

# Laila exercises - 09/08/17

- ☐ Squat (wide, for hamstrings)
- ☐ Bench
- ☐ Deadlift (sumo, same thing. use a heavy dumbbell goblet-style instead of a barbell.)
- ☐ A side-glute exercise, like lying side plank / lying leg raise
- ☐ An inner-glute exercise, like reverse lunges
- ☐ A soleus exercise, like squatted down calf raises while holding on to something
- ☐ A tibialis exercise, like the tibialis flex with a kettlebell on your foot
- ☐ Inner thigh exercises like the good girl / bad girl machines
- ☐ A bicep exercise like the sitting down isolation curl (arnold curl)
- ☐ Forearm exercises (I taught you these, use a single dumbbell and twist it around)
- ☐ Side-deltoid raises
- ☐ Deltoid raises
- ☐ An inner back exercise, like rows
- ☐ A lats exercise, like lat pulldowns or pullups