

HOW TO USE THE EXERCISE BANK

This Exercise Bank is a full list of exercises to use on the free Targeted Hypertrophy Training (THT) program.

These are quite simply the best and only exercises you need. They are the best as determined scientifically by Electromyography tests and by trainer Mark McManus' years of experience (Mark McManus is the creator of THT training and owner of MuscleHack.com).

If and when you want to change an exercise, (or you just don't have the equipment for a certain movement) simply locate that exercise here in the bank. Every other exercise that is in the same box is a suitable replacement. If it's in a box of its own, there really is no suitable substitute e.g. deadlifts and flat bench presses.

If you need to know how to do a particular exercise, [click this link for a page listing every exercise tutorial at MuscleHack](#) [or paste this into your browser <http://www.musclehack.com/category/exercise-tutorials/>], or manually look up the exercise using the search bar at MuscleHack.

NOTE: Download the MuscleHack app for iPhone or Android. You can track your THT workouts right inside the app and it will save your progress.

LEGS

Squats

Leg Press

Barbell or Machine Hack Squat

Barbell/Dumbbell Lunges

Stiff-Legged Deadlifts

Leg Curls

Leg Extensions

CALVES

Standing Calf Raises

Seated Calf Raises

Hack-Squat Machine Calf Raises

Calf Raises On Leg Press Machine (if other options not available)

BICEPS

Chin-ups (underhand grip)
Close-grip palms-up pulldowns (underhand grip)

Cable Preacher Curls (or machine preacher curls)
Lying Cable Curls
Standing Barbell Curls
Standing Dumbbell Curls (alternating)
Concentration Curls
EZ Bar Curls
Seated Incline Dumbbell Curls

TRICEPS

Decline Tricep Extension (barbell or EZ bar)
Decline Cable Tricep Extension (low cable)
Tricep Dips (weighted)
Close-grip Bench Press
Cable Bent-Over Triceps Extensions
Cable Tricep Pushdowns

Low Cable Kickbacks (or dumbbell kickbacks)
Behind-the-head Dumbbell Tricep Extensions (one-arm)
One-Arm Reverse Pushdowns

CHEST

Note: Yes [Partial Chest Flys](#) are deliberately included in 3 boxes as they work the overall pecs very well.

Flat Bench Press

Decline Barbell Bench Press
Decline Dumbbell Bench Press
Deep Chest Dips
Partial Chest Flys

Partial Chest Flys
Pec Deck
Cable Crossovers

Incline Bench Press
Partial Chest Flys

BACK

Deadlift

Lat Pulldowns

Pull-Ups

Bent Over Barbell Rows

Seated Cable Rows

One-arm Dumbbell Rows

Pullover Machine

Kneeling Cable Bent-Over Pullovers

Decline Cable Pullovers

Hyperextensions

SHOULDERS

Standing or Seated Overhead Barbell Press
Standing or Seated Overhead Dumbbell Presses

Dumbbell Lateral Raises
Lateral Raise Machine
Cable Lateral Raises
Barbell, Dumbbell, or Low-Cable Front Raises

(rear delts get all the work they need from any *rowing* movement you do during the week. We don't work them separately on THT)

TRAPS

Barbell/Smith Machine Shrugs
Cable Shrugs
Trap Bar Shrugs
Dumbbell Shrugs
Calf Raise Machine Shrugs

Barbell or Dumbbell Upright Rows

ABS

Knee/Hip Leg Raises on a “Captain's Chair”
Hanging Knee/Hip Leg Raises
Decline sit-ups (or regular if you aren't strong enough)
Kneeling Cable Crunches
Reverse Crunches
Machine Crunches
Machine Lying Hip Raises

(absolutely [no stability/swiss ball exercises](#))

FOREARMS

Barbell Wrist Curls (forearms resting on legs or a bench)
Dumbbell Wrist Curls (forearms resting on legs or a bench)
Low Cable Wrist Curls (forearms resting on legs or a bench)
Reverse Wrist Curls (barbell or dumbbell)
Wrist Roller with Wrist/Forearms Developer

BRACHIALIS

Pinwheel Curls