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

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