powerful-home-chest-workout-get-huge-pecs-fast>

Home Band Chest Workout

Exercises

- Band Chest Press
- Band Push-up
- Band Flyes
- Ball Push-up & Tuck

Structure

- Do 3 sets of 15 reps for the first 3 exercises
- Do 3 sets of 30 seconds of the final exercises
- Rest 30 seconds between sets and 60 seconds between exercises

Workout Video Link

- <http://www.sixpackfactory.com/the-ultimate-home-chest-workout-using-just-bands>

Old School Home Bench Chest Workout

Exercises

- Flat Bench Press
- Incline Bench Press
- Decline Bench Press
- Flat Back Fly's

Structure

- Flat Bench Press 3 x (8 to 12 reps)
- Incline Bench Press 3 x (8 to 12 reps)
- Decline Bench Press 3 x (8 to 12 reps)
- Flat Back Fly's 3 x (8 to 12 reps)

Workout Video Link

- <http://www.sixpackfactory.com/old-school-chest-workout>

Old School Home Bench Chest Workout

Exercises

- Flat Bench Press
- Incline Bench Press
- Decline Bench Press
- Flat Back Fly's

Structure

- Flat Bench Press 3 x (8 to 12 reps)
- Incline Bench Press 3 x (8 to 12 reps)
- Decline Bench Press 3 x (8 to 12 reps)
- Flat Back Fly's 3 x (8 to 12 reps)

Workout Video Link

- <http://www.sixpackfactory.com/old-school-chest-workout>



Shoulder Workouts

Beginner Band Shoulder Workout

Exercises

- Band Shoulder Press (a1)
- Band Lateral Raise (a2)
- Band Front Raises (b1)
- Band Reverse Flyes (b2)

Structure

- You will do a1 and a2 straight after each other in a compound set.
- You will then rest 30 seconds and do b1 and b2 together in a compound set.
- Do 15 to 20 reps of each exercise

Workout Video Link

- <http://www.sixpackfactory.com/killer-shoulder-workout-for-beginners>

Band & Bodyweight Shoulder Workout

Exercises

- Pike Push-up ([Watch video of exercise](#))
- Front & Lateral Raise Combo ([Watch video of exercise](#))
- Band Reverse Flyes

Structure

- You will do 3 exercises
- Do 3 sets of 15 reps of each exercise
- Rest only 30 seconds between sets and exercises

Workout Video Link

- <http://www.sixpackfactory.com/home-shoulder-workout>

Dumbbell Shoulder Workout

Exercises

- Dumbbell Shoulder Press
- Dumbbell Lateral Raises
- Dumbbell Vertical Front Raises
- Dumbbell Reverse flyes

Structure

- Do 4 sets of 8 to 12 reps for each exercise
- Rest 30 to 60 second between sets and 1 to 2 minutes between exercises.

Workout Video Link

- <http://www.sixpackfactory.com/shoulder-workout>

Gym Shoulder Workout

Exercises

- Barbell Overhead Shoulder Press
- Upright Row
- Rear Delts Raises

Structure

- Do 4 to 6 sets of the first exercise and 8 to 12 reps
- Do 3 sets of the second and third exercise and also keep it between the 8 to 12 rep range

Workout Video Link

- <http://www.sixpackfactory.com/shoulder-workout-muscle-building>



Bicep Workouts

Advanced Home Bicep Workout

Exercises

- Incline Bench Hammer Curls
- Incline Bench Bicep Curls (Face Down)
- Incline Bench Bicep Curls

Structure

- You will do 3 exercises
- Do 3 sets of each exercise
- Do 8 to 12 reps for each set
- Rest 30 seconds between set and 60 second between exercises

Workout Video Link

- <http://www.sixpackfactory.com/advanced-home-bicep-workout>

Old School Dumbbell Home Bicep Workout

Exercises

- Dumbbell Hammer Curls
- Dumbbell Bicep Curls
- Concentration Curls

Structure

- You have 3 exercises
- Do 3 Sets of 8, 10 & 12 Reps for Each Exercise
- Rest 30 seconds between Sets and 60 second between Exercises

Workout Video Link

- <http://www.sixpackfactory.com/old-school-home-bicep-workout>

Band & Dumbbell Home Bicep Workout

Exercises

- Dumbbell & Band Hammer Curls
- Dumbbell & Band Bicep Curls
- Isometric Bicep Curl

Structure

- You have 3 exercises
- Do 3 Sets of 8, 10 & 12 Reps for the first two Exercises
- Do 5 to 10 reps of the last exercise holding each curl for 6 to 10 seconds

Workout Video Link

- <http://www.sixpackfactory.com/killer-bicep-home-arm-workout>



Leg Workouts

Leg Super Set Workout

Exercises

- Plie Squat & Ball Curls (Super Set 1)
- Forward Lunges & Reverse Lunges (Super Set 2)
- Dumbbell Squat & One Leg Dumbbell Calf Raises (Super Set 3)

Structure

- Do 3 sets of each Super Set
- Do each exercise for 30 seconds
- Rest 30 second between sets and 60 second between super sets

Workout Video Link

- <http://www.sixpackfactory.com/the-best-home-leg-workout-ever-no-more-skinny-legs>

Leg Super Set Workout

Exercises

- Forward Lunge
- Reverse Lunge
- Side Lunge
- Seated Calf Raise
- Standing Calf Raise

Structure

- Do 5 sets of all the lunge exercises straight after each other
- Do 3 sets of 8 to 12 reps of each of the calf exercises

Workout Video Link

- <http://www.sixpackfactory.com/powerful-home-leg-workout>

Leg Sexy Butt & Thigh Workout

Exercises

Superset One

- Bulgarian Squat
- Hip Lifts (Bridge)

Superset Two

- Ball Curls
- One Leg Kick Backs

Structure

- You will do two super sets.
- Each super set will have a butt exercise and or a thigh and hamstring exercise.
- Do the first exercise in the superset for 30 seconds instantly followed by the second exercise for 30 seconds.
- Do each superset 3 times

Workout Video Link

- <http://www.sixpackfactory.com/butt-thigh-workout>



Ab Workouts

Advanced FULL 6 Pack Abs Workout

Exercises

- Floor Pike
- Ball Tuck
- Straight Leg Pendulum
- Ball Reach Crunch
- Knee Ups
- Heel Touch Superset

Structure

- Do all 6 exercise for 30 seconds
- Do all 6 exercise straight after each other without any rest
- Once you have done all 6 exercises, rest for 1 minute and repeat the full circuit 4 times.

Workout Video Link

- <http://www.sixpackfactory.com/advanced-6-pack-abs-home-workout>

Beginner 6 Pack Abs Workout

Exercises

- Reverse Crunches
- Reach Crunch
- Bend Leg Pendulum
- Double Crunch

Structure

- Do each exercise for 30 seconds
- Do all 4 exercise straight after each other without any rest
- Once you have done all 4 exercises, rest for 1 minute and repeat the full circuit 4 times
- Do the exercises in the order that is shown in the video link below for best results

Workout Video Link

- <http://www.sixpackfactory.com/beginner-6-pack-abs-workout>

Advanced Medicine Ball Abs Workout

Exercises

- MB Reach
- MB Sit-Up
- MB Elevated Leg Crunch
- MB Ball Drop Off
- MB Single Leg Crunches
- MB Jack Knives
- MB Twisties

Structure

- Do all 7 exercises straight after each other
- Do 20 reps of each exercise
- Then rest for 1min and repeat 3 times in total

Workout Video Link

- <http://www.sixpackfactory.com/how-to-get-six-pack-abs-powerful-home-workout/>

Upper Ab Workout

Exercises

- Jack Knives
- Dumbbell Crunch/Sit-ups
- Exercise Ball Rollouts
- Butterfly Crunch with Dumbbell

Structure

- Do all 7 exercises straight after each other
- Do 20 reps of each exercise
- Then rest for 1min and repeat 3 times in total

Workout Video Link

- <http://www.sixpackfactory.com/powerful-upper-abs-workout/>

Lower Ab Workout

Exercises

- Exercise Ball Scissor Reverse Crunches
- Knee Ups
- Exercise Ball Knee Tucks

Structure

- You have 3 exercises
- Do each exercise for 30 seconds
- Move straight onto next exercise without any rest
- Complete all 3 exercises and rest 60 seconds
- Repeat circuit 3 to 4 times

Workout Video Link

- <http://www.sixpackfactory.com/lowerabsworkout/>

Oblique (Side Abs) Workout

Exercises

- Dumbbell/Band Side Bends
- Medicine Ball Pendulum
- Side Scissor Crunch

Structure

- Do 3 sets of each exercises
- Do each set to failure
- Rest 30 seconds between sets and 60 second between exercises

Workout Video Link

- <http://www.sixpackfactory.com/oblique-side-abs-workout-lose-your-love-handles-fast/>



Cardio Workouts

Do Anywhere Cardio Workout

Exercises

- Quick Feet
- Squat Curl Press
- Mountain climbers
- One arm Snatch

Structure

- You have 4 exercises.
- Do each exercise for 20 seconds followed by 10 second rest
- Move straight onto the next exercises until you have complete all 4 exercises
- Repeat the full circuit a minimum of 7 times

Workout Video Link

- <http://www.sixpackfactory.com/cardio-workout-six-pack-abs/>

High Intensity Home Cardio Workout

Exercises

- Jumping Jacks (Warm up & Cool Down only)
- Dumbbell Swings
- Quick Feet
- Lunge Jumps
- Line Jumps
- Squat Jumps

Structure

- Do the Jumping Jacks for 60 seconds in the beginning and the very end of this workout to warm up and cool down
- Do the other 5 exercises straight after each other for 20 seconds active / 10 second rest
- Do 3 sets of the 5 exercises circuit with 1min break between each set

Workout Video Link

- <http://www.sixpackfactory.com/high-intensity-home-cardio-workout/>

Extreme Fat Burning Workout

Exercises

- One Arm DB Snatch Right and Left arm (full body exercise)
- Sprinting on the spot
- DB Squat Jumps (full body exercise)
- Mountain climbers (Cardio Exercise)
- One Arm DB swings Alternate (full body exercise)

Structure

- Consists of 5 exercises: Two cardio exercises and 3 full body exercises.
- Follow the exercise order as in the video below
- Do each exercise for 20 seconds, rest 10 seconds, do the same exercise for another 20 seconds, rest 10 seconds and move onto the next exercise
- Rest 1 minute after you have done all 5 exercises
- Repeat full circuit 3 to 4 times

Extra Workout Idea:

- For an alternative workout you can complete 2 circuits as above, then move onto 10 minutes of interval training and follow that with another 2 circuits.

Workout Video Link

- <http://www.sixpackfactory.com/extreme-fat-burning-workout-burn-fat-fast/>



Tricep Workouts

Advanced Home Triceps Workout

Exercises

- Ball Bench Dips
- Triceps Side Floor Press
- Close Grip Band Push-up

Structure

- Do 3 sets of 8 to 12 reps of each exercise
- Rest 30 seconds between sets and 60 seconds between exercises

Workout Video Link

- <http://www.sixpackfactory.com/advanced-home-triceps-workout/>

Beginner Triceps Workout

Exercises

- Band Bench Dips
- Band Close Grip Push-ups

Structure

- Do 3 sets of 8 to 12 reps of each exercise
- Rest 30 seconds between sets and 60 seconds between exercises

Workout Video Link

- <http://www.sixpackfactory.com/tricep-home-workout/>

Legs Shoulders Abs

Exercises

Cardio Biceps Chest



Chest Exercises

Band Chest Press

The band chest press works the chest, more specifically the pectoralis major and minor muscles.

To perform the band chest press, stand upright and place the elastic band around the upper back and under the arms. Hold one end in each hand. Bend your elbows and bring your hands up to shoulder level. Contract your chest muscles and press your arms straight out in front of you without locking the elbows. Slowly return to the start position.

Breathe out as you press and breathe in as you return to the start position.

Video Demonstration Link : <http://www.sixpackfactory.com/band-chest-press/>

Decline Dumbbell Chest Press

The decline dumbbell chest press works the lower part of the chest, more specifically the pectoralis major and pectoralis minor muscles.

To perform the Decline DB Bench Press you must set your bench to a 30-45 degree decline. Lie on your back on the bench with your feet securely fastened. Hold a pair of dumbbells over your chest, with your arms straight up and your hands facing forward. Bend your elbows and lower the dumbbells down to finish level with your chest. Contract your chest muscles and press the dumbbells back up to the start position in an arc.

Breathe out as you press and breathe in as you return to the start position.

Video Demonstration Link: <http://www.sixpackfactory.com/decline-bench-press/>

Dumbbell Bench Press

The dumbbell bench press works the chest, more specifically the pectoralis major and pectoralis minor muscles.

To perform the DB Bench Press you must lie on your back on a flat bench, holding a pair of dumbbells over your chest, with your arms straight up and your hands facing forward. Bend your elbows and lower the dumbbells down to finish level with your chest. Contract your chest muscles and press the dumbbells back up to the start position in an arc.

Breathe out as you press and breathe in as you return to the start position.

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-bench-press-chest-exercises/>

Dumbbell Flye

The dumbbell flye works the chest, more specifically the pectoralis major and pectoralis minor muscles.

To perform the dumbbell Flye exercise you must lie on your back and hold a pair of dumbbells over your chest, with your arms up and your hands facing each other. Keep a small bend in your elbows at all

times. Slowly take your arms down and out to your sides to finish level with your chest. Contract your chest muscles and lift your arms up and in to reverse the movement.

Breathe out as you take lift your arms up and breathe in and you take your arms out to your sides.

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-flyes/>

Incline Dumbbell Bench Press

The incline dumbbell bench press works the upper part of the chest, more specifically the pectoralis major and pectoralis minor muscles.

To perform the Incline DB Bench Press you must set your bench to a 30-45 degree incline. Lie on your back on the bench holding a pair of dumbbells over your chest, with your arms straight up and your hands facing forward. Bend your elbows and lower the dumbbells down to finish level with your chest. Contract your chest muscles and press the dumbbells back up to the start position in an arc.

Breathe out as you press and breathe in as you return to the start position.

Video Demonstration Link: <http://www.sixpackfactory.com/incline-bench-press/>

Push Up

The push up works the whole chest, more specifically the pectoralis major and pectoralis minor muscles.

To perform a push up begin by placing your outstretched arms shoulder width apart and straighten your legs behind you. Your body weight must be on your arms. Tighten your abdominal muscles. Slowly lower your body until your chest almost touches the floor. Keep looking forward and keep your body in a straight line. Push back up while breathing out. Do not lock your elbows.

Breathe out as you push up and breathe in as you lower your body to the floor.

Video Demonstration Link: <http://www.sixpackfactory.com/push-ups-chest-exercises/>



Shoulder Exercises

Front and Lateral Raise Combo

The front and side combo raise works the shoulder muscles, more specifically the anterior deltoid and the lateral deltoid muscles.

This exercise is a combination of a front raise and a side lateral raise. Stand on a long exercise band holding the ends in each hand. Raise both arms up to the front so that they are level with your shoulders. Pause and lower slowly down to your thighs. Immediately raise both arms out to the sides level with the shoulders and lower slowly back down. Keep alternating between the front and side raise.

Breathe out as you raise your arms and breathe in as you lower your arms.

Video Demonstration Link: <http://www.sixpackfactory.com/front-lateral-raise-combo/>

Dumbbell Front Raise

The dumbbell front raise works the front of the shoulder, more specifically the anterior deltoid muscles.

To perform the DB Front Raise stand upright holding a pair of dumbbells next to your sides with your hands facing each other. Raise both arms straight up to shoulder level. Pause for a second and lower slowly to the start.

Breathe out as you raise your arms and breathe in as you lower your arms to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/front-raises-with-dumbbells/>

Lateral Raise

The lateral raise works the side of the shoulder, more specifically the lateral deltoid muscles

To perform the Lateral Raises stand upright holding a pair of dumbbells in front of your thighs with your hands facing each other. Raise both arms straight out to the sides of the body in line with your shoulders. Pause for a second and lower slowly to the start.

Breathe out as you raise your arms and breathe in as you lower your arms to the start

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-lateral-raises/>

Dumbbell Shoulder Press

The dumbbell shoulder press works the front and side of the shoulder, more specifically the anterior deltoid, lateral deltoid and upper trapezius muscles.

To perform the Dumbbell Shoulder Press stand upright, with your knees slightly bent. With your palms facing forward push the dumbbells straight up overhead and in towards each other. Pause and slowly lower back down until your elbows are just below your own shoulder level.

Breathe out as you push overhead and breathe in as you lower back down.

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-shoulder-press-exercise/>

Reverse Flye

The reverse flye works the back of the shoulders, more specifically the posterior deltoid muscles.

To perform the reverse flye, bend over at the waist keeping your back straight and parallel to the floor. Keep a slight bend in your knees and hold a pair of dumbbells in each hand facing each other. Let your arms hang straight down below your chest. Raise the arms up and out to the sides until they are parallel to the floor. Pause and slowly lower.

Breathe out as you raise your arms up and breathe in as you lower down to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/reverse-flyes-rear-delt-raises-shoulder-exercises/>

Pike Shoulder Press

The pike shoulder press works the front and side of the shoulder, more specifically the anterior deltoid, lateral deltoid and upper trapezius muscles.

To perform the pike shoulder press get into a push-up position with your feet on a stability ball or chair. Lift your hips up high into a pike position with your arms outstretched. Maintain the pike position with your body and bend your elbows to lower your head and upper body towards the floor. Contracting your muscles push back to the start position. Keep your abdominals tight.

Breathe out as you push back up and breathe in as you lower your upper body towards the floor.

Video Demonstration Link: <http://www.sixpackfactory.com/pike-shoulder-press/>



Bicep Exercises

Band Bicep Curls

The band bicep curl works the biceps (front of the upper arm), more specifically the bicep brachii and Brachialis muscles

To perform the band bicep curl, stand upright on the middle of an exercise band holding one end in each hand. Curl the band upwards towards your shoulders while keeping your upper arms in your sides. Pause at the top position and slowly lower.

Breathe out as you curl the band towards your shoulders and breathe in as you slowly lower.

Video Demonstration Link: <http://www.sixpackfactory.com/bicep-curl-with-band/>

Dumbbell Concentration Curls

The dumbbell concentration curl works the biceps (front of the upper arm), more specifically the bicep brachii and Brachialis muscles

To perform the Dumbbell concentration curl, sit on a bench with a dumbbell in one hand. Lean slightly forward and place your elbow on the inside of your knee. Let the arm hang down to start the exercise. Curl the dumbbell upwards towards your shoulder while keeping your upper arm still. Pause at the top position and slowly lower.

Breathe out as your curl upwards and breathe in as you slowly lower.

Video Demonstration Link: <http://www.sixpackfactory.com/concentration-curls-bicep-exercises/>

Incline Dumbbell Curl

The incline dumbbell curl works the biceps (front of the upper arm), more specifically the bicep brachii and Brachialis muscles

To perform the Incline Dumbbell Bicep Curl you will need to set your bench to a 30-45 degree angle. Sit back on the bench with your arms hanging straight down and your hands facing forward. Curl the dumbbells upwards towards your shoulders while keeping your upper arms still. Pause at the top position and slowly lower.

Breathe out as you curl upwards and breathe in as you slowly lower.

Video Demonstration Link: <http://www.sixpackfactory.com/incline-bicep-curl-bicep-exercises/>

Dumbbell Hammer Curls

The dumbbell hammer curl works the biceps (front of the upper arm), more specifically the bicep brachii and Brachialis muscles

To perform the Dumbbell Hammer Curl stand upright with the dumbbells hanging straight down next to your hips with your hands facing each other. Bend your elbows and raise the dumbbells up towards the shoulders without swinging your body. Pause and slowly return to the start.

Breathe out as you raise the weights and breathe in as you return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/hammer-curls-2/>

Band Hammer Curls

The band hammer curl works the biceps (front of the upper arm), more specifically the bicep brachii and Brachialis muscles

To perform the band hammer curls stand upright over the middle of a long exercise band holding one end in each hand. Your hands must face each other. Bend one elbow and pull the band up towards your shoulder without swinging your body. Pause and slowly return to the start. Alternate between your arms until the desired number of repetitions has been completed. Breathe out as you pull the band up and breathe in as you return to the start of the band hammer curls.

Breathe out as you raise the weights and breathe in as you return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/hammer-curls/>



Tricep Exercises

Close Grip Push Up

The close grip push up works the triceps (back of the upper arm), more specifically the triceps brachii muscle

To start the Close Grip Push up lie face down on the floor. Place your hands close together straight under your chest. Now push up until your arms are straight. Make sure you keep your whole body straight and don't arch your back as you move up and down. Move back down as far as you can but don't let your body touch the ground, and then push back up using tricep muscles.

Breathe out as you push up and breathe in as you lower back down.

Video Demonstration Link: <http://www.sixpackfactory.com/close-grip-push-up-tricep-exercises/>

Bench Dips

The bench dip works the triceps (back of the upper arm), more specifically the triceps brachii muscle

To perform the bench dip, sit with your back close to the side of a bench and place your hands on the bench next to your hips. Your fingers should cup the edge and your elbows should be pointed back. Your knees should be bent with your feet on the floor. Keeping the weight on your arms, slowly lower your body down until your upper arms are parallel to the floor. Return to the start by pushing up and straightening your arms by contracting the triceps muscles.

Breathe out as you push up and breathe in as you slowly lower down.

Video Demonstration Link: <http://www.sixpackfactory.com/bench-dips-triceps-exercises/>

Dumbbell Overhead Extension

The dumbbell overhead extension works the triceps (back of the upper arm) more specifically the triceps brachii muscle.

To perform the Dumbbell Overhead extension, stand with feet hip width apart, knees slightly bent. Hold a dumbbell in both hands and extend your arms above your head. Keeping your upper arms still and next to your ears, bend your elbows and slowly lower the dumbbell behind your head. Return to the start by contracting your triceps. Breathe out as you extend your arms above your head and breathe in as you slowly lower down.

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-overhead-tricep-extension-triceps-exercises/>

Band Overhead Extension

The band overhead extension works the triceps (back of the upper arm) more specifically the tricep brachii muscle.

To perform the Band Overhead extension, stand upright on the one end of an exercise band. Hold the other end of the band in both hands and extend your arms above your head. Keeping your upper arms still and next to your ears, bend your elbows and slowly and lower your hands down behind your head. Return to the start by contracting your triceps. Breathe out as you extend your arms above your head and breathe in as you slowly lower down.

Video Demonstration Link: <http://www.sixpackfactory.com/band-overhead-tricep-extension-triceps-exercises/>

Dumbbell Kickback

The dumbbell kickback works the triceps (back of the upper arm) more specifically the tricep brachii muscle.

To perform the dumbbell Kickback hold a dumbbell in each hand and bend over from the waist so that your back is parallel to the floor. Bend your elbows and hold your upper arms in the sides of your body. Slowly straighten your arms back and squeeze your tricep muscles. Slowly return to the start without dropping your arms down.

Breathe out as you straighten your arms back and breathe in as you bend your elbows and return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/tricep-kickbacks-with-dumbbells-triceps-exercises/>

Triceps Side Floor Press

The side floor press works the triceps (back of the upper arm) more specifically the tricep brachii muscle.

To perform the side floor press lie on your side with your body in a straight line. Put your bottom arm across your chest and grab your opposite shoulder. Place your free hand on the floor, in front of your chest. Use your triceps muscles to push your entire upper body off the floor so that only your legs and hips remain on the floor. Return to the start. Finish the set with that arm and then switch sides.

Breathe out as you push your body off the floor and breathe in as you return to the start on the floor.

Video Demonstration Link: <http://www.sixpackfactory.com/side-floor-tricep-press/>



Quad Exercises

Dumbbell Deadlift

The dumbbell conventional deadlift works the whole thigh, buttocks and lower back, more specifically the hamstring, quadriceps, erector spinae and gluteus maximus muscles.

To perform the Dumbbell Conventional Deadlift stand upright holding a dumbbell in each hand. Let your arms hang down in front of your thighs with your palms facing back. Keep your bodyweight on your heels, push your buttocks back and bend your knees to lower your body down until your thighs are parallel to the floor like a squat. Do not round your shoulders and keep looking ahead. Contract your glutes and hamstring muscles and move up to the start position without dropping your upper body forward.

Breathe out as you contract your muscles and stand up and breathe in as you lower your body to the floor.

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-deadlift-leg-exercises-quadriceps/>

Front Lunges

The front lunge works the whole thigh and buttocks, more specifically the hamstring, quadriceps, and gluteus maximus muscles

To perform the lunge, stand up straight with your feet shoulder width apart and your hands on your hips. Take a big step straight forward in front of you. Bend both knees and lower your body down towards the floor. Don't let the back knee touch the floor. Contract your muscles and push back with your front leg to the starting position. Make sure that when you take the stride forward your front knee does not move past your toes. Once you move back to the starting position, switch legs.

Breathe out as you push back up to the upright position and breathe in as you lower or lunge your body down to the floor

Video Demonstration Link: <http://www.sixpackfactory.com/lunges-leg-exercises/>

Bulgarian Squats

The Bulgarian squat works the whole thigh and buttocks, more specifically the hamstring, quadriceps, and gluteus maximus muscles

To perform a Bulgarian squat step far forward with one leg and place the back leg on a bench so that you are in a split leg position. Bend both knees and lower your body down until the thigh of your front leg is parallel to the floor. Keep your body upright. Contract your thigh muscles and straighten up to the start position.

Breathe out as you push your body upwards by straightening the front leg and breathe in as you lower your body down.

Video Demonstration Link: <http://www.sixpackfactory.com/bulgarian-squat/>

Plie Squat

The plie squat works the whole thigh and buttocks, more specifically the hamstring, quadriceps, and gluteus maximus muscles

To perform the Plie Squat stand upright with your feet in a wide stance and your toes pointing outwards. Hold a dumbbell in front of your body. Bend your knees, push your butt back and lower down into a squat, keeping your knees in line with your toes and your back upright. Push back up to the start position.

Breathe out as you push up and breathe in as you lower down into a squat.

Video Demonstration Link: <http://www.sixpackfactory.com/plie-squat-leg-exercises-quadriceps/>

Prisoner Squat

The prisoner squat works the whole thigh and buttocks, more specifically the hamstring, quadriceps, and gluteus maximus muscles

To perform the prisoner squat stand upright with your hands crossed behind your head and your elbows back. Push your buttocks back and bend your knees as if you are going to sit down until your thighs are parallel to the floor. Don't lean forward. Contract your muscles and return to the start. Breathe out as you push up and breathe in as you lower down into a squat.

Video Demonstration Link: <http://www.sixpackfactory.com/prisoner-squat-leg-exercises-quadriceps/>

Stability Ball Squat

The stability ball squat against the wall works the whole thigh and buttocks, more specifically the quadriceps, hamstrings and gluteus maximus muscles.

To perform the stability ball squat place the exercise ball between your back and a solid wall, resting your weight against it. Position your legs so that your feet are hip width apart. Slowly lower yourself down until your thighs are parallel to the floor in a 'chair squat position'. Return to your standing position by pushing yourself up.

Breathe out as you push up and breathe in as you lower down into the squat.

Video Demonstration Link: <http://www.sixpackfactory.com/ball-squat-best-leg-exercises-quadriceps/>



Hamstring Exercises

Ball Curls

The stability ball curl works the hamstrings (back of the upper leg), more specifically the bicep femoris, semitendinosus and semimembranosus muscles.

To perform the stability ball curls you must lie on your back with both your legs straight and your feet resting on a ball. Raise your hips and bend your knees to pull the ball in towards your buttocks by contracting your hamstring muscles. Pause and slowly return to the start without dropping your hips.

Breathe out as you pull the ball in and breathe in as you return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/ball-curls-hamstring-exercises/>

Band Stiff Leg Deadlift

The band semi-stiff leg deadlift works the hamstrings (back of the upper leg), more specifically the bicep femoris, semitendinosus and semimembranosus muscles.

To perform a stiff legged deadlift, stand on an exercise band holding one end in each hand. Keep tension in the band throughout the exercise. Stand upright and keep only a slight bend in your knees throughout the exercise. To start press the butt backwards and bend over from your waist, keeping your back straight. Go down until your back is parallel with the floor. Return to the start position by standing upright.

Breathe out as you stand upright and breathe in as you go down.

Video Demonstration Link: <http://www.sixpackfactory.com/stiff-leg-deadlift-with-band-hamstring-exercises/>

One Leg Stability Ball Curls

The one leg stability ball curl works the hamstrings (back of the upper leg), more specifically the

Area Worked: Back of the thigh / upper leg bicep femoris, semitendinosus and semimembranosus muscles.

To perform the one leg stability ball curl you must lie on your back with one leg straight and its foot resting on a ball and the other leg raised in the air. Raise your hips and bend your knee to pull the ball in towards your buttocks by contracting your hamstring muscles. Pause and slowly return to the start without dropping your hips. Breathe out as you stand upright and breathe in as you go down.

Video Demonstration Link: <http://www.sixpackfactory.com/one-leg-ball-curl-hamstring-exercises/>

One Leg Hip Lifts

The one leg hip lift works the hamstrings and the glutes (back of the upper leg), more specifically the Bicep Femoris, Semitendinosus, Semimembranosus and Gluteus Maximus muscles.

To perform the hip lift on one leg you must lie on your back with one leg on the floor and the other leg in the air. Raise your hips to form a straight line by contracting your hamstring muscles. Pause at the top position. Slowly lower down to the floor and repeat for the desired number of repetitions. Change legs.

Breathe out as you raise your hips and breathe in as you lower down to the floor.

Video Demonstration Link: <http://www.sixpackfactory.com/hip-lift-with-one-leg-hamstring-exercises/>

Reverse Lunges

The reverse lunge works the hamstrings and the glutes (back of the upper leg), more specifically the bicep femoris, semitendinosus, semimembranosus and the gluteus maximus muscles

To perform the reverse lunge stand upright with your feet hip width apart and your hands on your hips. You may also hold a pair of dumbbells. Take a large step backwards and bend both knees until both legs form a 90 degree angle. Your back knee must not touch the floor. Pause and return to the start position by contracting your hamstring and glute muscles and standing upright.

Breathe out as you stand up and breathe in as you step back and lower down to the floor.

Video Demonstration Link: <http://www.sixpackfactory.com/reverse-lunge-hamstring-exercises/>



Calf Exercises

Seated Calf Raises

The seated dumbbell calf raise works the back of the lower leg, more specifically the soleus calf muscle.

To perform the seated Dumbbell calf raise, sit on the edge of a bench with your knees bent and feet on the floor. If you have a step you can place your toes on the lower part of the step with your heels off the step. Hold a weight in each hand and rest your arms on your thighs. Lift your heels up onto your toes and contract your calf muscles. Lower your heels slowing down to stretch.

Breathe out as you contract your calves and lift your heels up and breathe in as you lower down to stretch.

Video Demonstration Link: <http://www.sixpackfactory.com/seated-calf-raise/>

Standing Calf Raises

The standing 1-leg dumbbell calf raise works the back of the lower leg, more specifically the gastrocnemius calf muscle.

To perform the Standing 1-leg Dumbbell Calf raise, stand facing a wall and step back so that your body is angled forward with your feet facing forward. Lift one leg off the floor by bending the knee and hold it there to keep it out of the way. Contract your calf muscle and raise the heel of the leg on the floor as high as possible onto the toes. Hold at the top and then slowly lower the heel down to the start.

Breathe out as you contract your calf and lift your heel up and breathe in as you lower down to stretch.

Video Demonstration Link: <http://www.sixpackfactory.com/standing-calf-raise/>



Upper Ab Exercises

Butterfly Crunch

The butterfly crunch works the upper part of the abdominal muscles, more specifically the rectus abdominus muscle.

To perform the Butterfly crunch, lie on your back with your knees bent. Keep the soles of your feet together and drop the knees outwards to open the legs and form the shape of a butterfly. Contract your abdominal muscles and lift the head and shoulder blades up off the floor towards the ceiling. Keep your lower back flat. Slowly lower under control.

Breathe out when you crunch up and breathe in as you slowly lower to the start of the exercise.

Video Demonstration Link: <http://www.sixpackfactory.com/butterfly-crunch/>

Stability Ball Crunch

The stability ball crunch works the upper part of the abdominal muscles, more specifically the rectus abdominus muscle.

To perform the stability ball crunch lie on a stability ball with your lower back supported. Your buttocks and head should be just off the stability ball. Place your hands behind your head. Crunch up by lifting your head and shoulders off the ball. Hold this position and slowly return. Do not let the stability ball move under your body.

Breathe out when you crunch up and breathe in as you slowly lower to the start of the exercise.

Video Demonstration Link: <http://www.sixpackfactory.com/stability-ball-crunch/>

Double Crunch

The double crunch works the upper part of the abdominal muscles, more specifically the rectus abdominus muscle.

To perform a double crunch, lie on your back with your hands behind your head and knees bent with your feet on the floor. Curl your upper body by lifting your head and shoulders off the floor towards the legs. At the same time lift your knees up and curl them towards your chest. Return to the start by slowly uncurling.

Breathe out when you curl up and breathe in as you slowly lower to the start of the exercise.

Video Demonstration Link: <http://www.sixpackfactory.com/double-crunch/>

Stability Ball Rollout

The stability ball rollout works the upper part of the abdominal muscles, more specifically the rectus abdominus muscle.

To perform the roll out, Kneel behind a stability ball and rest your forearms on the ball. Begin with your body upright and the push or roll the stability ball away from you while keeping your knees in place as

your hips, torso and arms move forward. Make sure you do not arch your back but keep your hips and upper body in a straight line. Pause for a second at the furthest point and then pull back to the starting position feeling your abdominals contracting as you do this.

Breathe out as you pull the ball back to your body and breathe in as you roll the ball away from you

Video Demonstration Link: <http://www.sixpackfactory.com/stability-ball-roll-out-upper-abs/>

Raised Leg Crunch

The raised leg crunch works the upper abdominals more specifically the rectus abdominus muscle.

To perform the raised leg crunch, lie on the floor and lift your legs up to 90 degrees, knees bent. Contract your abdominals and lift your shoulders off the floor crunching your upper body towards your legs. Keep your legs still and your lower back pressed into the floor. Lower down slowly and repeat.

Breathe out as you crunch up and breathe in and you lower down slowly.

Video Demonstration Link: <http://www.sixpackfactory.com/raised-leg-crunch/>



Lower Ab Exercises

Straight Leg Raises

The Straight leg raise works the lower abdominals, more specifically the rectus abdominus muscle.

To perform the straight leg raise, lie on your back and place your hands under your lower back for support. Keep your legs straight and lift your legs upwards by contracting your abdominals until they are 90 degrees to the floor. Lower down slowly to a few inches off the floor. Do not let your back arch while doing this exercise.

Breathe out as you lift your legs upwards and breathe in as you lower them down to the floor.

Video Demonstration Link: <http://www.sixpackfactory.com/straight-leg-raise/>

Reverse Crunch

The reverse crunch works the lower part of the abdominals, more specifically the rectus abdominus muscle. Lie on your back with your knees bent and your arms next to your hips. Perform a reverse crunch by curling your knees towards your chest. Your butt may also lift off the floor. Slowly lower to the start but without letting your feet touch the ground again. Keep your abs contracted and your lower back pressed into the floor.

Breathe out when you curl and breathe in when you slowly lower to the start of the exercise.

Video Demonstration Link: <http://www.sixpackfactory.com/reverse-crunch-lower-ab-exercises/>

Ball Knee Tuck

The Stability ball knee tuck works the lower part of the abdominals, more specifically the rectus abdominus muscles.

To perform the Stability Ball Knee Tuck you must start in a push up plank position with your shins resting on a stability ball and your arms straight. Pull the ball in towards your chest and squeeze your abs. Slowly return to the start position. Keep your upper body still throughout.

Breathe out when you pull the ball in and breathe in when you return to the start position.

Video Demonstration Link: <http://www.sixpackfactory.com/stability-ball-knee-tuck-lower-ab-exercises/>

Dumbbell Leg Pull-in

The dumbbell leg pull-in exercise works the lower part of the abdominal muscles, more specifically the rectus abdominus muscle.

To perform the DB Leg Pull In you must lie on your back and lift your upper legs to 90 degrees with your knees bent. Place a dumbbell between your feet. From this position straighten your legs out until they

are parallel with the floor. Keep your back flat and do not drop your feet. Contract your abdominals and pull your knees back in to the start position. This exercise is similar in its motion to a leg press.

Breathe out when you pull your knees in to the start and breathe in when you straighten your legs out.

Video Demonstration Link: <http://www.sixpackfactory.com/lower-ab-exercise/>



Oblique Exercises

Cross Crunch

The Cross Crunch works the side abdominals, more specifically the external and internal obliques.

To perform the cross crunch, lie on your back with your knees bent and feet on the floor. Fold your arms behind your head. Cross one leg over the other so that your ankle rests on the bent knee. Perform a crunch by lifting and rotate your upper body and shoulder over to the leg bent on the floor. Repeat for the desired number of repetitions and then change sides.

Breathe out when you lift and rotate and breathe in as you slowly lower to the start of the exercise.

Video Demonstration Link: <http://www.sixpackfactory.com/cross-crunch-oblique-exercises-side-abs/>

Heel Touchers

The Heel Touchers exercise works the side abdominals, more specifically the external and internal obliques.

Lie on your back with your knees bent and your hands next to your hips. Slightly raise your upper body off the floor and with one hand reach down your side to your heel. Return to the middle and repeat to the other side reaching to touch your hand to your heel. Keep moving from side to side.

Breathe out when you reach down your side and breathe in when you return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/obliques-exercises/>

Dumbbell Side Bends

The dumbbell side bend works the side abdominals, more specifically the internal and external obliques.

To perform the DB Side Bends stand upright and hold a dumbbell in one hand only. Slowly bend over to the side with the dumbbell reaching downwards towards the same knee. Do not rotate your torso. Contract your opposite oblique muscles and return to the start.

Breathe out when you bend over to the side and breathe in when you return to the start position.

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-side-bend-oblique-exercises-side-abs/>

Bicycle Crunch

The bicycle crunch works the side abdominals more specifically the internal and external obliques.

To perform a bicycle crunch lie on your back with your abdominals pulled in and your hands behind your head. Bring your knees up to your chest and slowly go through a cycling motion. Crunch and touch your left elbow to your right knee and then change to the right elbow and left knee. Make sure you are lifting your shoulder blades and upper back off the floor as you rotate from side to side.

Breathe out as you crunch or rotate and breathe in as you come back to the centre.

Video Demonstration Link: <http://www.sixpackfactory.com/bicycle-crunch-oblique-exercises-side-abs/>

Straight Leg Pendulum

To perform the straight leg pendulum, lie on your back with arms out to the sides. Lift your legs straight up in the air until the hips are at 90 degrees. Press the lower back flat throughout the motion. Keep your legs straight up in the air and move them over from to one side. Go as far as you can under control, keeping your upper back and shoulders on the floor. Pull the legs back to the start and then over to the other side. This is a slow side to side movement.

Breathe out as you move the legs to the start and breathe in as you lower the legs to the side.

Video Demonstration Link: <http://www.sixpackfactory.com/straight-leg-pendulum-oblique-exercises-side-abs/>



Back Exercises

Band Pull Down

The band pull down works the middle to upper back, more specifically the latissimus dorsi, the rhomboids and the middle and lower trapezius muscles.

To perform the Band Pull Down, stand upright your arms shoulder width apart and straight over your head. Hold an exercise band between your hands making sure you have enough tension. Bend your arms and pull the band apart and down behind your head while bringing the hands next to your shoulders. Return to the start slowly.

Breathe out as you pull the band down and breathe in as you slowly return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/lat-pulldown-with-band-back-exercises/>

Seated Band Row

The seated band row works the middle to upper back, more specifically the latissimus dorsi, the rhomboids and the middle and lower trapezius muscles.

To perform the seated Band row sit upright on the floor with your legs straight out. Wrap an exercise band around your feet and hold the ends in each hand. Contract your back muscles and bend your elbows to row/pull your hands next to your hips. Slowly release and return to the start.

Breathe out as you pull the band in and breathe in and you slowly return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/seated-row-with-band-back-exercises/>

One Arm Dumbbell Row

The one arm dumbbell row works the middle to upper back, more specifically the latissimus dorsi, the rhomboids and the middle and lower trapezius muscles.

To perform the one arm dumbbell row stand in a split stance with one leg in front of the other, knees slightly bent. Hold a dumbbell in the hand opposite to the front leg. Lean forward from the waist and row or pull the dumbbell up to your hip. Slowly lower to the start position.

Breathe out as you pull the dumbbell up and breathe in as you slowly lower to the start position.

Video Demonstration Link: <http://www.sixpackfactory.com/one-arm-dumbbell-row/>

Bent Over Row

The dumbbell bent over row works the middle to upper back, more specifically the latissimus dorsi, rhomboids and middle and lower trapezius muscles.

To perform the DB Bent over Rows hold a dumbbell in each hand and bend forward from your waist until your back is parallel to the floor. Let your arms hang straight down with your palms facing backwards. Pull or row the dumbbells up and into your chest area by contracting your back muscles. Return to the start by straightening the arms.

Breathe out as you pull the dumbbell up and breathe in as you return to the start.

Video Demonstration Link: <http://www.sixpackfactory.com/dumbbell-bent-over-row-back-exercises/>

Resources

Looking for more resources, workouts, videos? Want to know what else our company or sister companies offer? Then these links are all you need!

Sixpackfactory.com

<http://www.sixpackfactory.com>

The Mother ship and our main website wherefrom everything else flows. For all your 6 Pack ab needs, from workouts videos to exclusive interviews to DVDs and even diet tips this is the place to go to.

EX LAB

<http://www.sixpackfactory.com/exlab>

Looking for more exercises and workouts? Then the EX LAB is where you will find the biggest list of workouts and exercises online. We add new workouts and exercise on a weekly basis so if you are looking for something that you did not find in the BIG BOOK of exercises and workouts then pop over here!

Youtube Channel

<http://www.youtube.com/moricestreet909>

For weekly workout, cooking and general 6 pack & fitness info videos you don't want to miss our extremely popular Youtube Channel.

Facebook

<http://www.facebook.com/sixpackfactory>

Want to chat, share your thoughts or just keep up to date with everything happening in and around the Factory, then this is the place to be!

Dailyfit.tv

<http://www.dailyfit.tv>

For female only fitness articles, workouts and all weight loss related info.

www.sixpackfactory.com