

HEALTH YOURSELF * A PHYSICIAN'S GUIDE

Your **Exercise Library**

*Recommended exercises by movement
pattern & muscle group*



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strength · muscle · lasting metabolic health

Push

Pressing away from the body — shoulders, chest, and triceps.

DB dumbbell **BB** barbell In no particular order

Shoulders

- Standing overhead press — DB / BB
- Seated overhead press — DB / BB / Smith
- Push press — DB / BB
- Lateral raise — DB / cable
- Front raise — DB / cable
- Arnold press — DB
- Upright row — DB / cable
- Landmine shoulder press — single or both arms
- Push-ups

Chest

- Bench press — DB / BB / Smith / machine
- Incline bench press — DB / BB / Smith / machine
- Chest fly — DB / cable
- Low-to-high chest fly — cable
- Push-ups — wide grip
- Assisted dips
- Bench dips
- DB pullover

Triceps

- Close-grip bench press — BB / Smith
- Assisted dips
- Bench dips
- Skullcrushers — DB / EZ-bar
- Cable overhead tricep extension
- Cable tricep pushdown
- DB tricep kickback
- Push-ups — close grip

Pull

Drawing toward the body — back and biceps.

DB dumbbell **BB** barbell In no particular order

Upper Back

- Assisted pull-ups
- Lat pull-down
- Cable straight-arm lat pull-down
- Bent-over row — DB / BB / cable
- Seated cable row
- Face pull
- Rear delt fly — DB / cable / machine
- DB chest-supported row
- Inverted row — Smith
- Shrugs — DB / BB / Smith

Lower Back

- Deadlift — DB / BB
- Romanian deadlift — DB / BB / cable
- Good morning — BB
- Hyperextension machine
- Rack pulls — BB
- Kettlebell swing
- Superman

Biceps

- Curls — DB / EZ-bar / cable
- Hammer curl
- Concentration curl
- Preacher curl
- Assisted chin-ups

Lower Body

Glutes, quads, hamstrings, and calves.

DB dumbbell **BB** barbell In no particular order

Glutes

- Hip thrust — DB / BB / Smith
- Bulgarian split squat — DB / BB
- Romanian deadlift — DB / BB / cable
- Step-ups — DB / BB / cable
- Reverse lunge — DB / BB / Smith / cable
- Sumo deadlift — DB / BB
- Cable kickback
- Straight-leg kickback
- Leg abduction — cable / machine / band
- Glute bridge
- Leg-elevated glute bridge

Quads

- Squat — DB / BB / cable
- Front squat — BB / landmine
- DB goblet squat
- Bulgarian split squat — DB / BB
- Lunges — DB / BB
- Leg press machine
- Leg extension machine
- Reverse lunge — DB / BB / Smith / cable

Hamstrings

- Romanian deadlift — DB / BB / cable
- B-stance Romanian deadlift — DB / cable
- Hamstring curl machine
- Stability-ball hamstring curl
- Good morning — BB
- Kettlebell swings

Calves

- Standing calf raise — DB / BB / Smith
- Seated calf raise machine
- Single-leg calf raise — DB / machine

Abdominal & Core

Keep your core braced during every strength exercise.

It protects you and trains your core at the same time. Dedicated ab work isn't necessary if efficiency is your goal — but if you want to spend extra time here, treat these like any other exercise: choose weighted movements you can **progressively overload**, and increase reps or weight whenever you can.

Weighted Core Exercises

- Weighted crunch
- Kneeling cable crunch
- Standing cable crunch
- Ab crunch machine
- Decline sit-ups
- Hanging knee raise — add a DB between the feet when ready
- Jackknife — add weight when ready
- V-ups — add weight when ready

Want a plan built around your body?

This library is your menu. A program tells you exactly what to do with it — the right exercises, sets, and progression for your goals, history, and schedule.

Apply for a Free Consultation

rachelfelber.com **[@dr.rachelfelber](https://twitter.com/dr.rachelfelber)**

Before you begin - please read. This exercise library is for general education only. It is not medical advice and is not a substitute for care from your own physician. Not every exercise here is appropriate for every woman. Talk with your doctor before starting any new exercise program, and check with your doctor, orthopedic surgeon, or physical therapist any time you have pain, an injury, or a medical condition. Listen to your body, stay within your limits, and stop if something doesn't feel right. By using this guide, you accept that you do so at your own risk; Dr. Rachel Felber, MD and Health Yourself assume no liability for any injury or outcome that may result.