

Let's Do It Right

A Complete Guide for Weight Training

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12.1.2. Barbell

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12.1.4. Machines

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12.1.5. Bodyweight

12.1.6. Kettlebell

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12.2.2. Barbell

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- 72) Narrow Grip Bench Press
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- 74) Incline Bench Barbell Chest Press
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- 76) Barbell Pull-Overs
- 77) Flat Bench Barbell Pull-Overs – Bent Arms [also back](#)
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12.2.3. Cable

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12.2.4. Machines

Working Station

- 93) Smith Machine Chest Press
- 94) Smith Machine Incline Chest Press
- 95) Smith Machine Decline Chest Press
- 96) [Assisted parallel bars dips](#)

Pin Lever Machines

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- 99) Pull-Overs Machine

Plate Loaded

- 100) Seated Plate-Loaded Chest Press
- 101) Seated Plate-Loaded Incline Chest Press
- 102) Seated Plate-Loaded Decline Chest Press



103) Supine Plate-Loaded Chest Press

12.2.5. Bodyweight

12.2.6. Kettlebell

12.2.7. Other Training Aids

12.3. Back

12.3.1. Dumbbells

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12.3.2. Barbell

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12.3.4. Machines

Working Station

- 134) Smith Machine Front Shrugs
- 135) Smith Machine Behind the Back Shrugs
- 136) Smith Machine Upright Rows
- 137) Smith Machine Bent-Over Rows
- 138) Smith Machine Reverse Grip Bent-Over Rows

Pin Lever Machines

- 139) Pulldown Pin Machine
- 140) Seated Rowing Machine
- 141) Hyperextension Machine
- 142) Pullovers Machine
- 143) Assisted Chin up Machine

Plate Loaded

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- 145) Plate Load Lat Pulldown Machine
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12.3.5. Bodyweight

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12.4.2.1. Dumbbells

12.4.2.2. Barbell

12.4.2.3. Cables

12.4.2.4. Other Training Aids

12.4.3. Forearms

12.4.3.1. Dumbbells

12.4.3.2. Barbell

12.4.3.3. Cables



12.4.3.4. Other Training Aids

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12.5.1.1. Dumbbells

12.5.1.2. Barbell

12.5.1.3. Cables

12.5.1.4. Other Training Aids

12.5.2. Hamstrings

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12.5.2.2. Barbell

12.5.2.3. Cables

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