



List of
EXERCISES
TO DO AT HOME

**140 EXERCISES TO DO AT HOME,
ORGANIZED BY MUSCLE GROUPS**

—
OVER 140 ILLUSTRATED AND DETAILED EXERCISE OPTIONS
TO DO AT HOME OR ANYWHERE, WITH CLARITY AND PRACTICALITY

EXERCISES

Without machines

Welcome to our exercise list developed especially for you who want to train at home in a practical, efficient way and without the need for heavy machines.

Here you will find a variety of exercises that use only compact accessories, such as dumbbells, resistance bands, and your own body weight.

These exercises have been designed to adapt to your available space and time, allowing you to achieve your goals of strengthening, muscle mass gain, and fat loss without complications.

In addition, all movements can be adjusted according to your fitness level, making them accessible both for beginners and for more experienced individuals.

Prepare your space, get your accessories ready, and let's transform your routine together with practical workouts and real results!

Remember to adjust the weight and respect your limits according to your capacity and fitness level.

And don't forget to warm up before the workout and stretch after finishing.

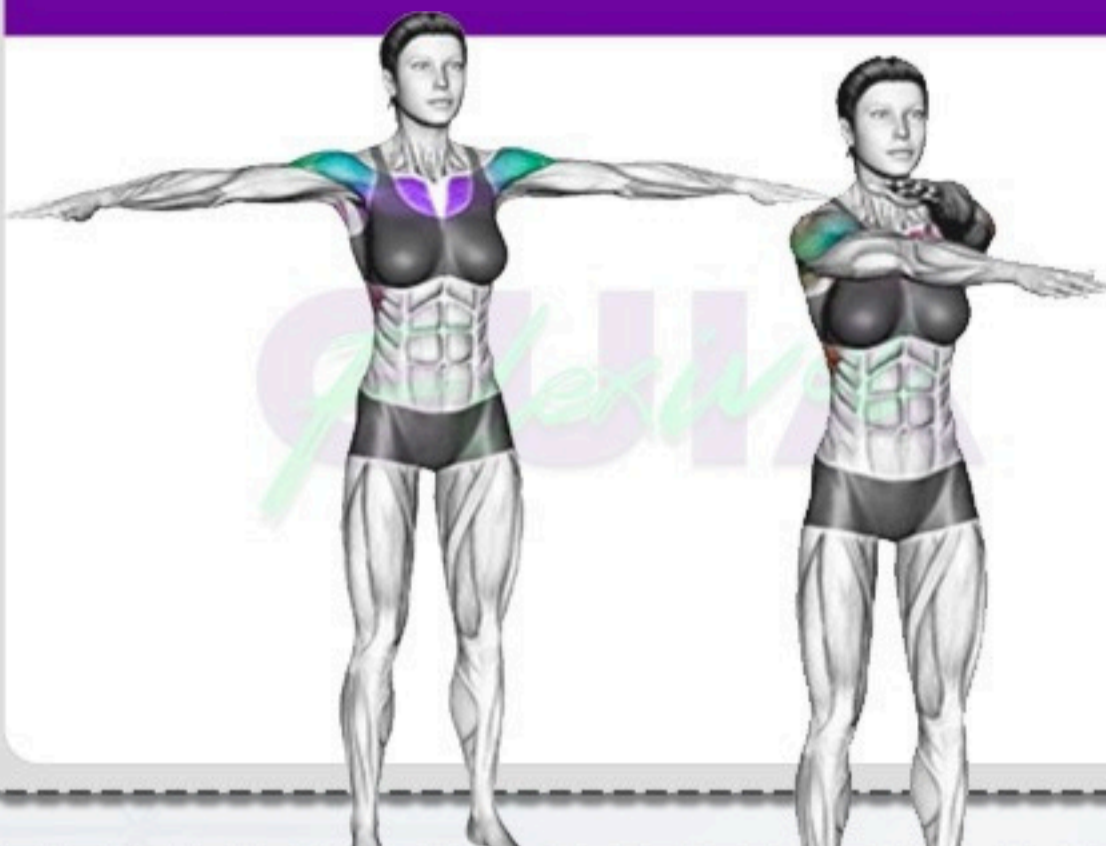


CHEST

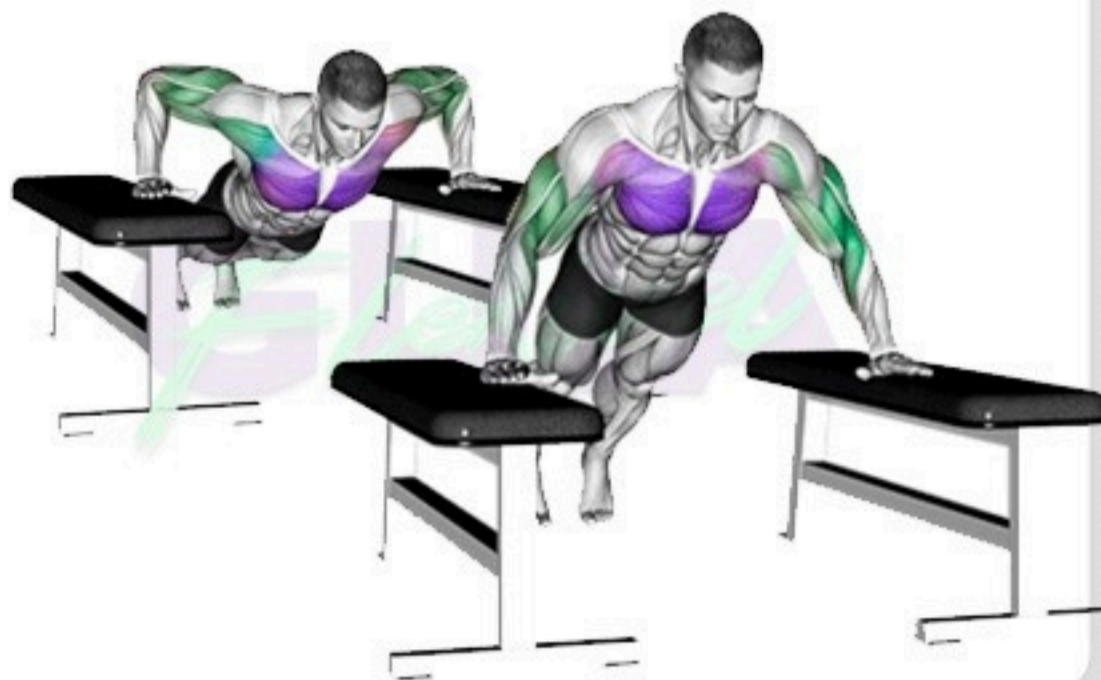
Without machines



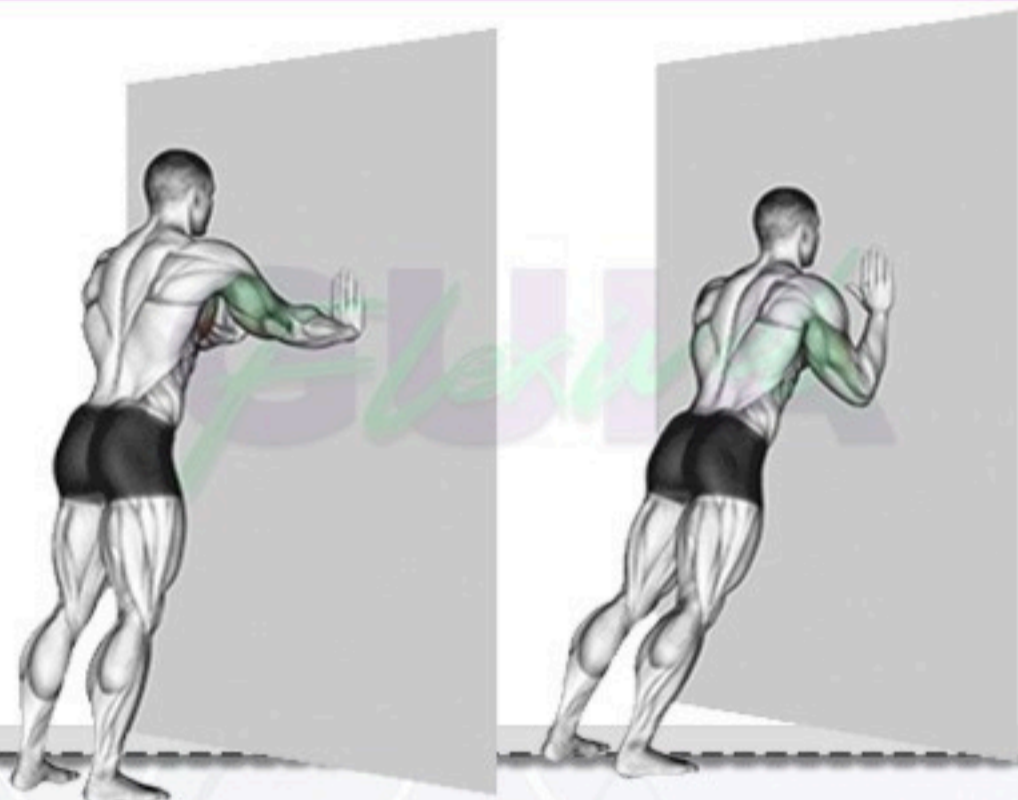
ARM CROSSING



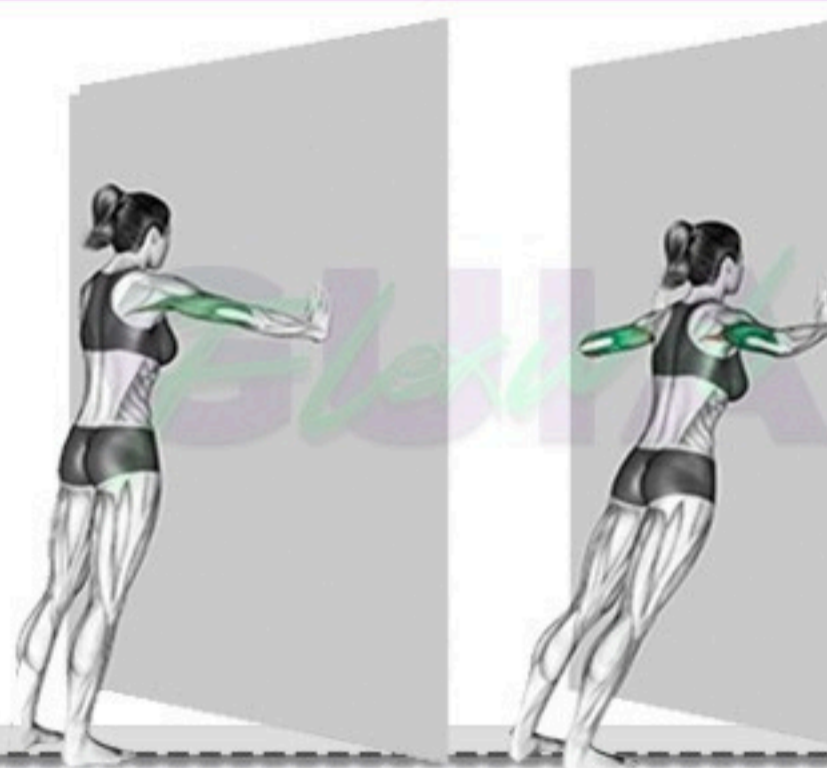
FALL BENDING



NARROW WALL BENDING



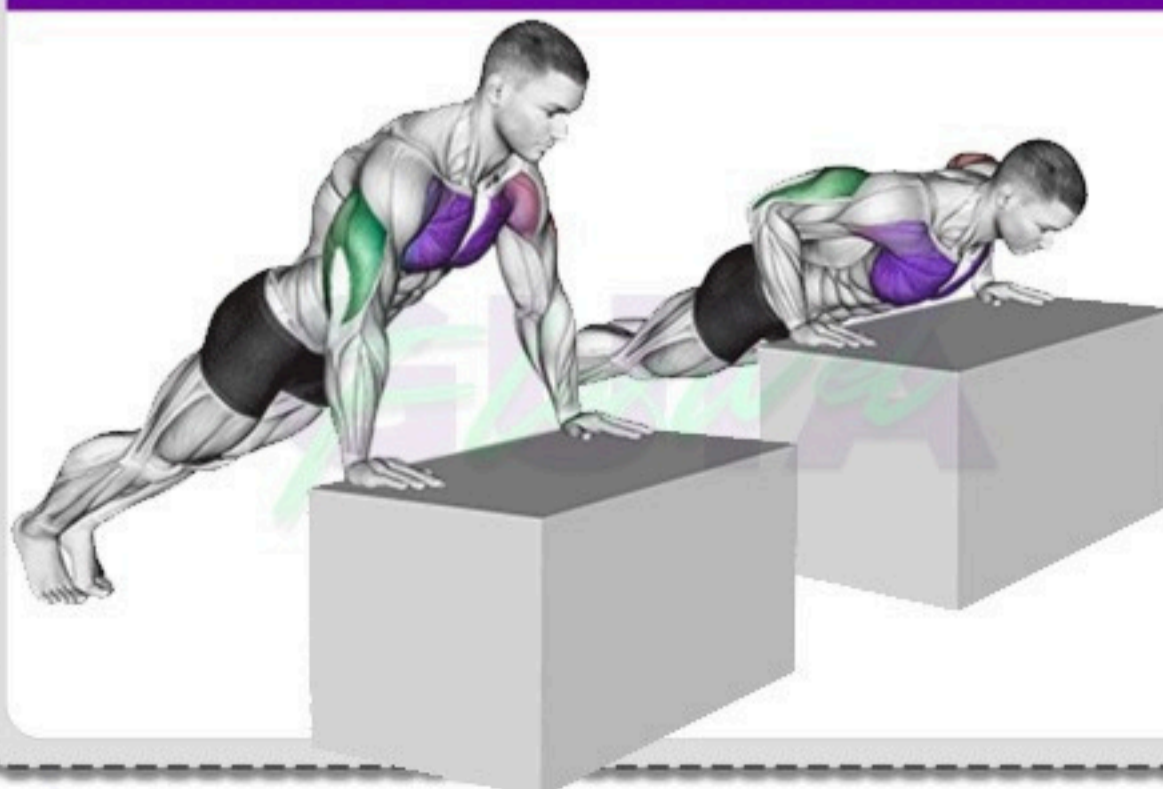
WALL BENDING



KNEELING FLEXION



INCLINED BEND



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CHEST

Without machines



IMPRESA SWEDEN



REVERSE PUSH-UP



CLAP PUSH-UP



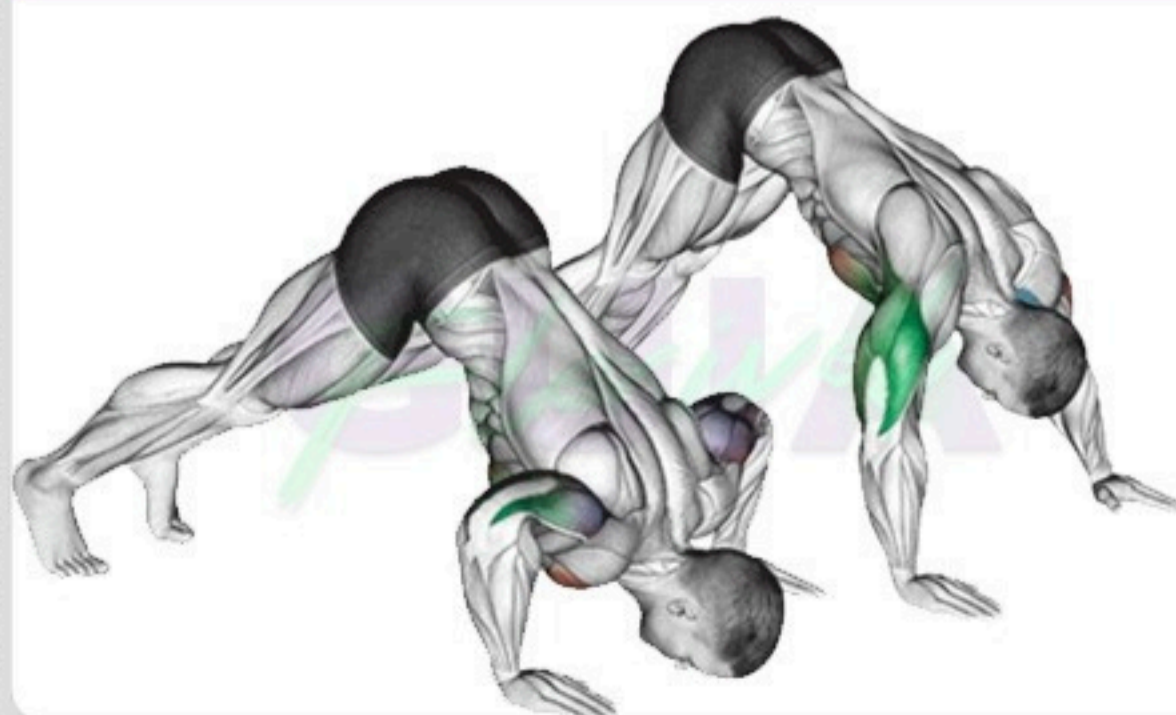
KNEELING DIAMOND



DIVES BETWEEN CHAIRS



PIQUE FLEXION



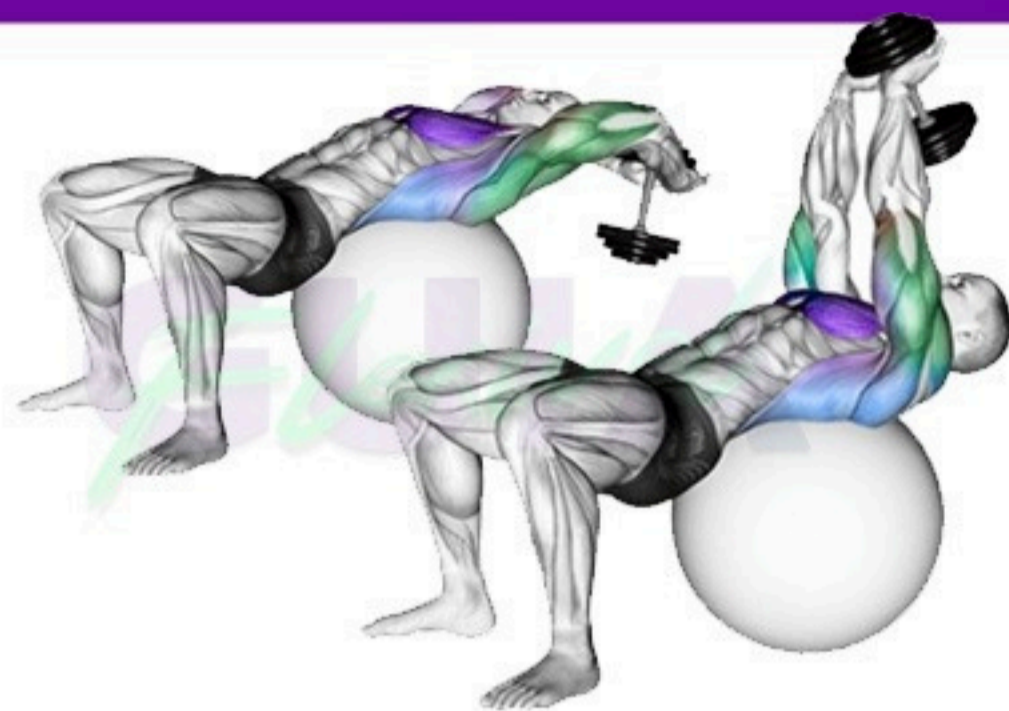
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CHEST

Without machines



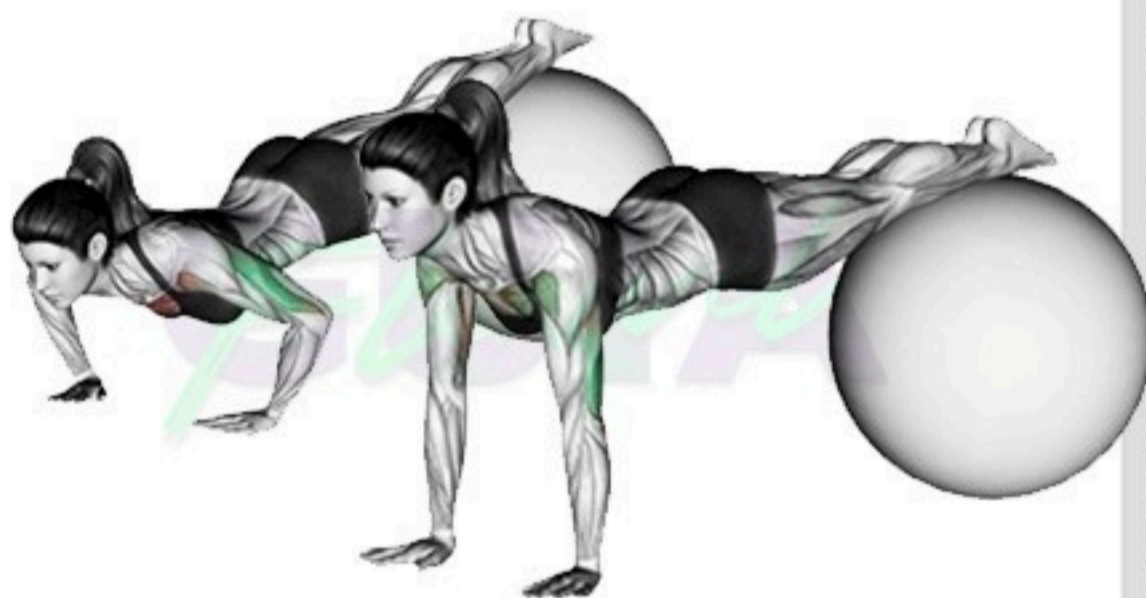
SWEATER FOR THE BODY



BALL BENDING



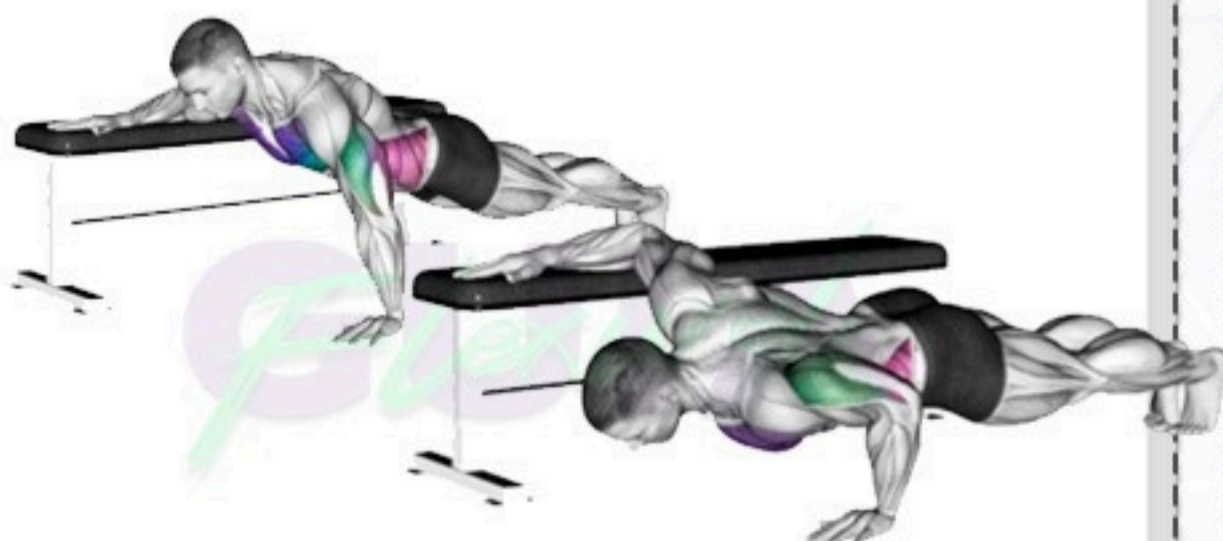
DECLINE FLEXION



SINGLE ARM PUSH-UP



ONE-ARM FLEXION WITH SUPPORT



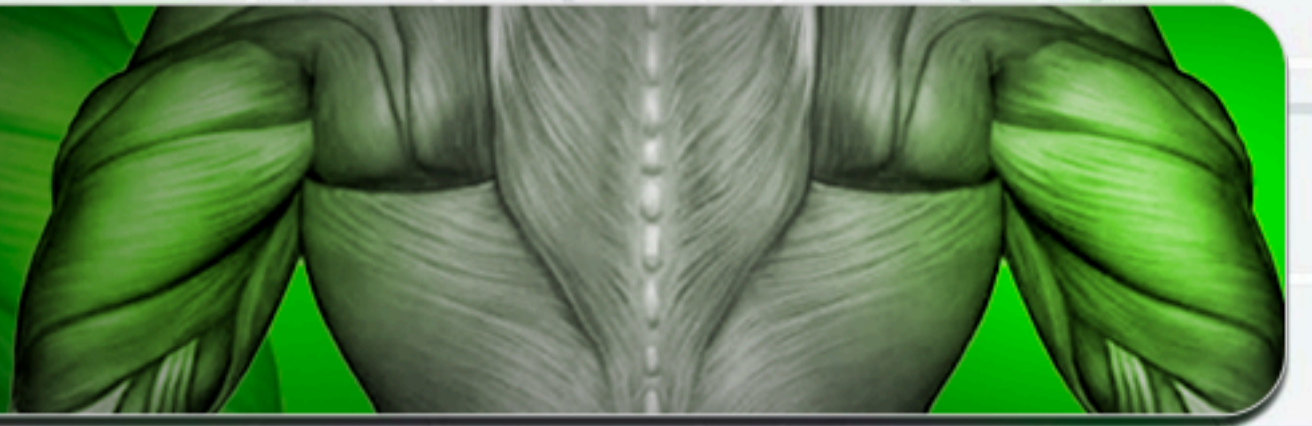
FLEXION



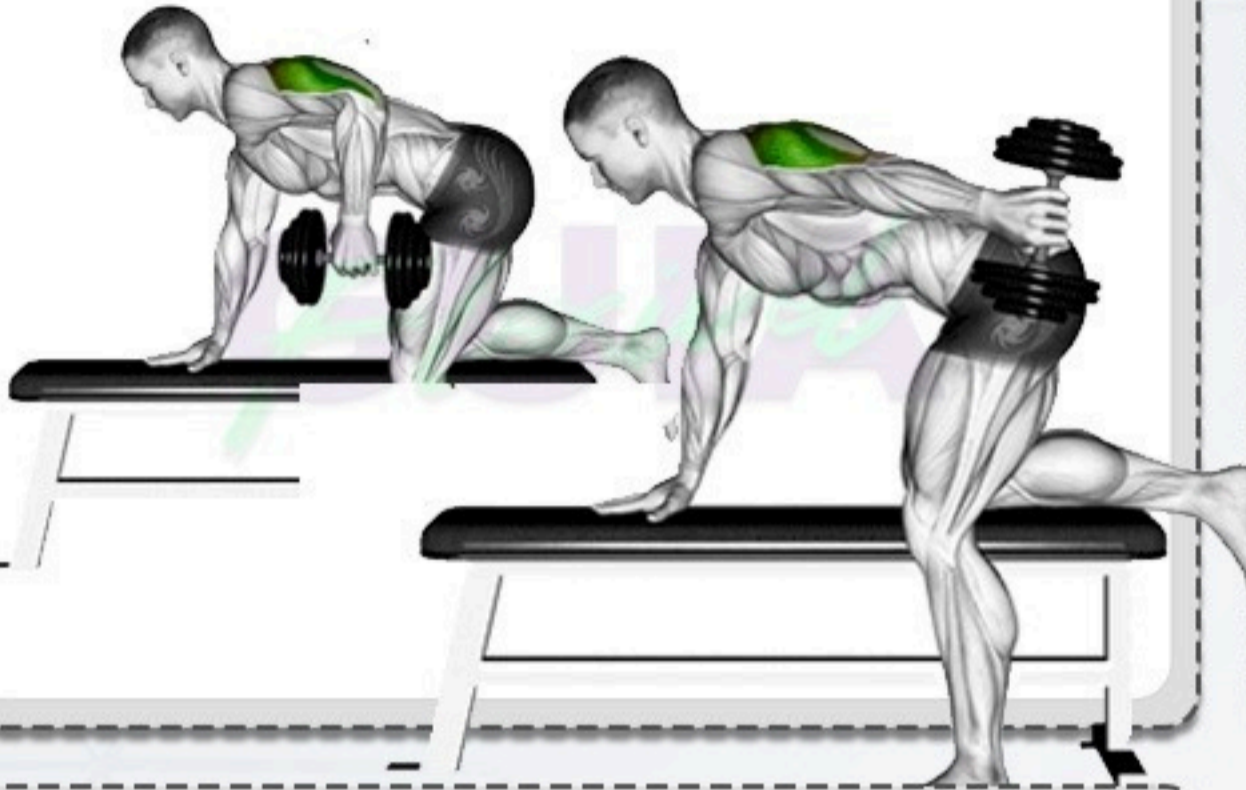
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TRICEP

Without machines



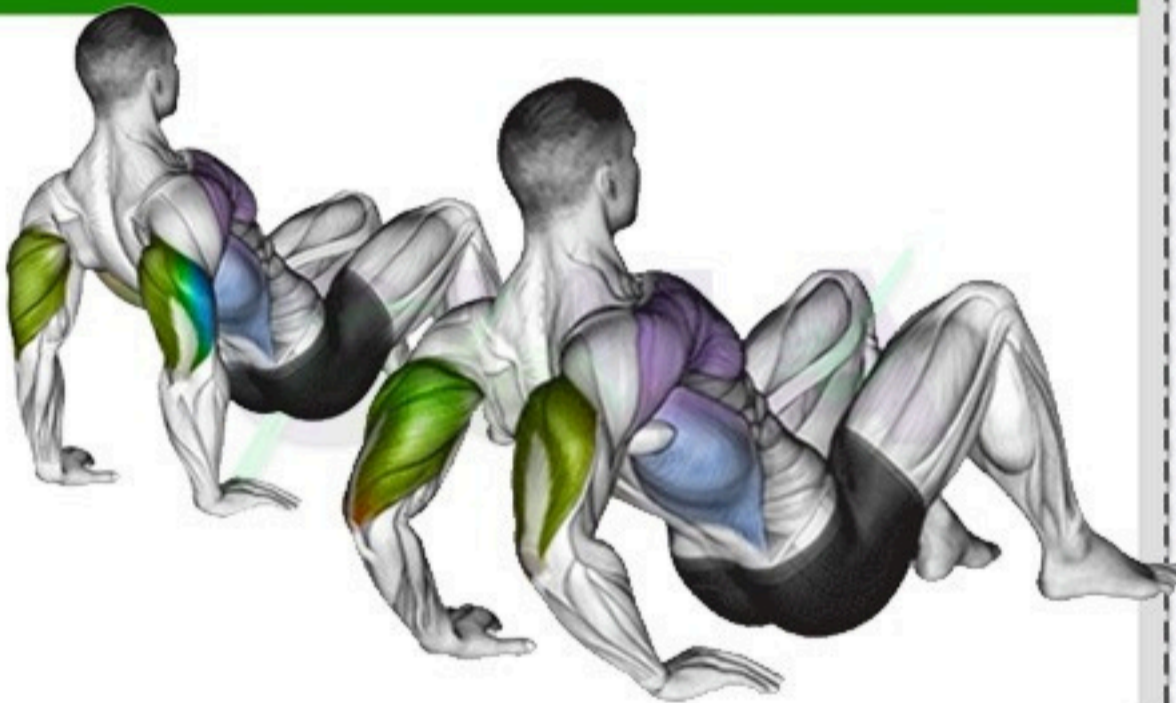
DUMBBELL KICKBACK



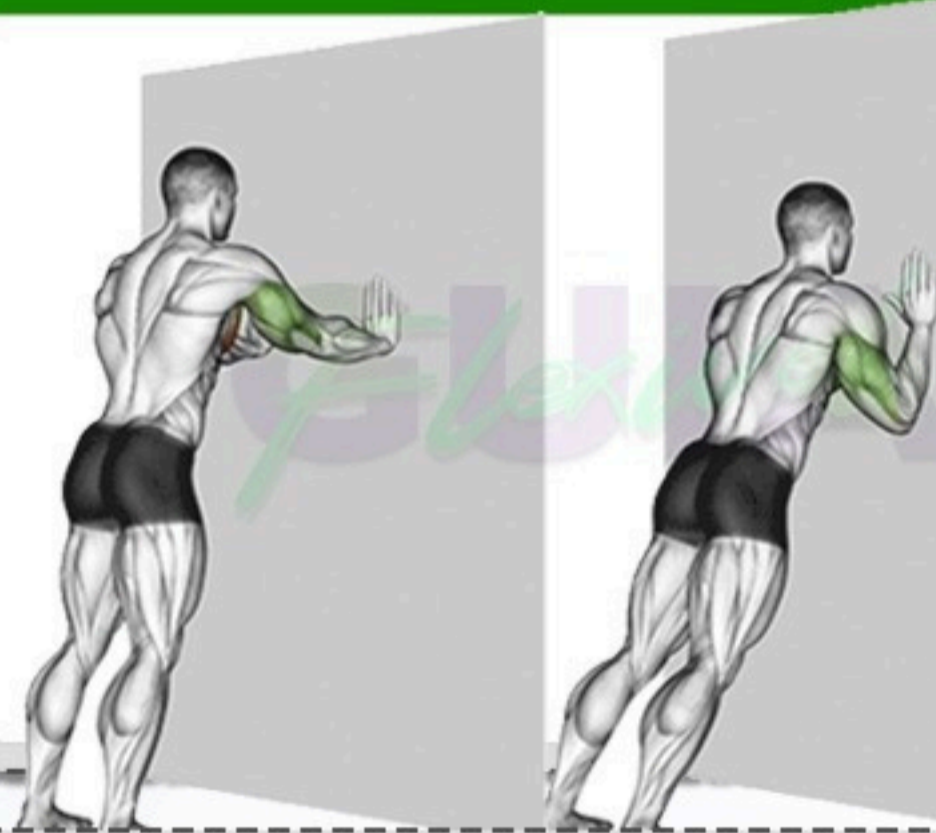
TRICEPS EXTENSION



TRICEPS DIPS TO THE GROUND



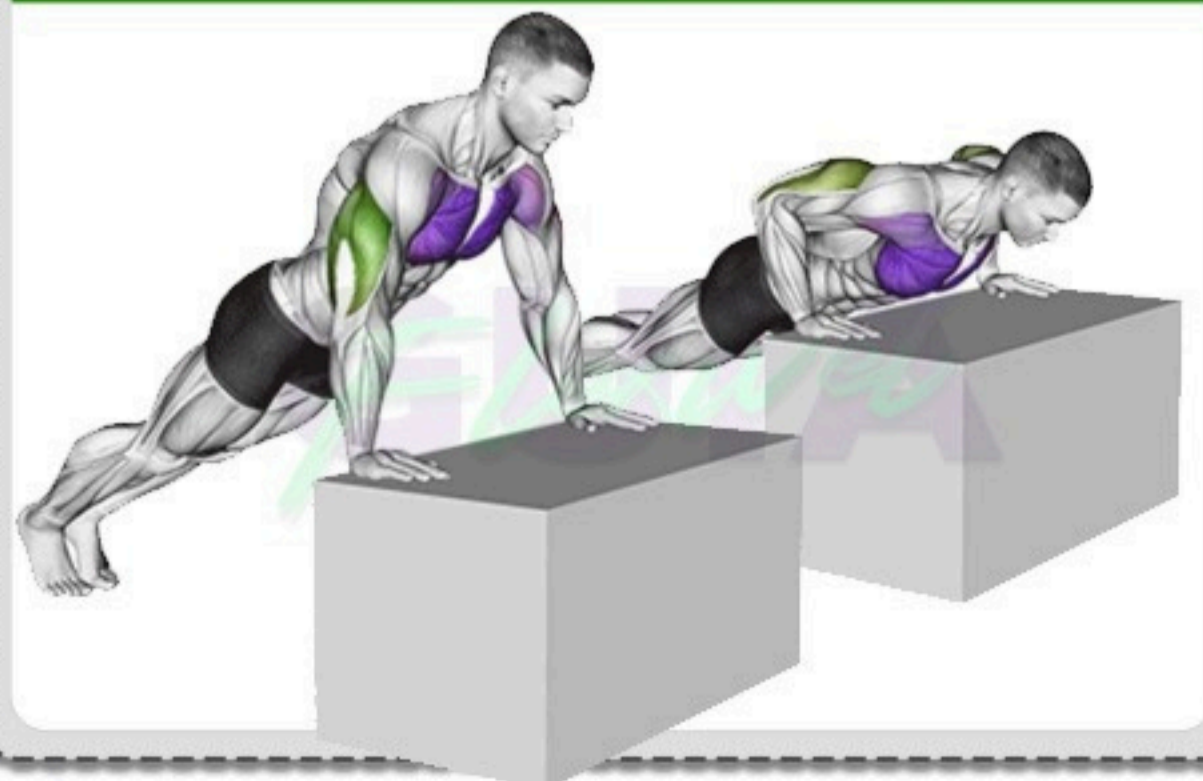
NARROW WALL BENDING



BODY LIFTS



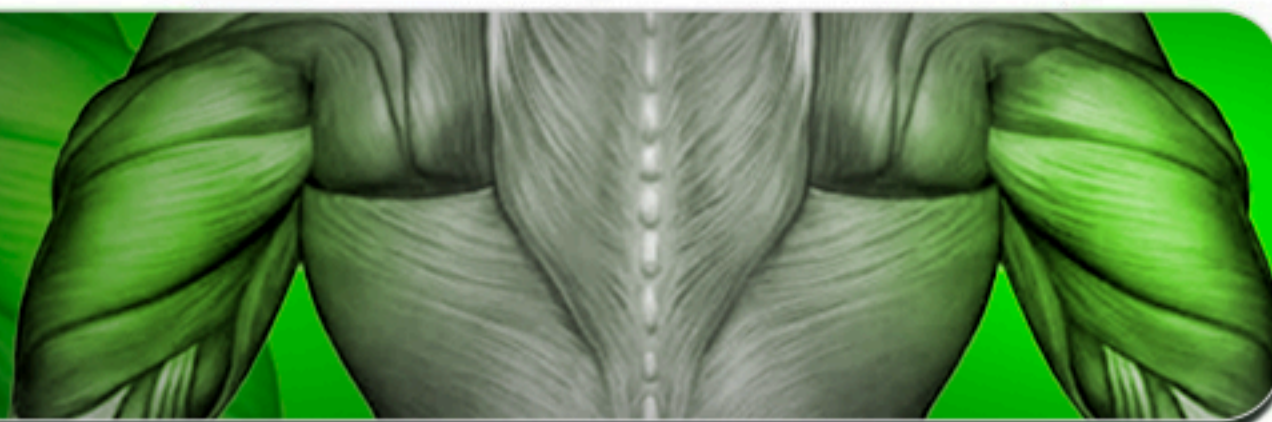
INCLINED BEND



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TRICEP

Without machines



CHAIR DIVES



REVERSE PUSH-UP



TRICEPS EXTENSION



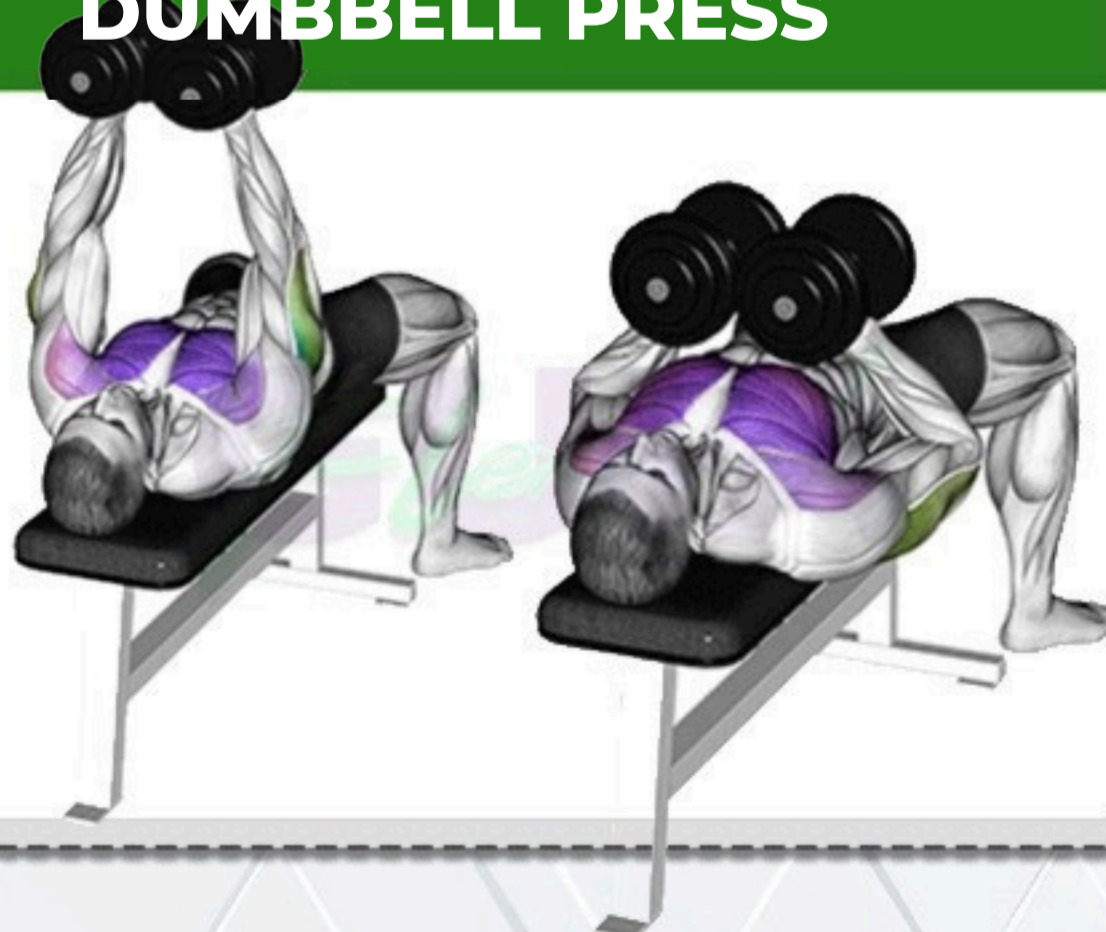
KNEELING DIAMOND



DIVING BETWEEN CHAIRS



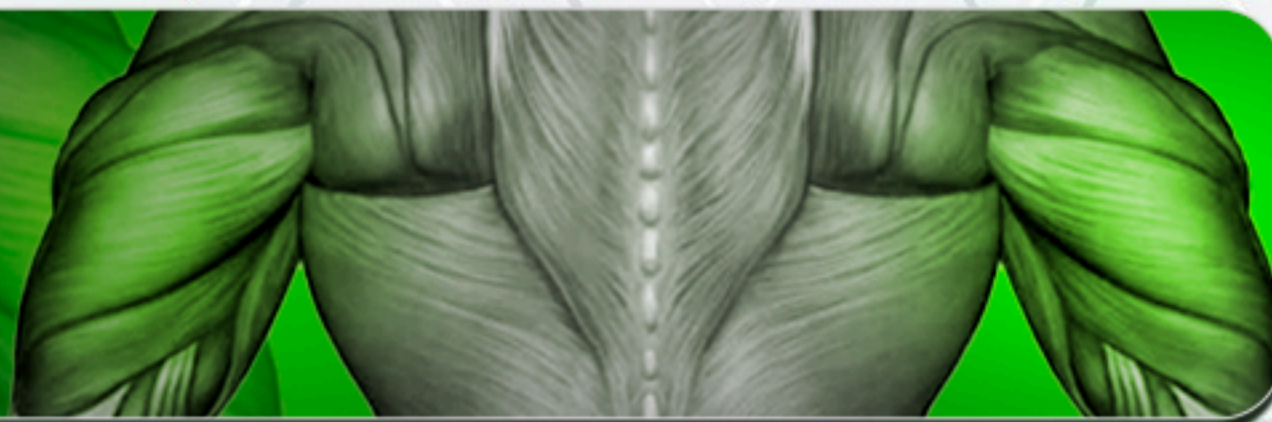
DUMBBELL PRESS



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TRICEP

Without machines



TRICEPS EXTENSION WITH BANDS



BALL BENDING



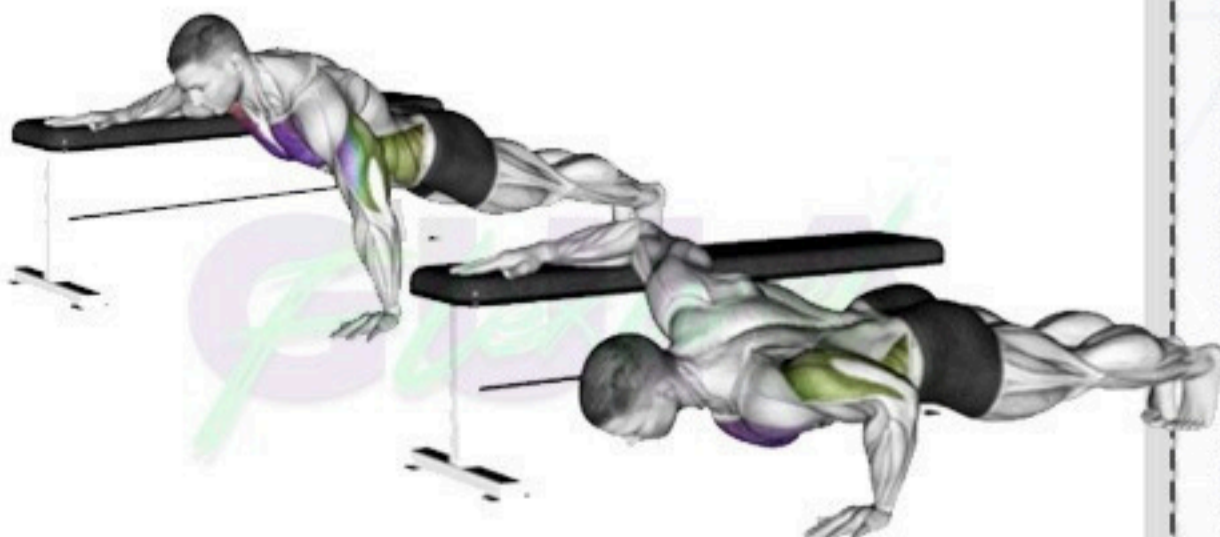
PUSHDOWN DE BAND



SINGLE ARM PUSH-UP



SUPPORTED ONE-ARM PUSH-UPS



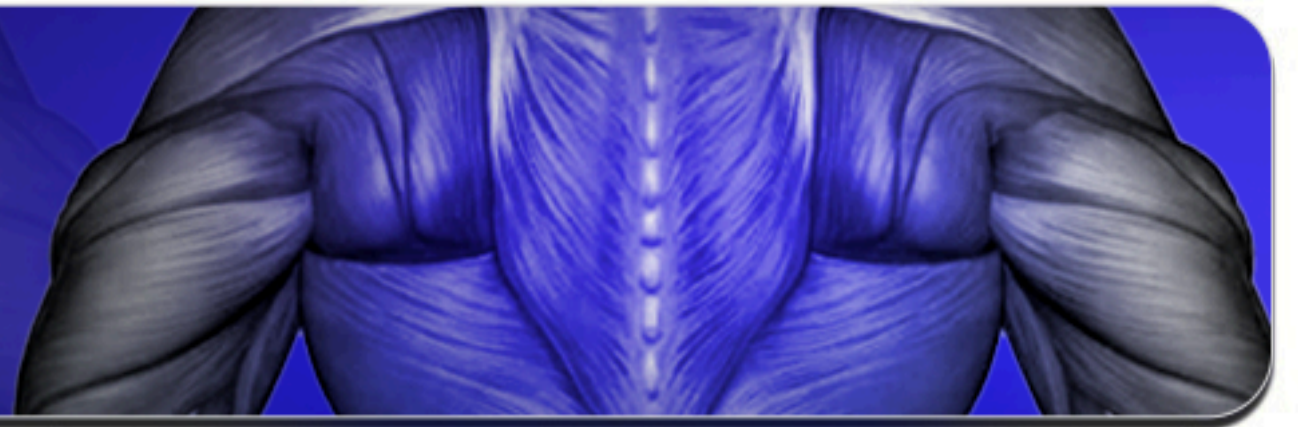
BODYWEIGHT SKULL



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BACK

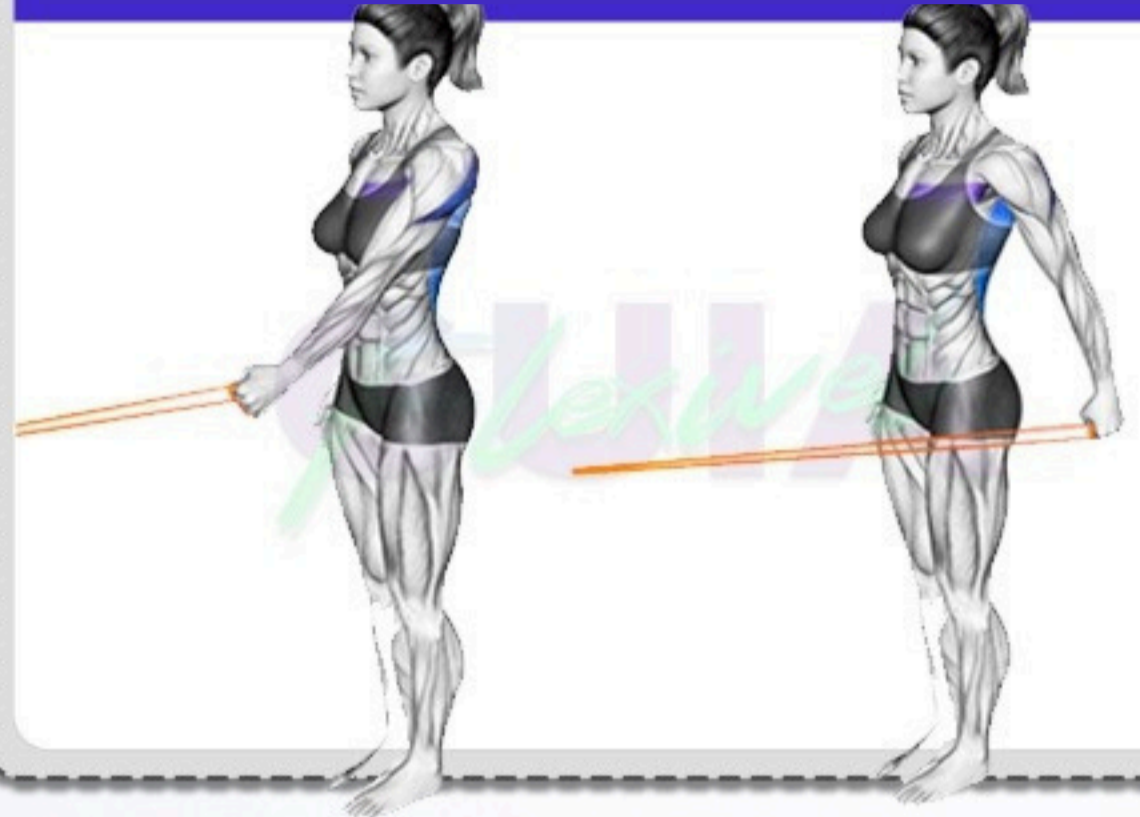
Without machines



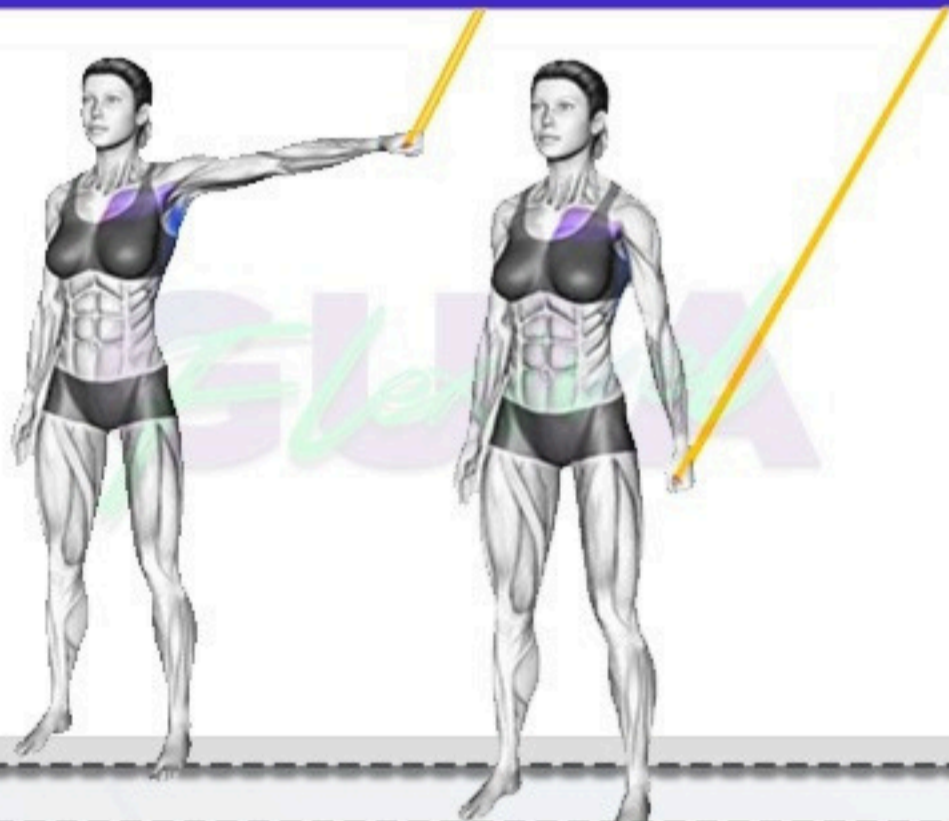
BODY WEIGHT LINE



SHOULDER EXTENSION WITH BANDS



SHOULDER ADUCTION WITH BANDS



SITTING ROW BAND



STANDING ROW



GYMSTICK

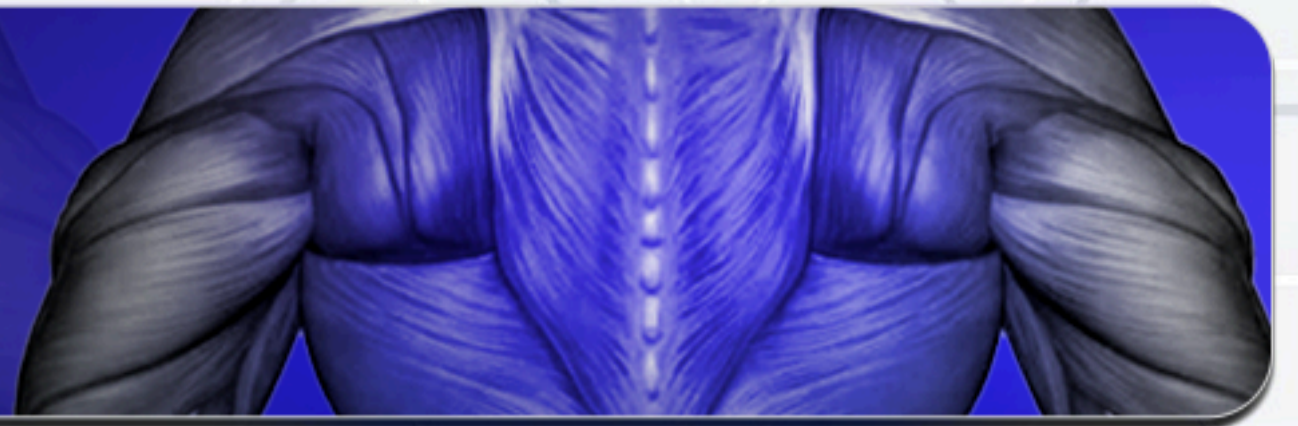


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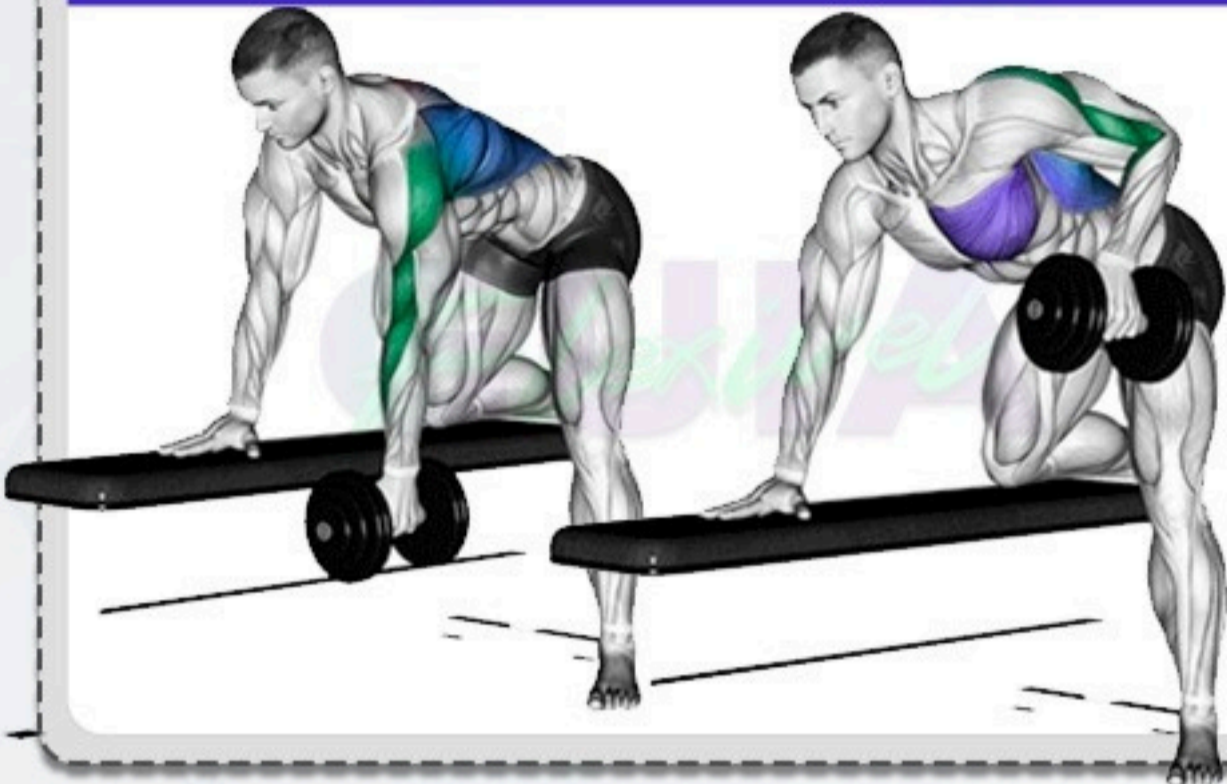
Flexivel

BACK

Without machines



DUMBBELL ROW



BENT OVER THE ROW



REVERSE ROW



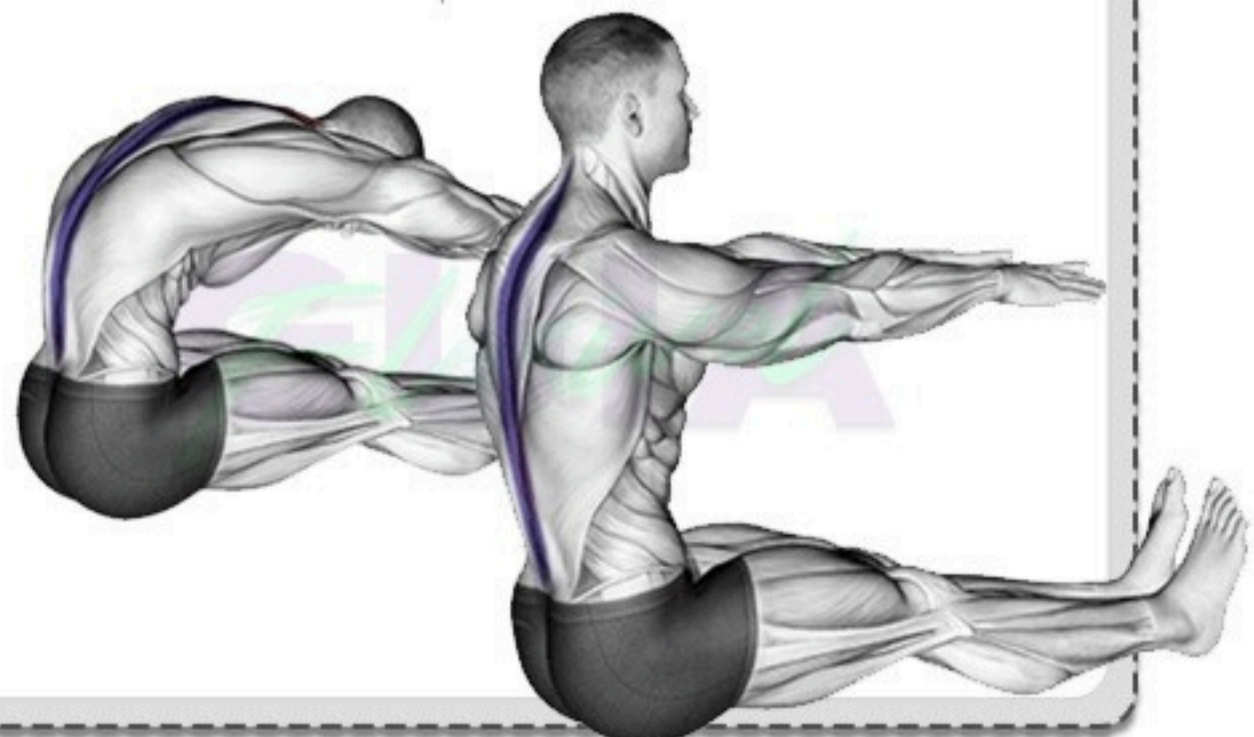
KETTLEBELL DOBRADO



REVERSE ELBOW FLEXION



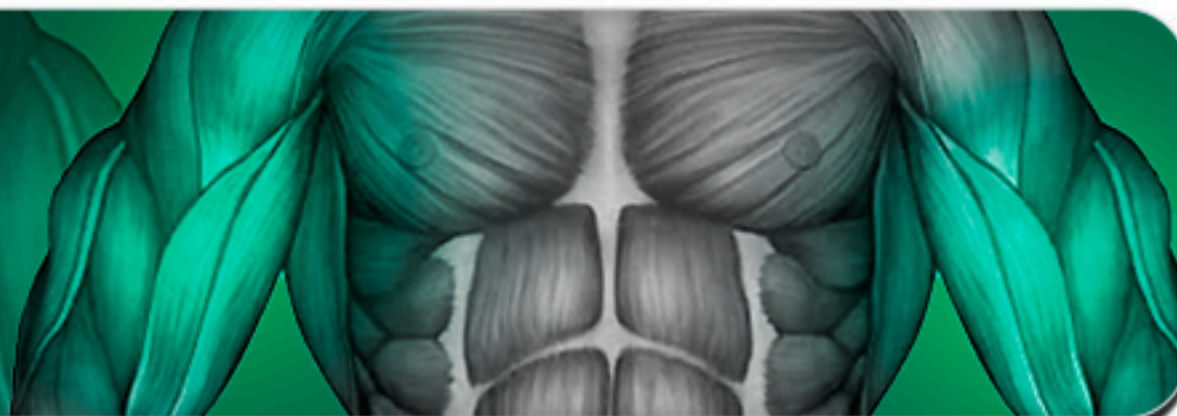
SEATED FINGER TOUCHES



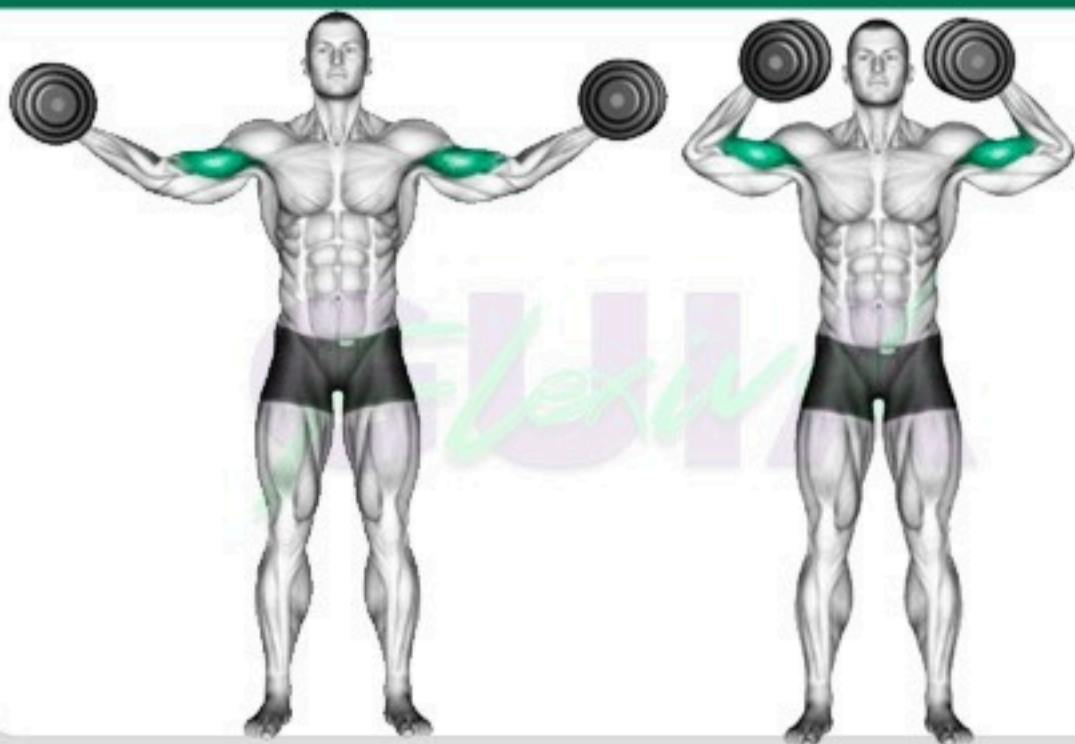
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BÍCEPS

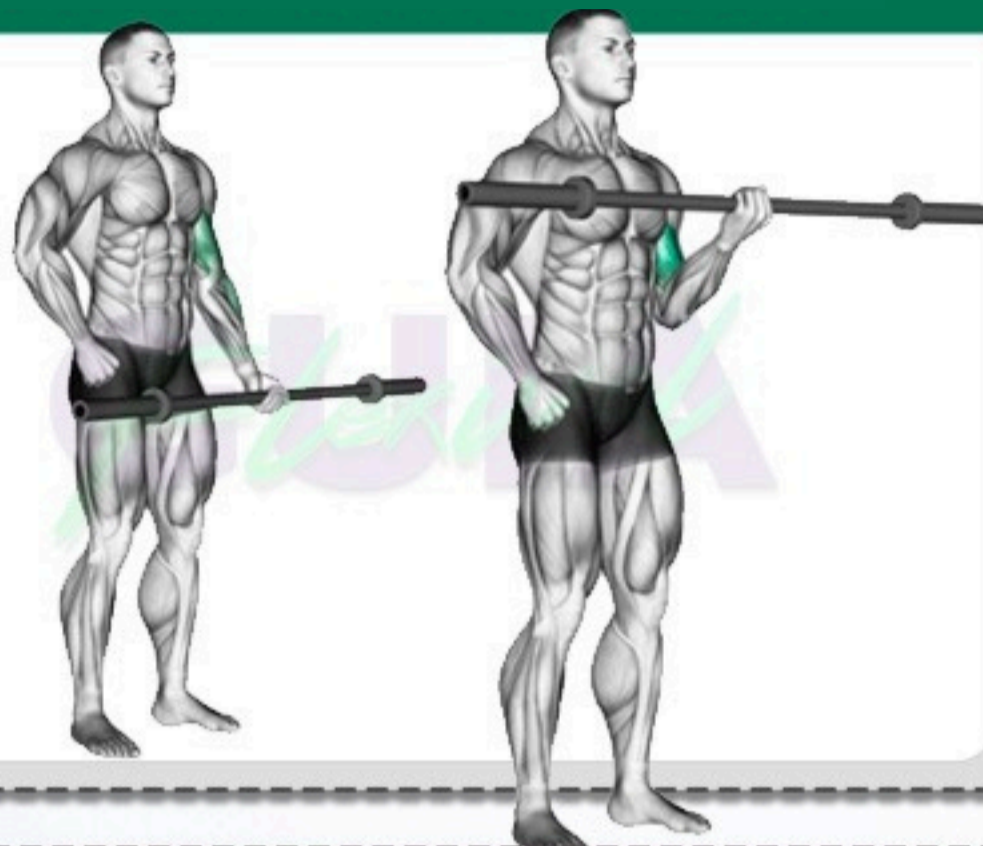
Without machines



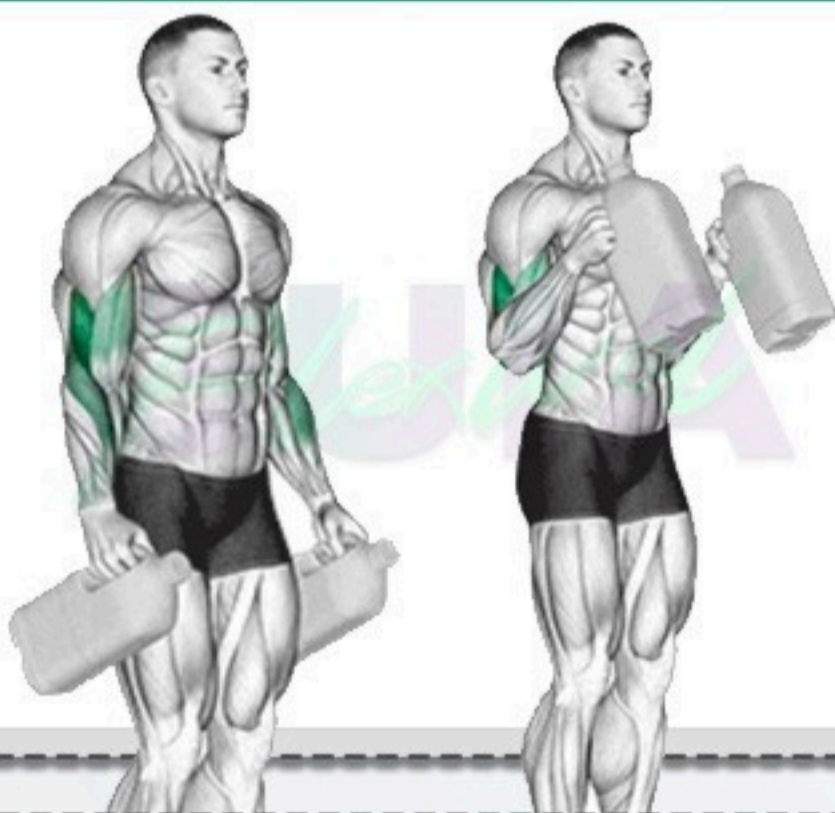
HIGH DUMBBELL CURL



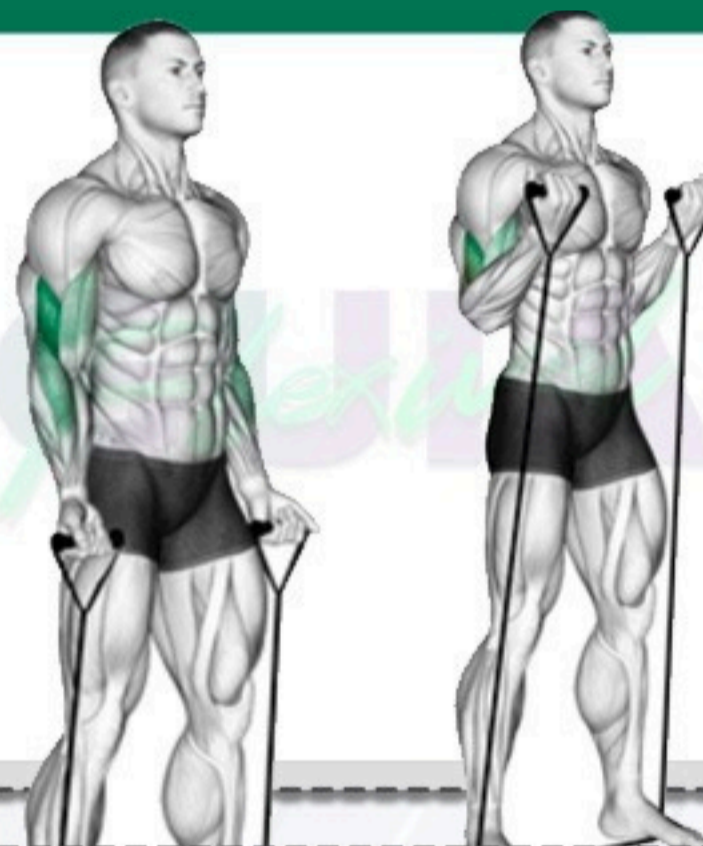
ALTERNATIVE BARBECUE CURL



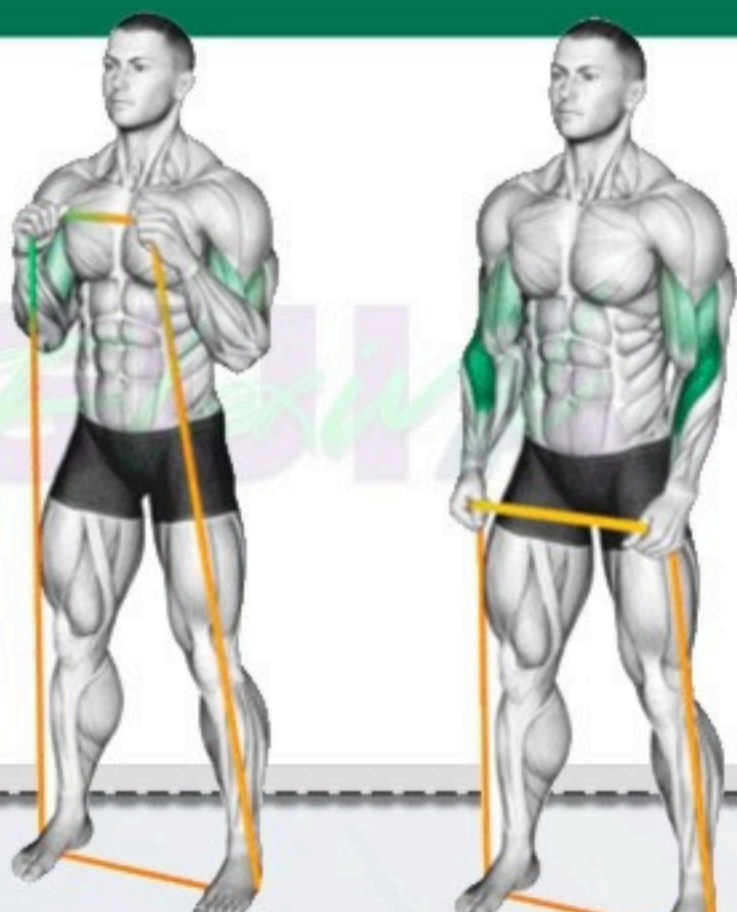
HAMMER CURL WATER BOTTLE



BIS CURL STRIP



HAMMER CURL COM BAND



SEATED BICEP CURL WITH BAND

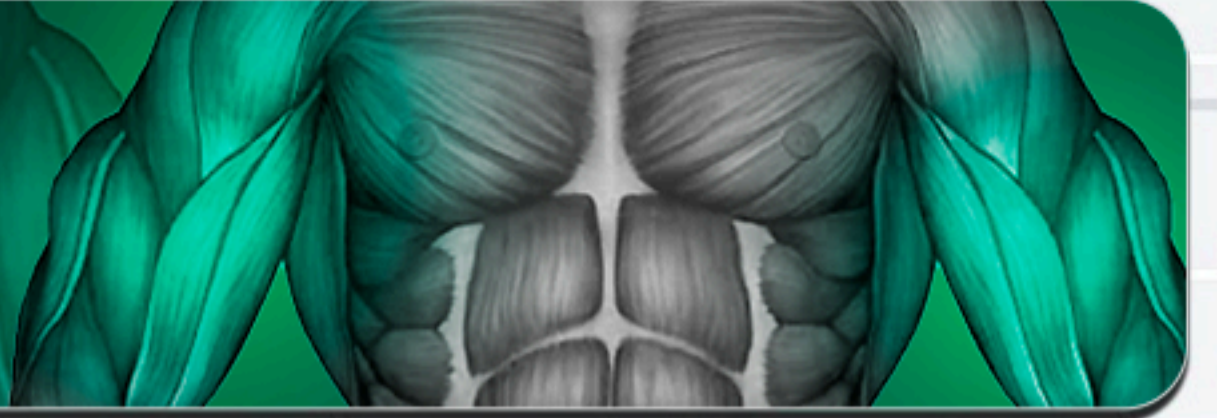


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Flexiva

BÍCEPS

Without machines



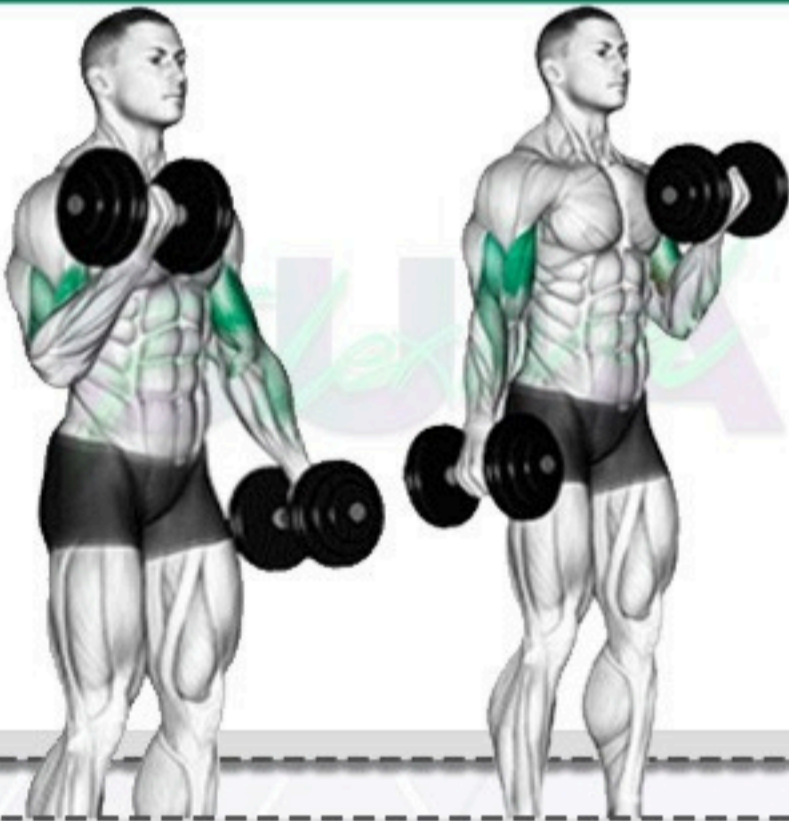
ZOTTMAN SITTING CURLS



CURL WAITER



DUMBBELL CURL



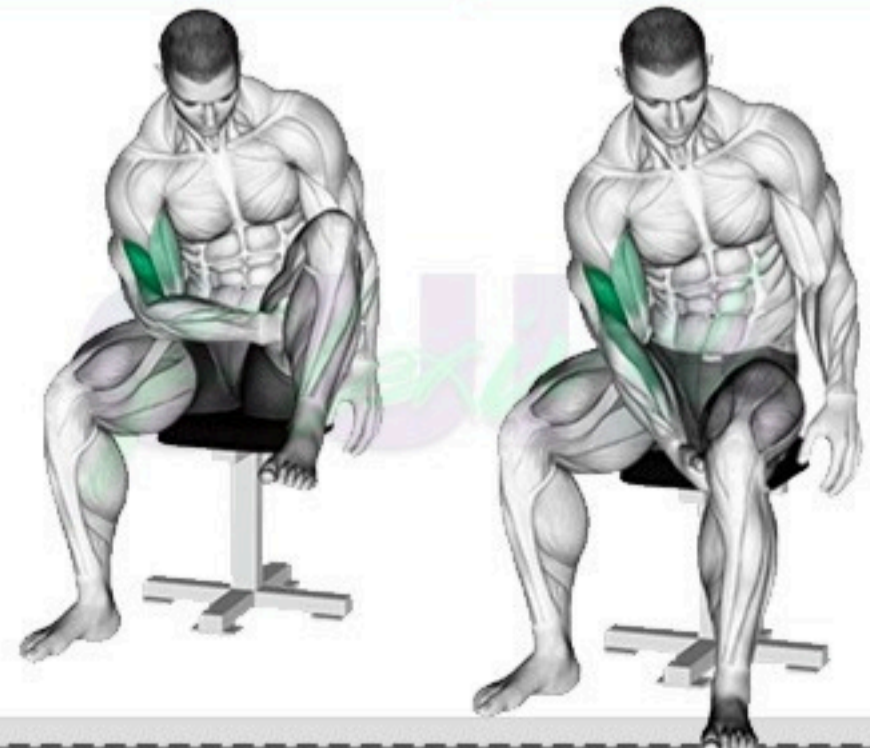
CONCENTRATION CURL



HAMMER WAVE



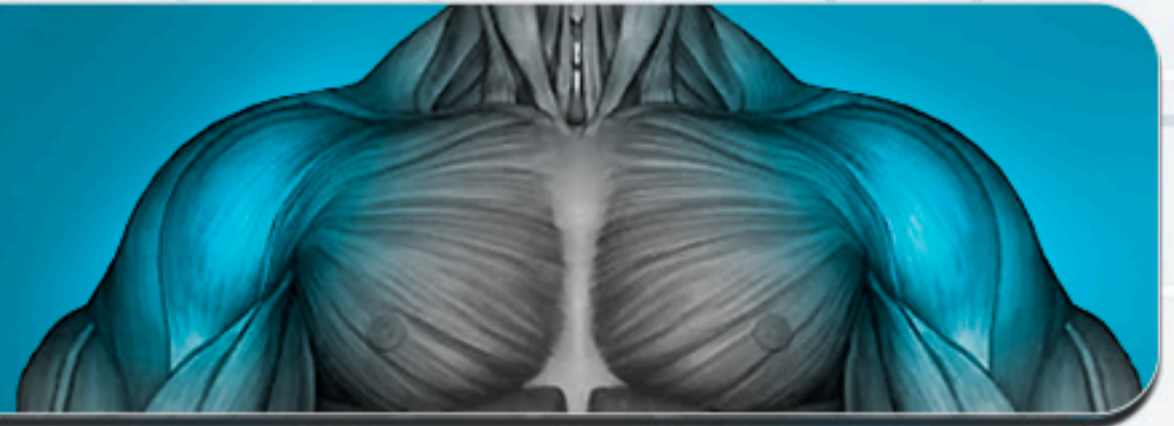
BICEPS LEG CONCENTRATION CURL



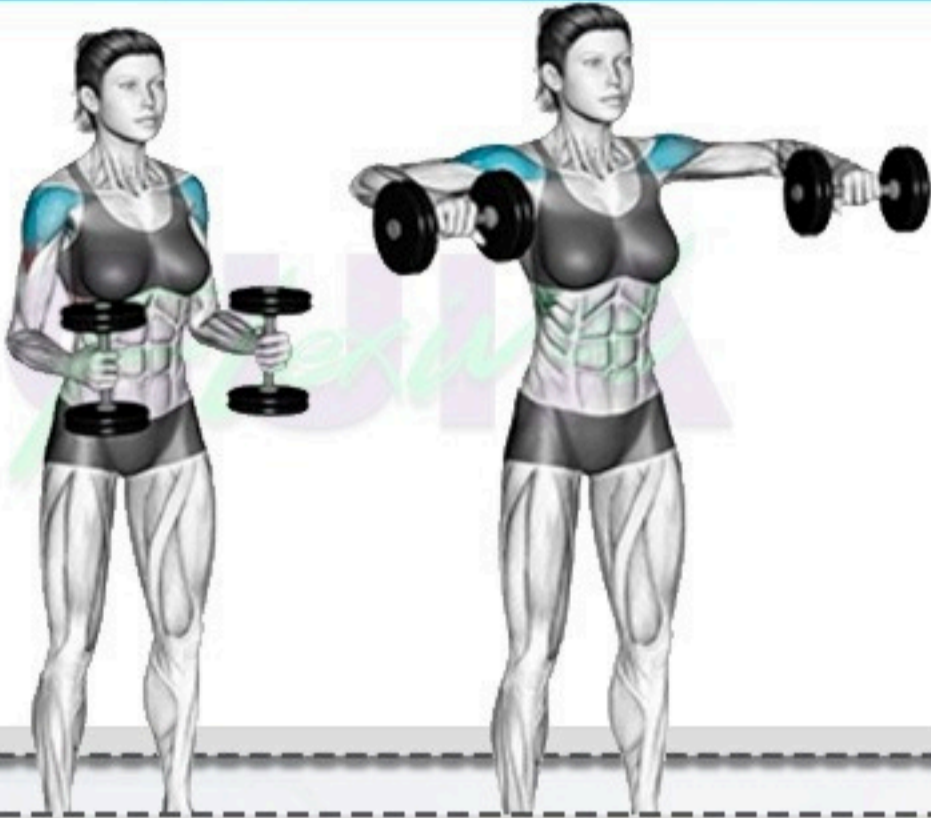
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SHOULDER

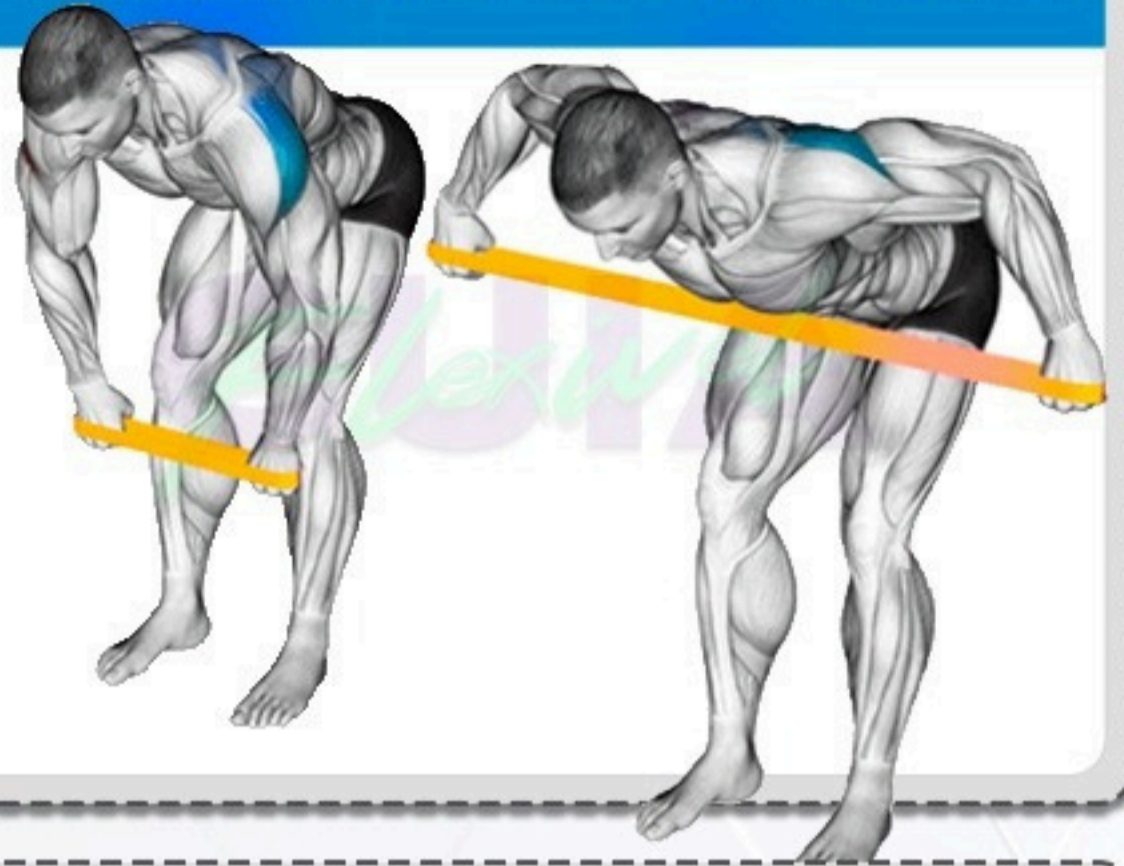
Without machines



LATERAL RAISING OF THE BENT ARM



FOLDED OVER THE FLY



BAND SEPARATION



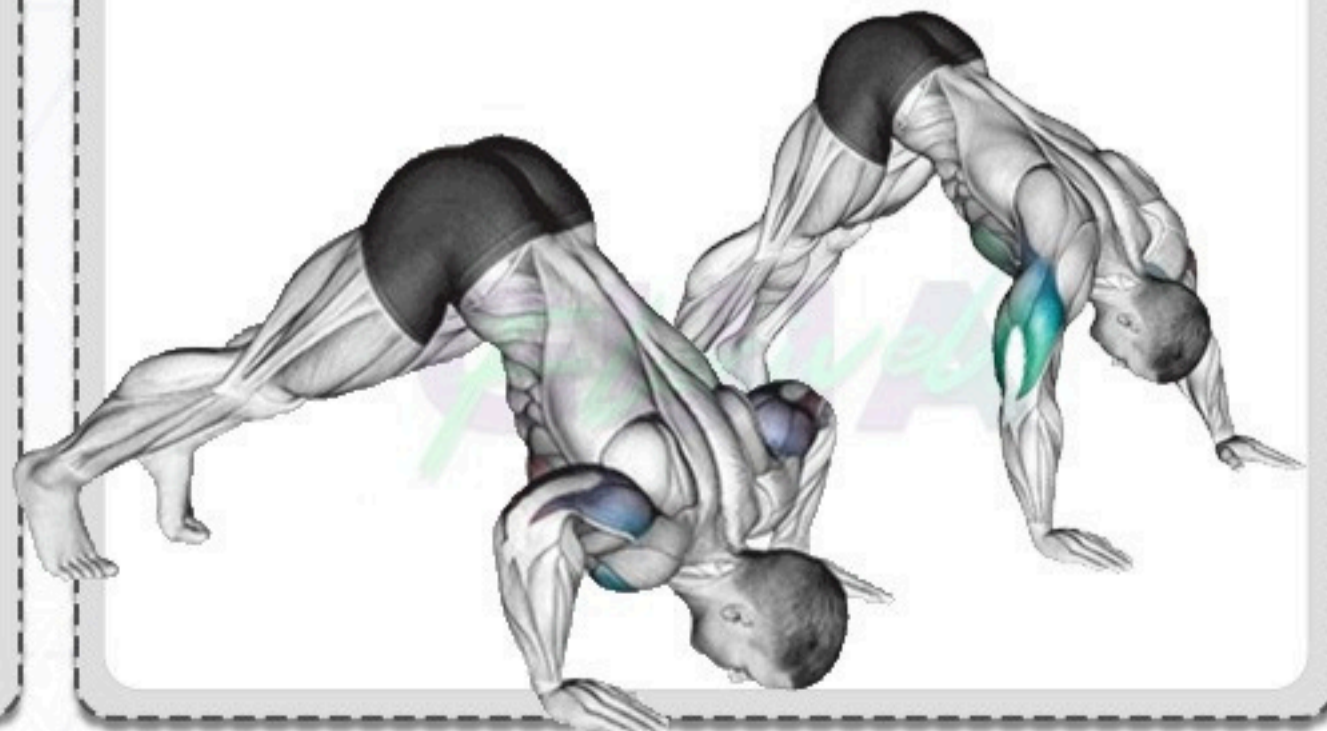
REVERSE BENT-OVER BAR RAISE



RESISTANCE BAND SEATED SHOULDER PRESS



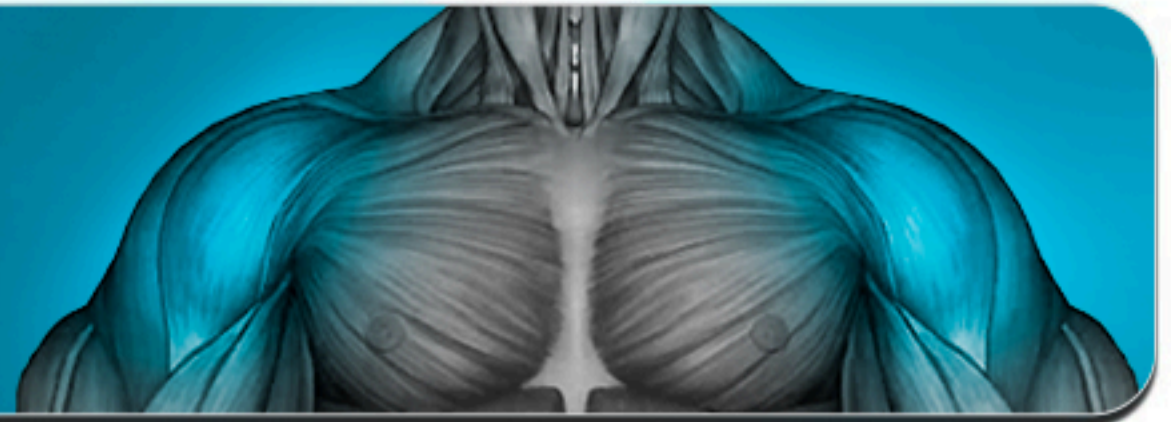
PIKE FLEXION



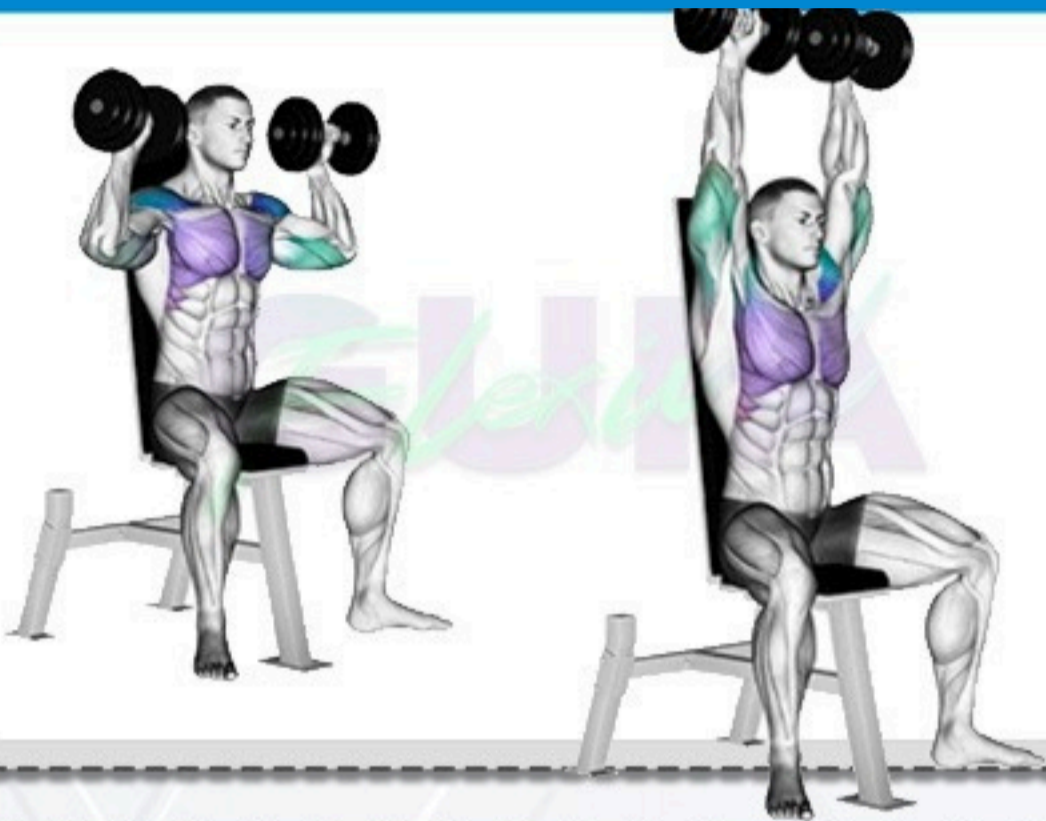
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SHOULDER

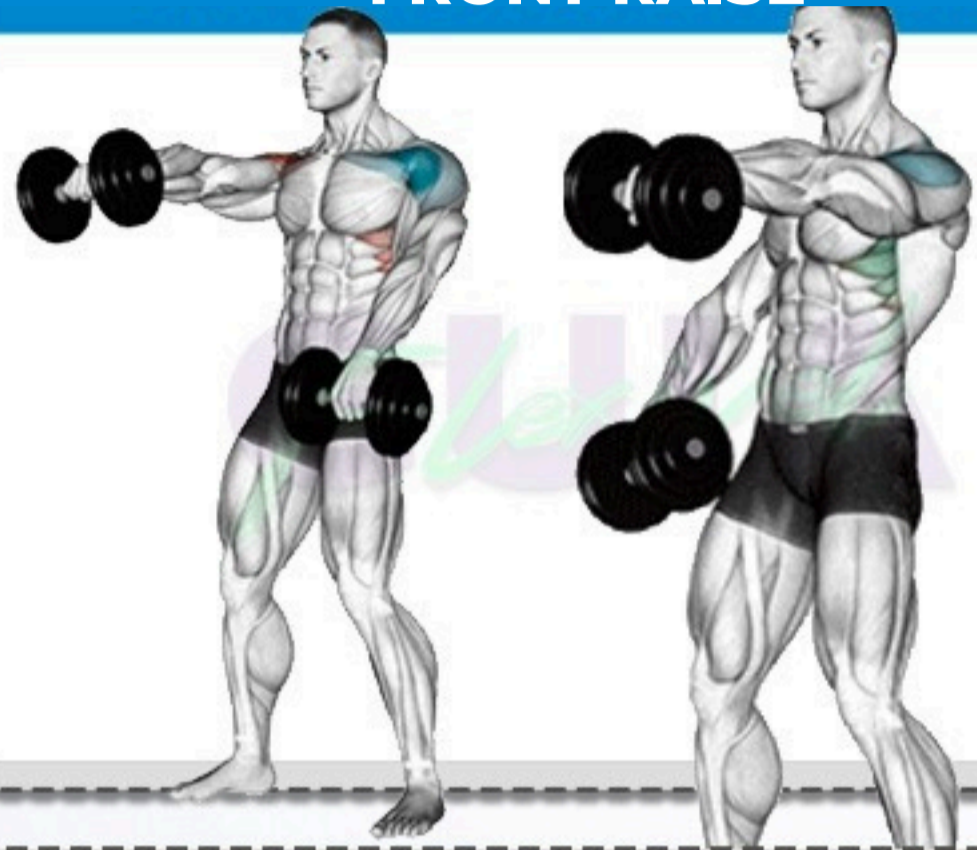
Without machines



DUMBBELL SHOULDER PRESS



ALTERNATING DUMBBELL FRONT RAISE



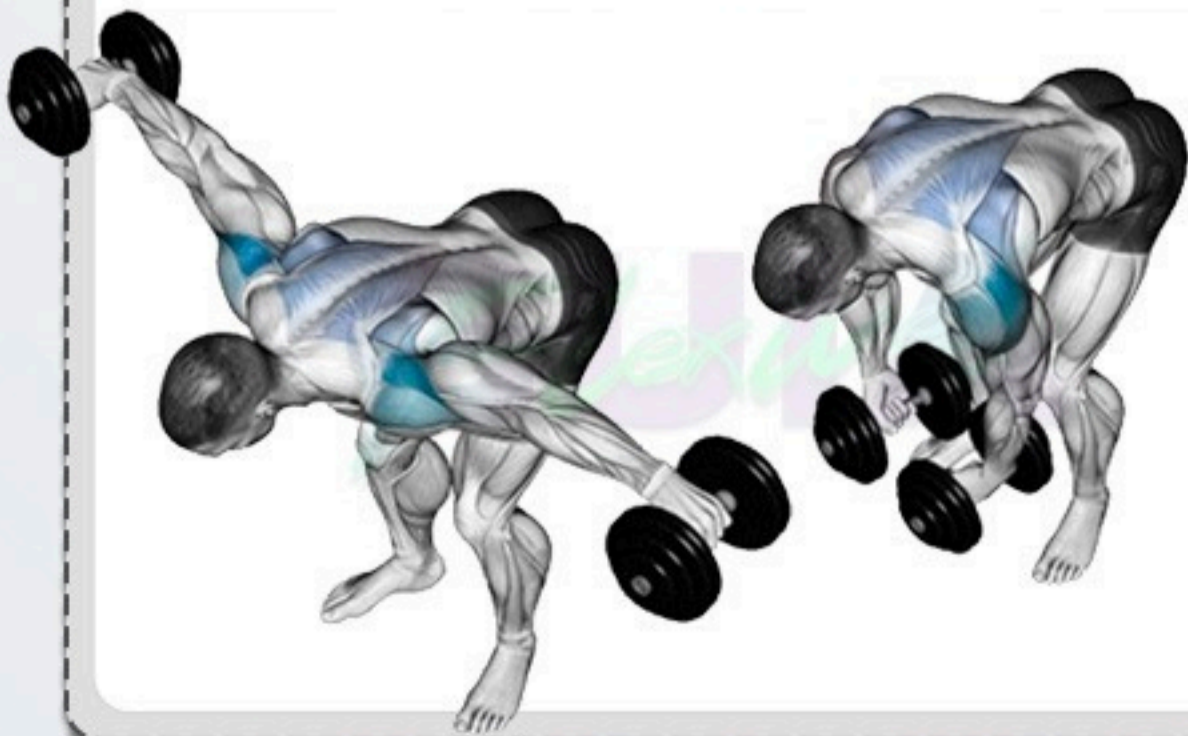
DUMBBELL FRONT RAISE



SEATED DUMBBELL REAR LATERAL RAISE



CURVED SIDE ELEVATION



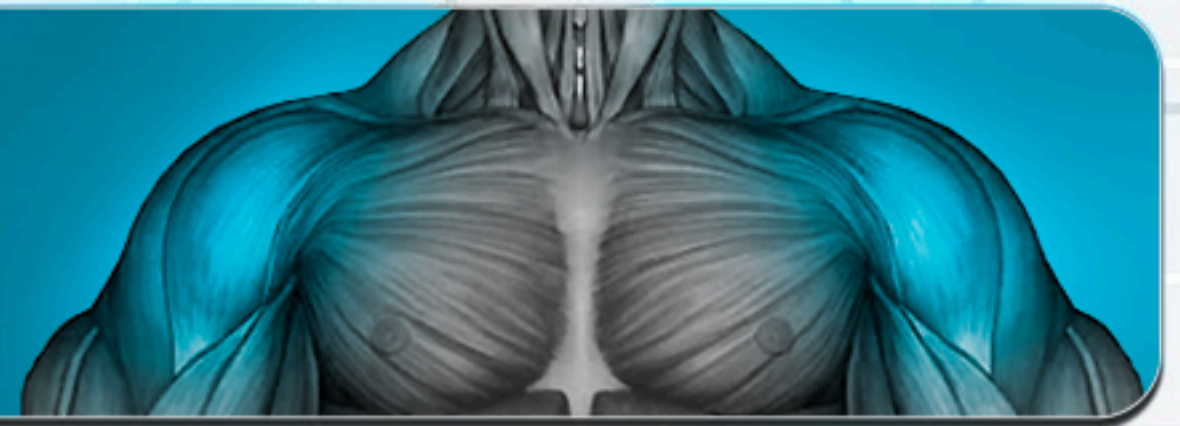
DUMBBELL UPRIGHT ROW



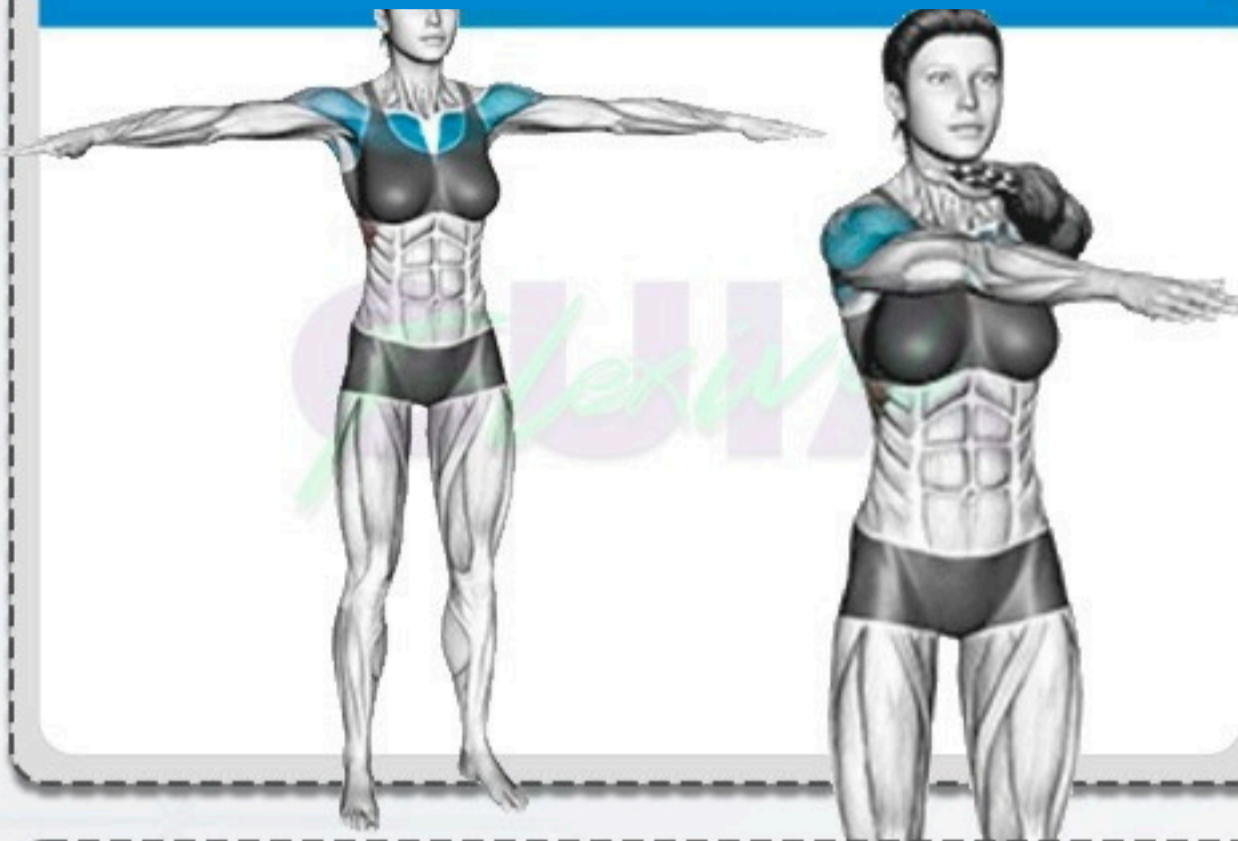
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SHOULDER

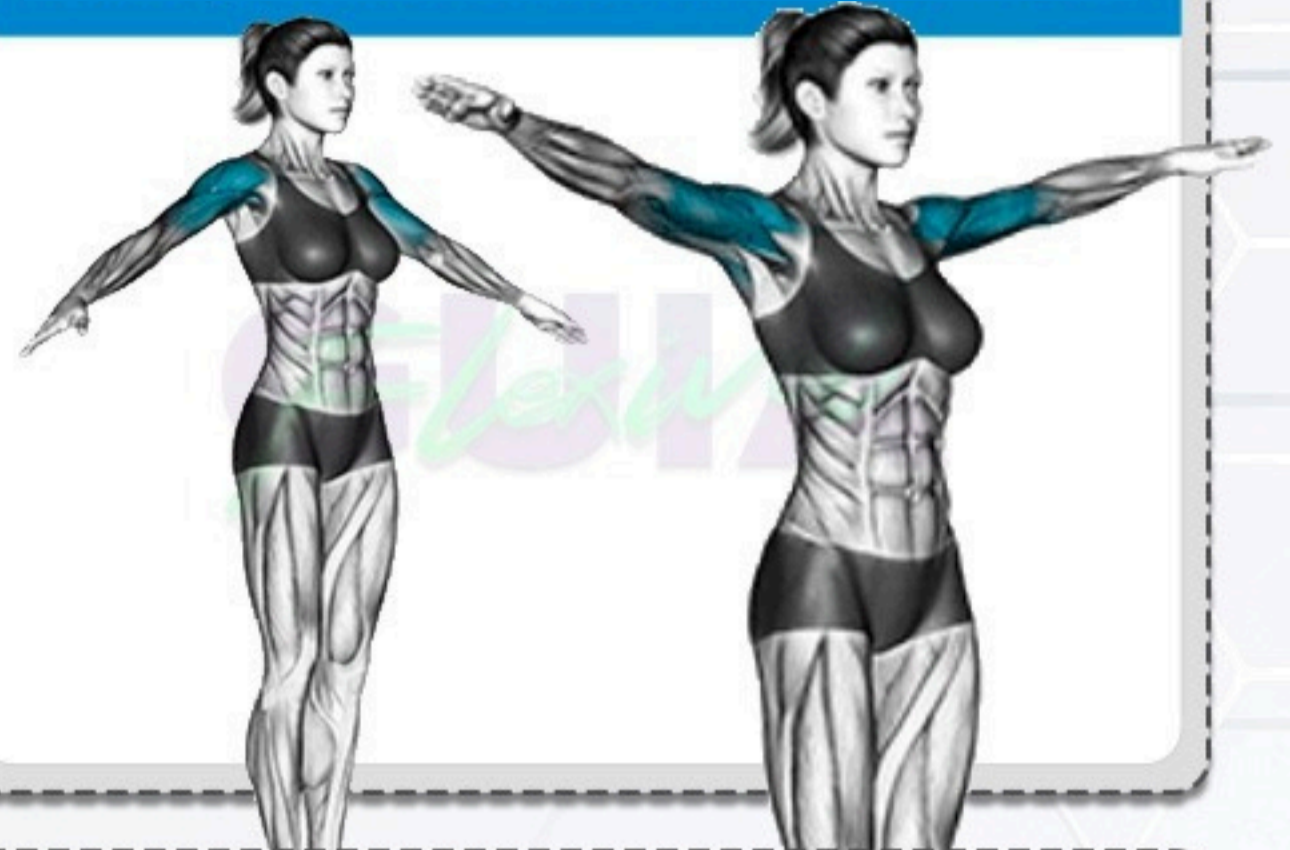
Without machines



ARM SCISSORS



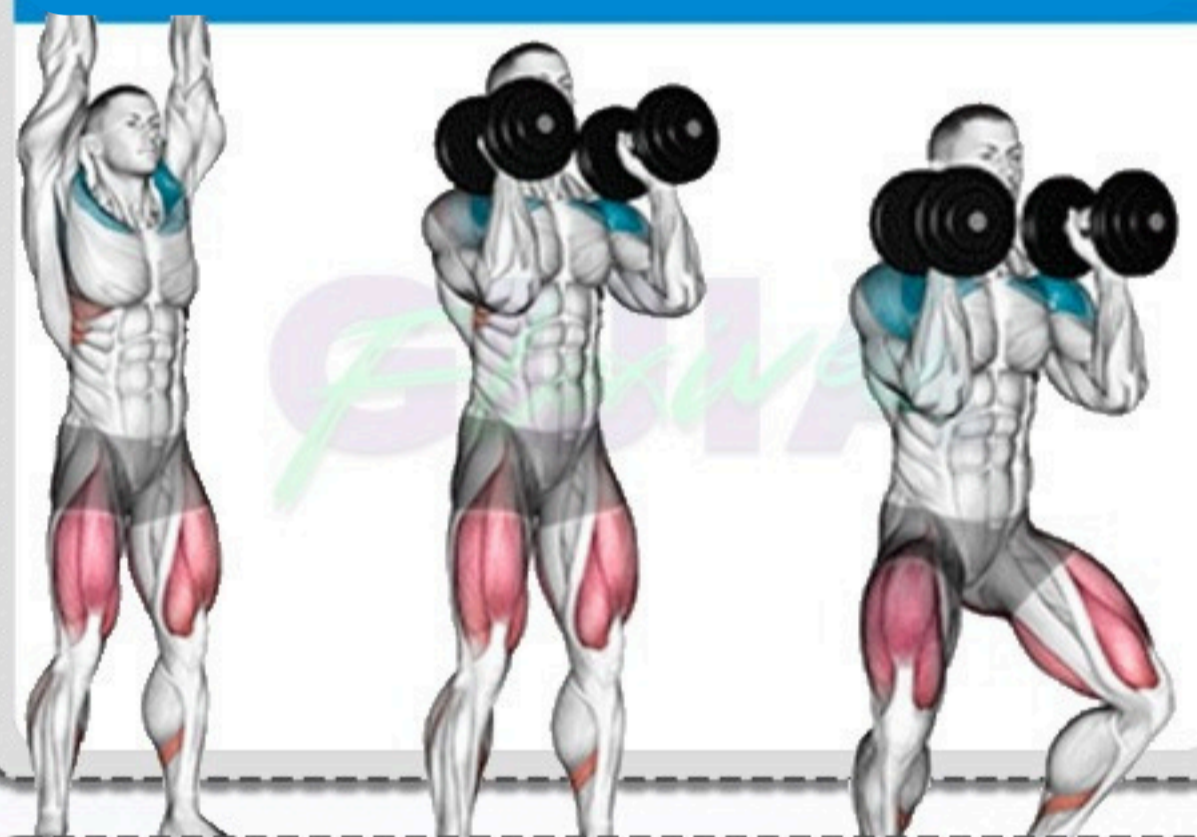
SIDE ARMS RAISE



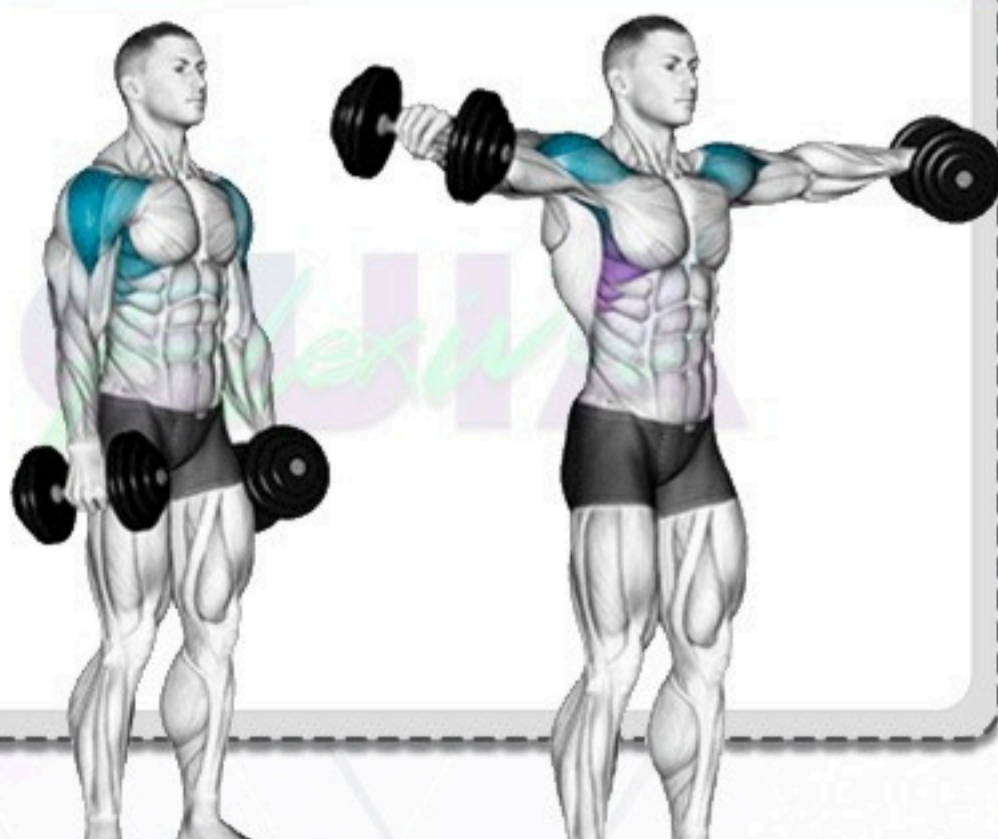
SHOULDER PRESS



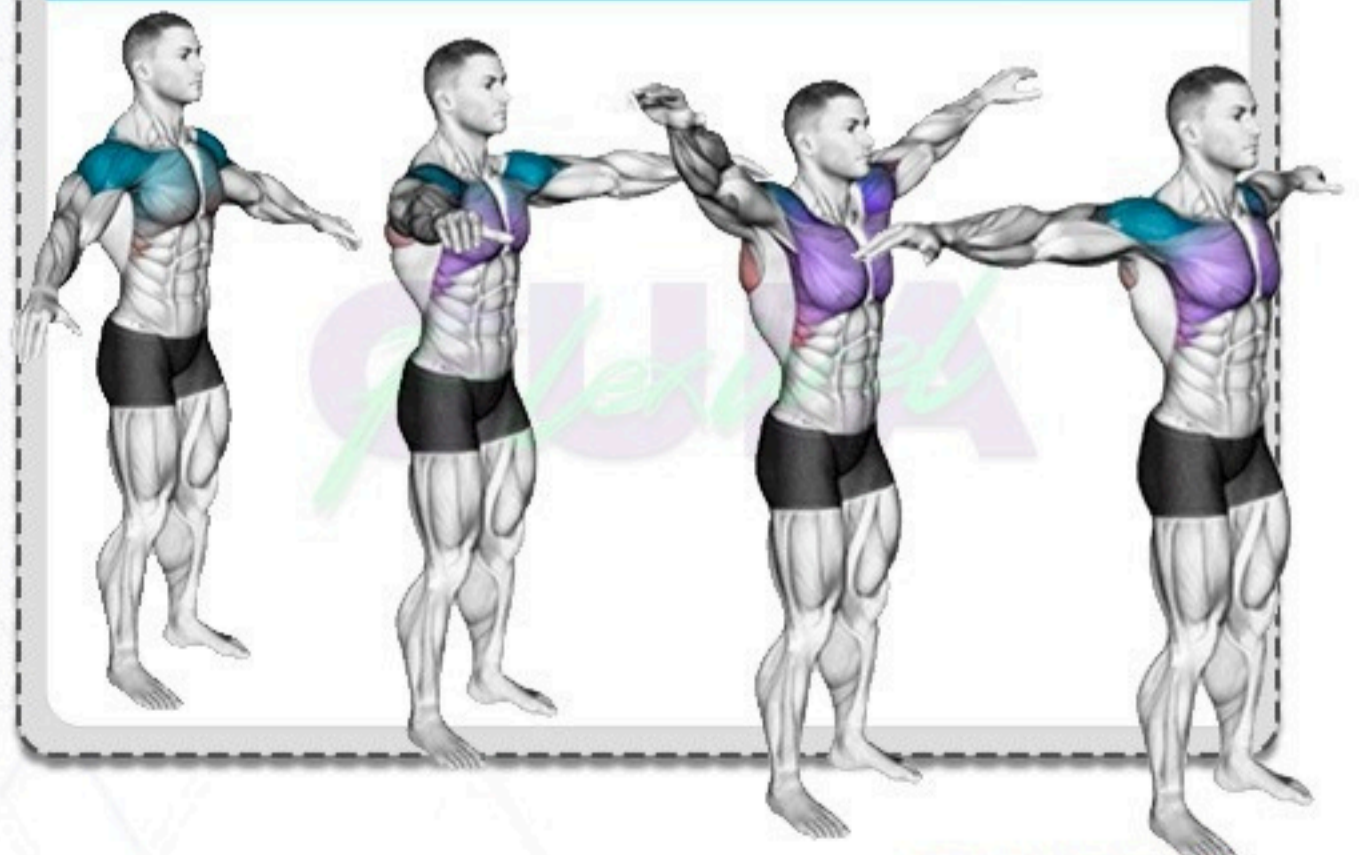
DUMBBELL PRESS



SIDE ELEVATION



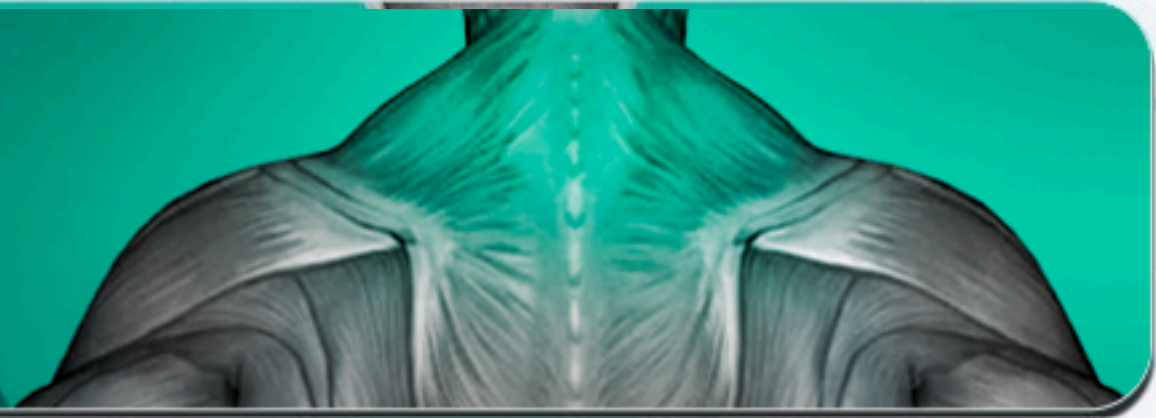
ARM CIRCLE



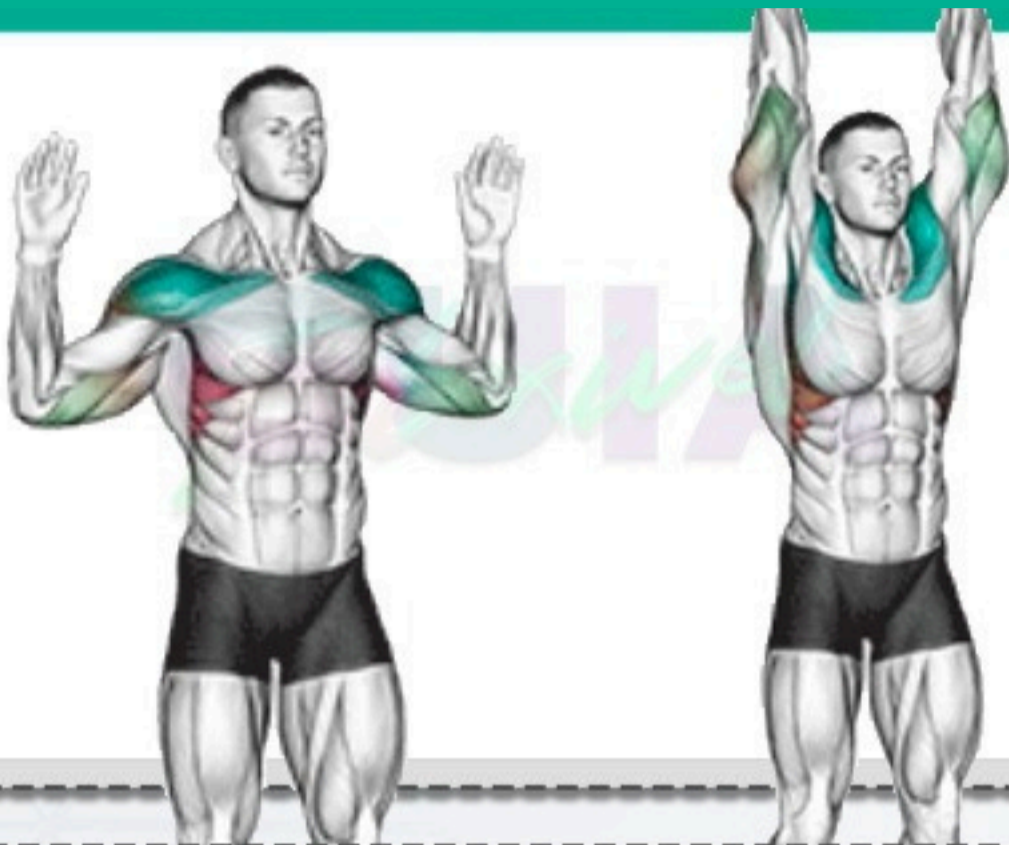
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TRAPEZOID

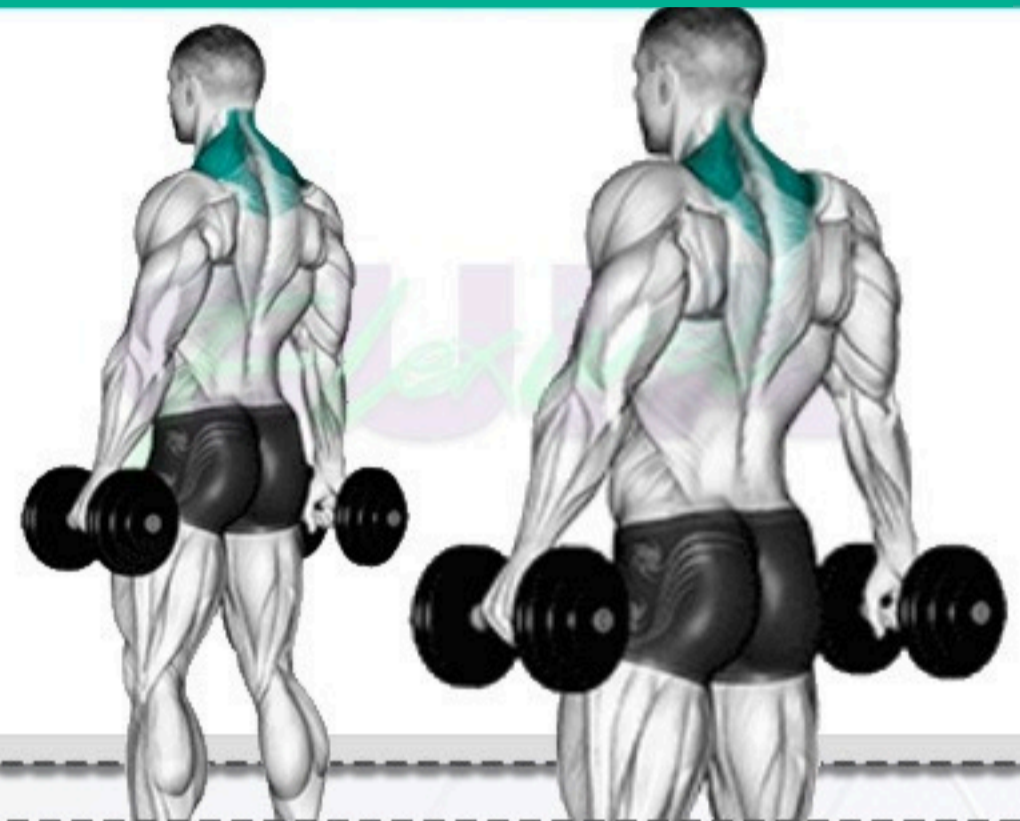
Without machines



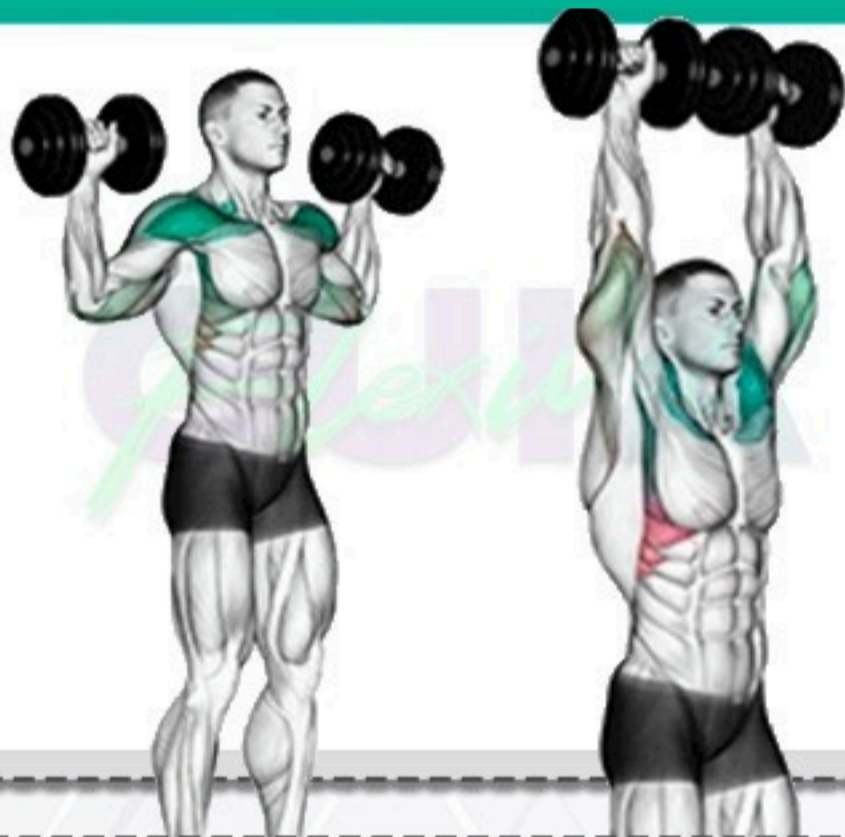
BODYWEIGHT MILITARY PRESS



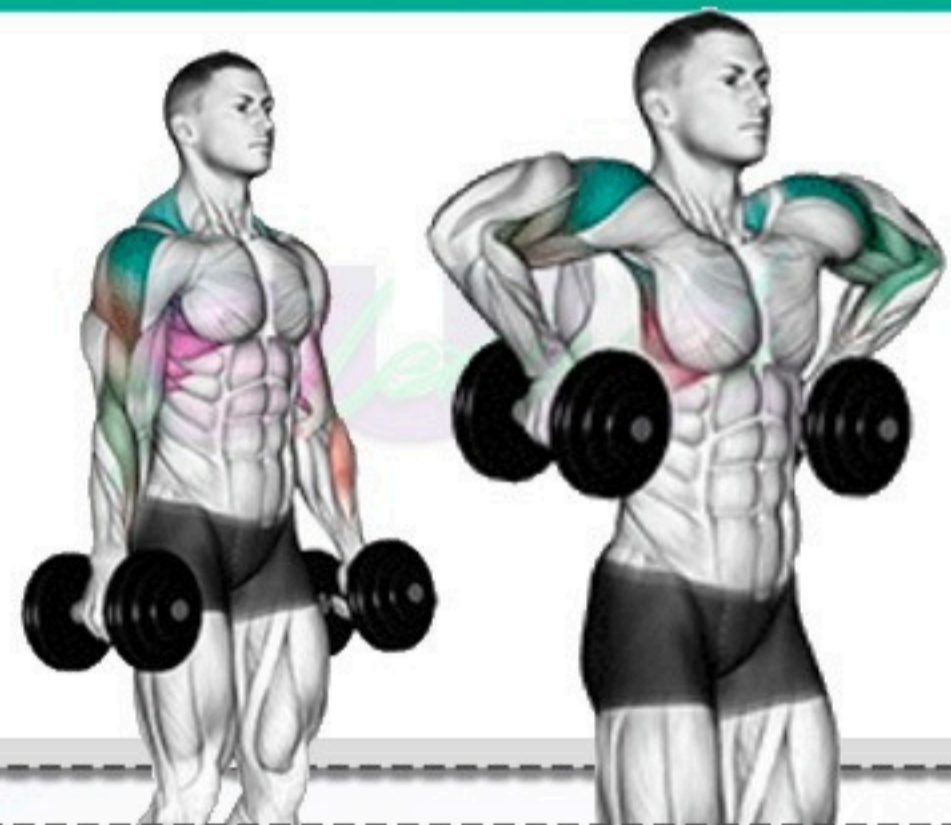
DUMBBELL SHRUG



SHOULDER PRESS



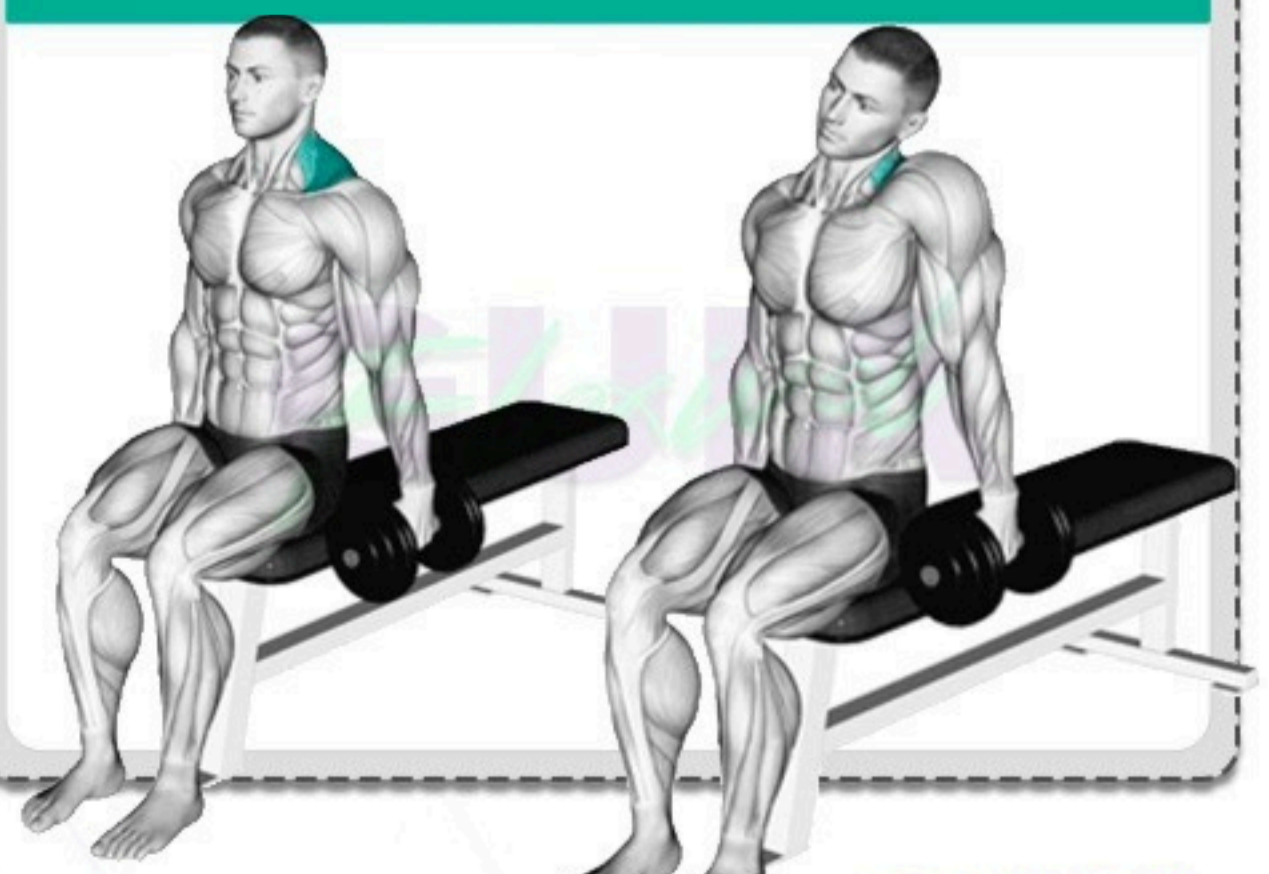
DUMBBELL RAISES



SCAPULA DIPS



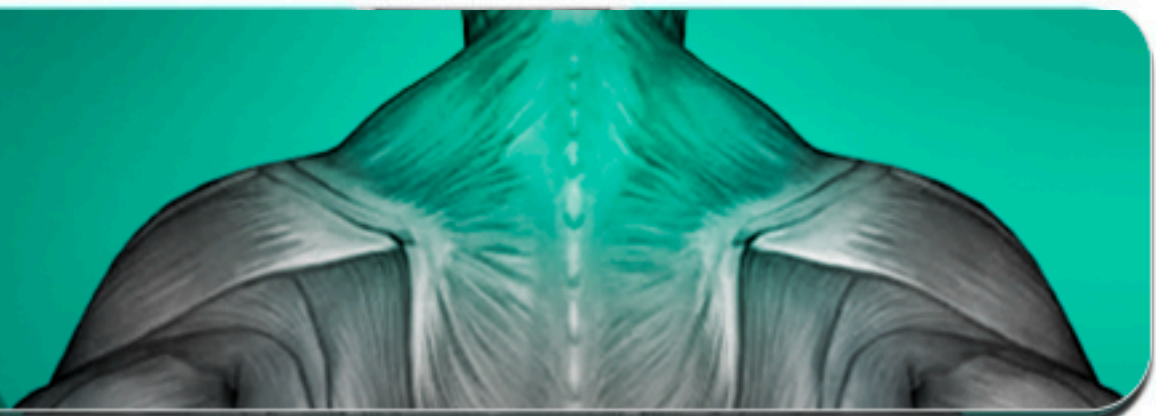
GITTLESON SHRUGGED



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TRAPEZOID

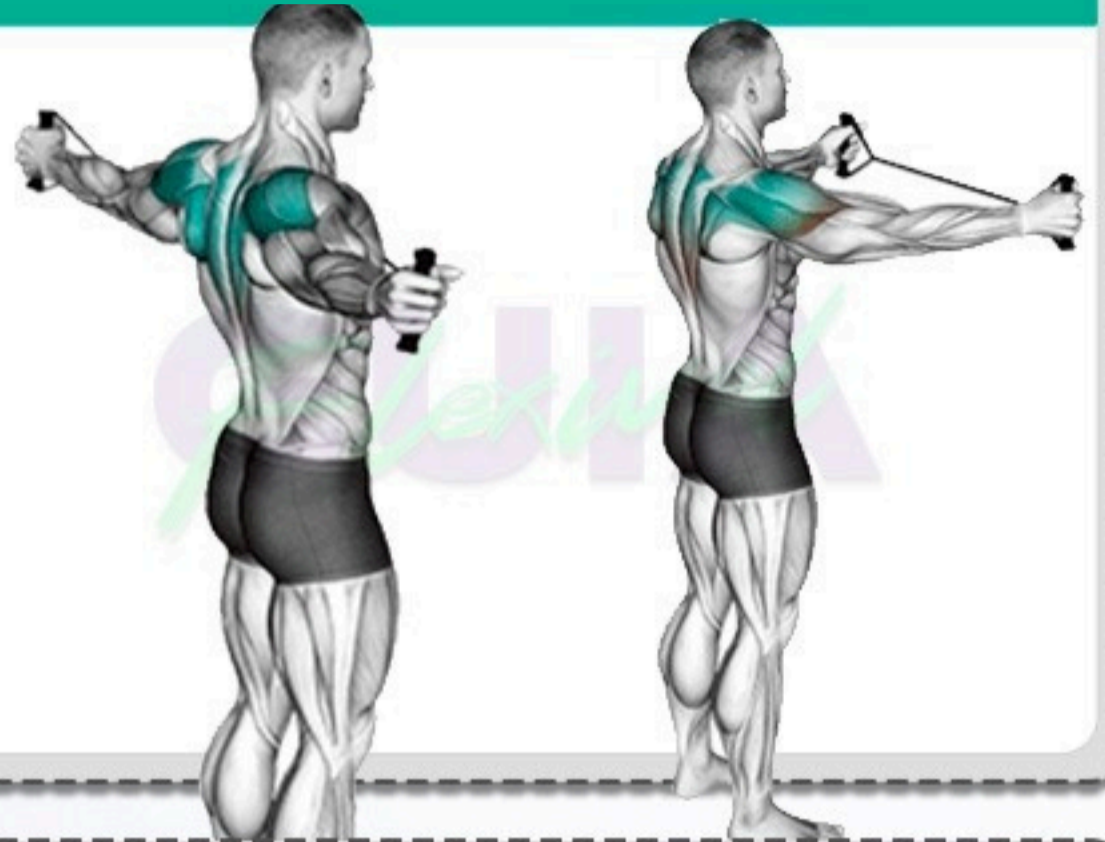
Without machines



DUMBBELL SHOULDER PRESS



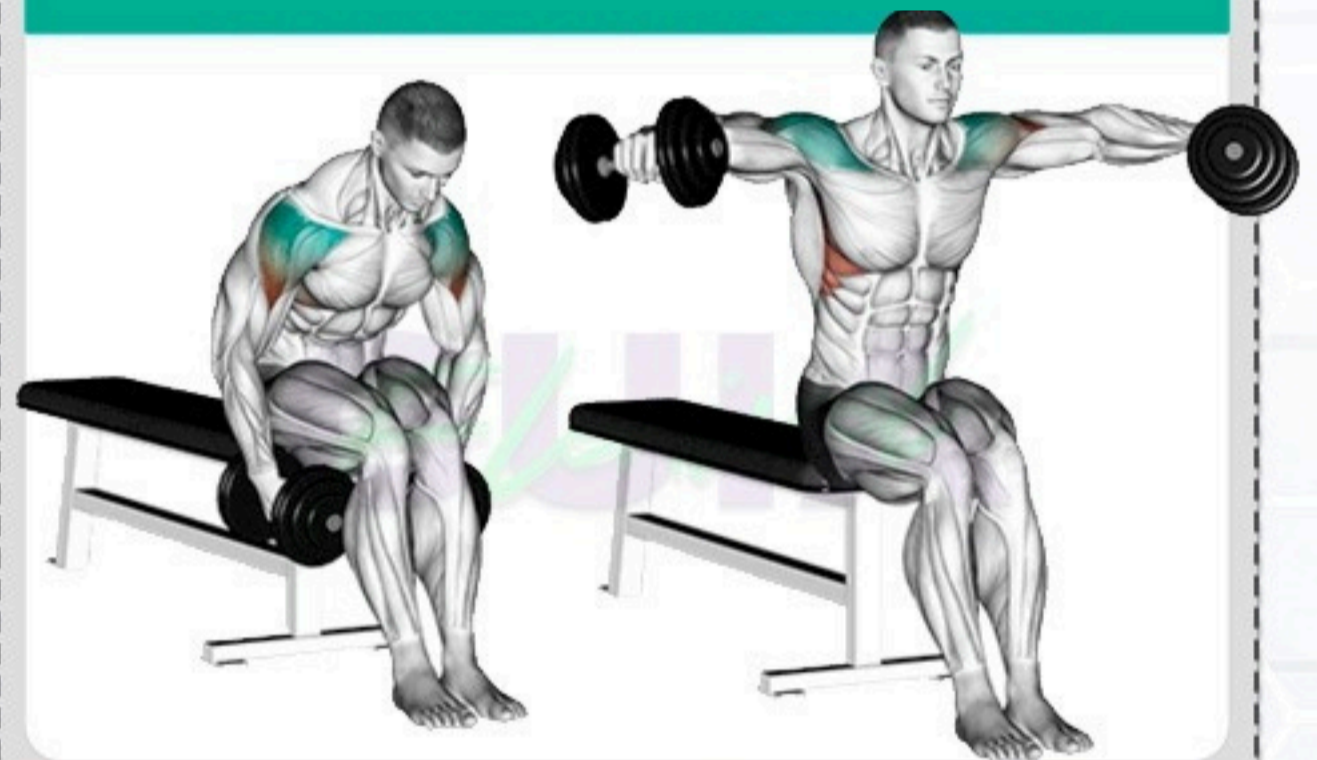
BAND BREAKUP



DUMBBELL FRONT RAISE



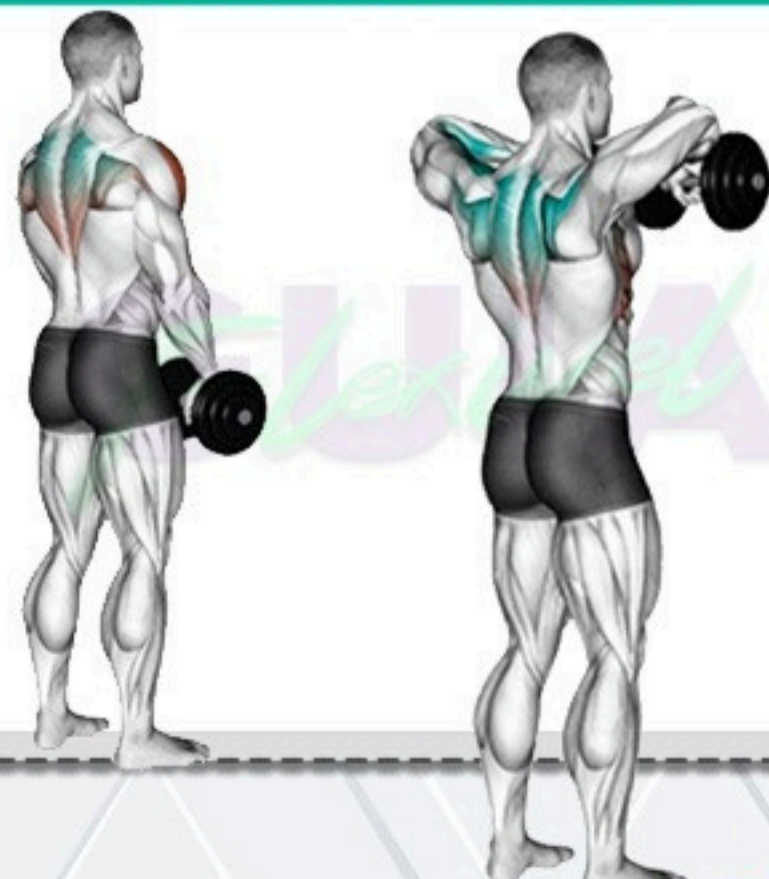
SEATED DUMBBELL REAR LATERAL RAISE



BENT OVER LATERAL RAISE



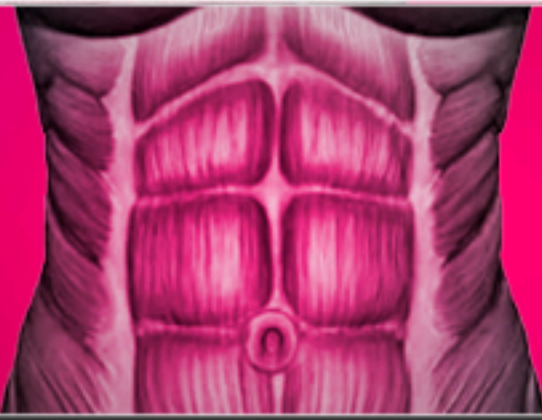
SEATED DUMBBELL REAR LATERAL RAISE



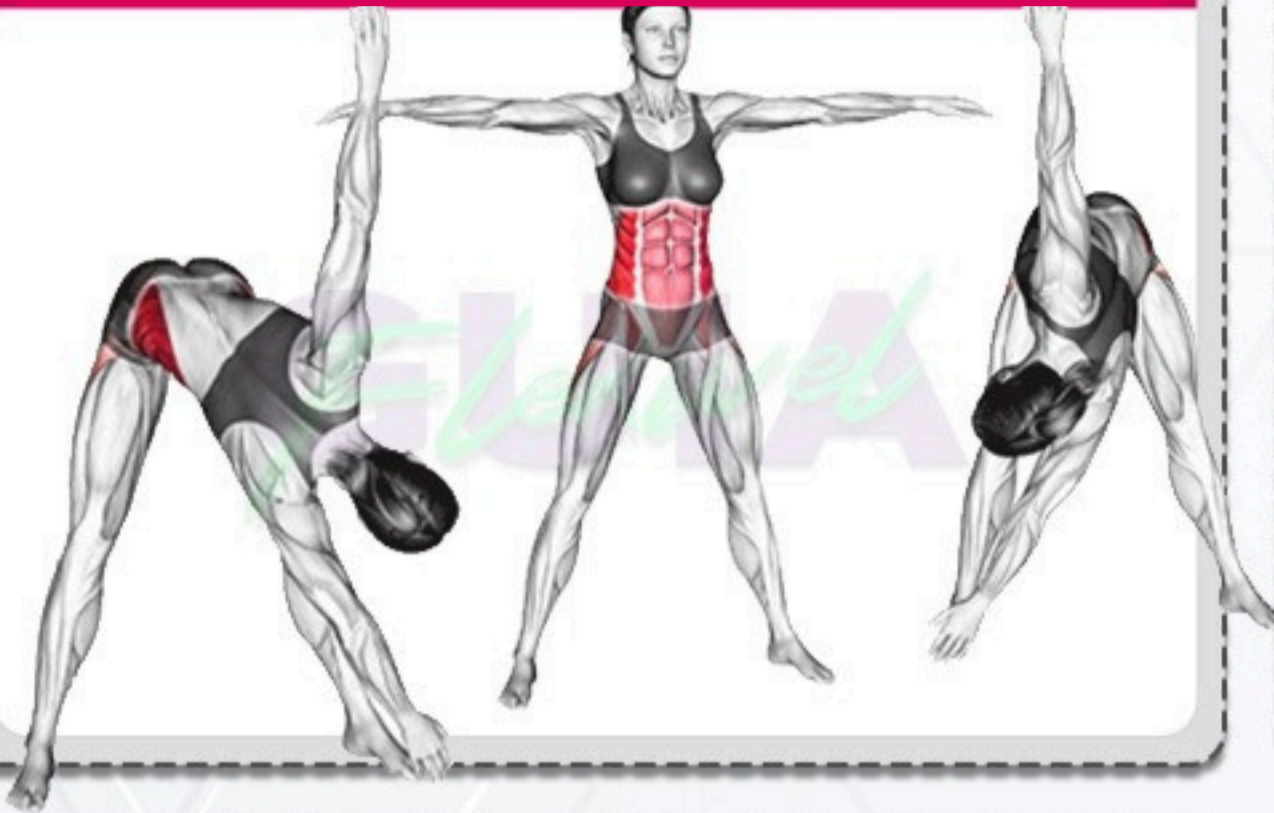
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ABDOMINAL

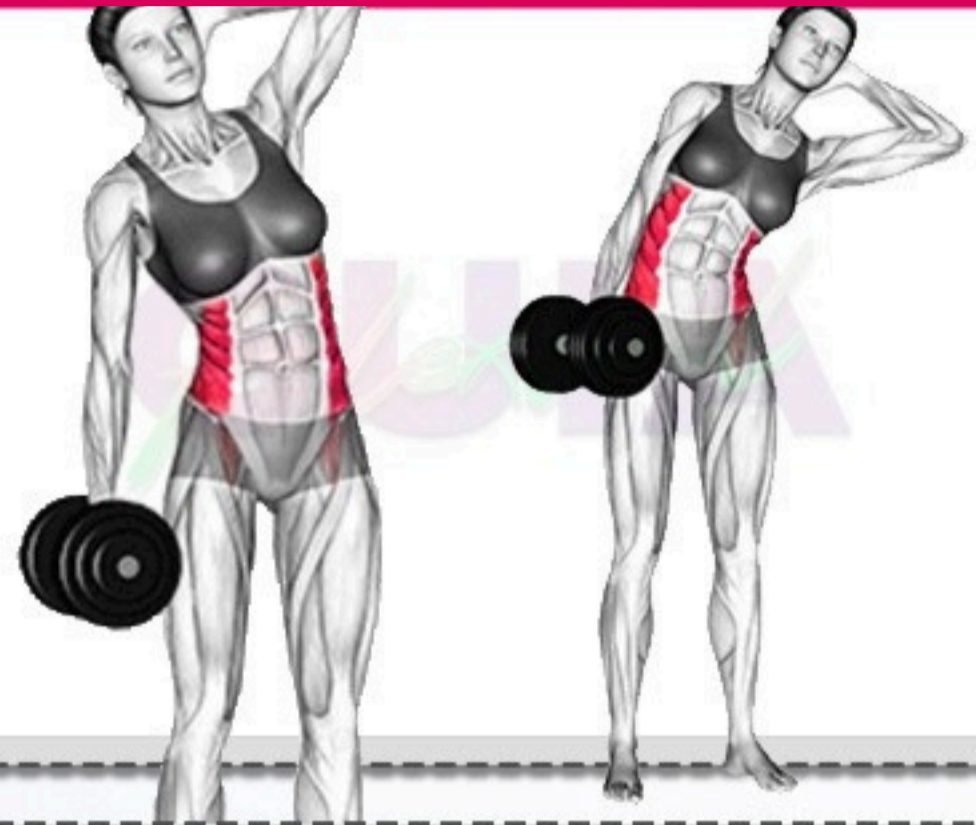
Without machines



BODY WEIGHT WINDMILL



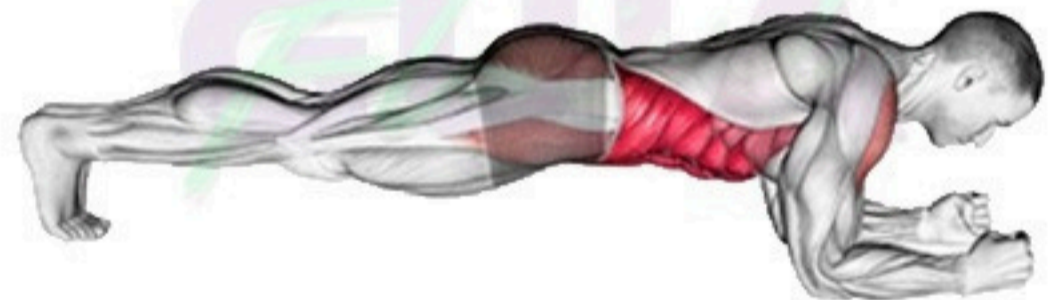
DUMBBELL SIDE BEND



AB WHEEL LAUNCH



BOARD



LEG SCISSORS



BICYCLE TWISTING CRUNCH

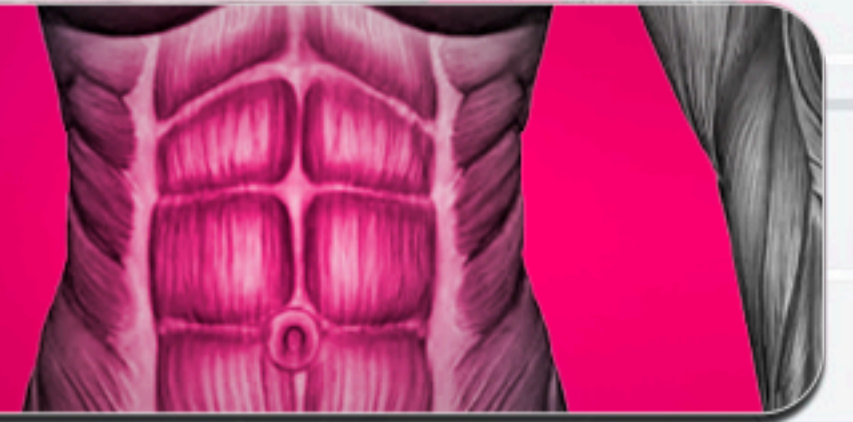


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FLORIVAL

ABDOMINAL

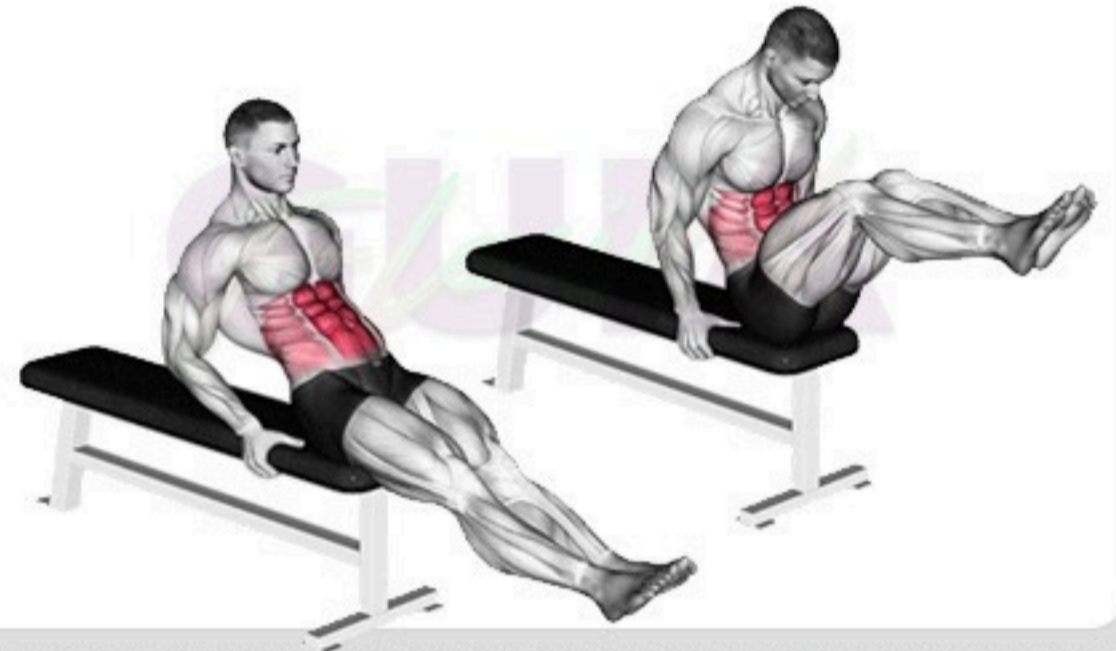
Without machines



CROSS CRUNCH



PULL THE LEG OF THE BENCH WHILE SITTING



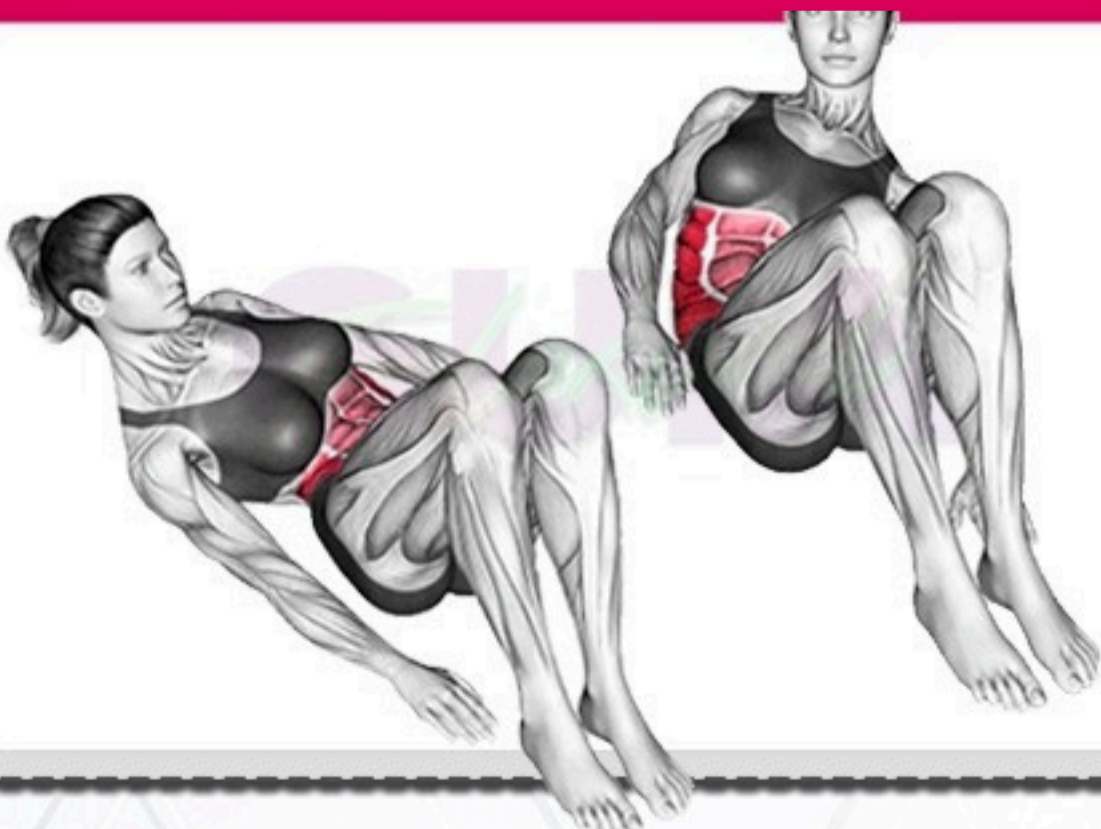
CRUSHING



CRUSHING



HEEL TOUCH



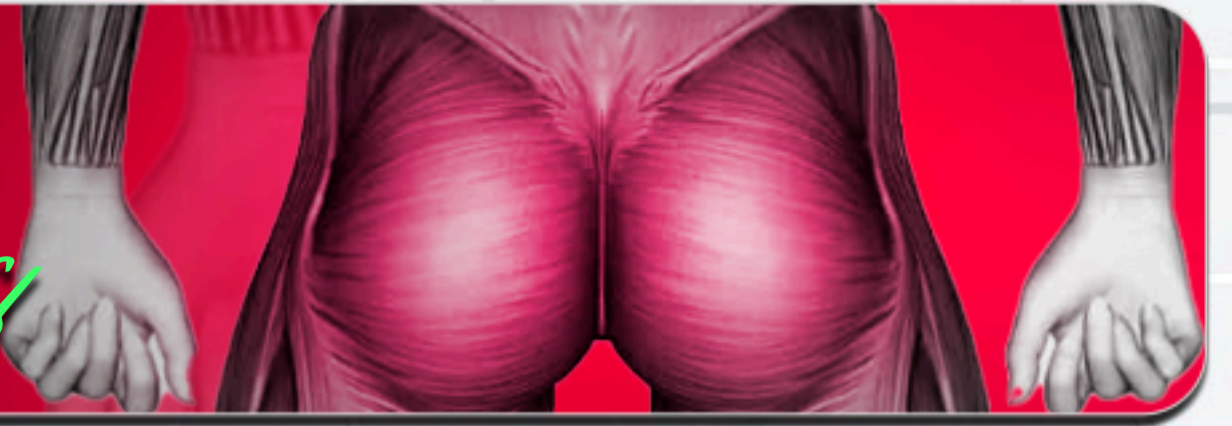
CRUNCH WITH LEG RAISE



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GLUTES

Without machines



ONE LEG KICK



STIFF LEG DEADLIFT



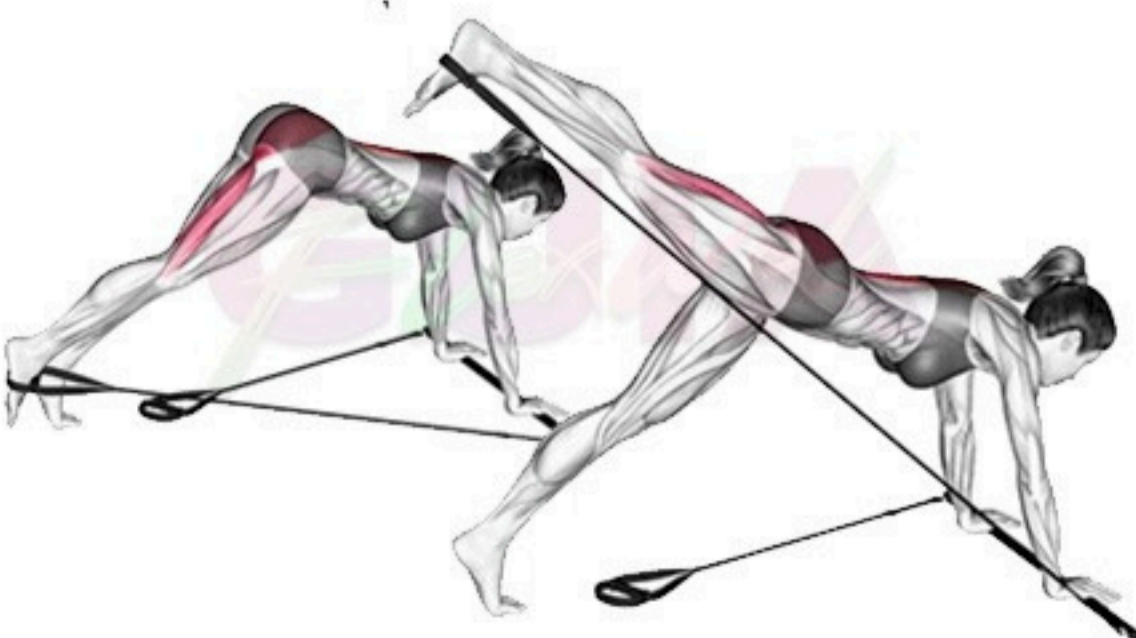
PULL WITH BANDS



GYMSTICK SWING



**REVERSE
HYPEREXTENSION**



SPLIT SQUAT



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GLUTES

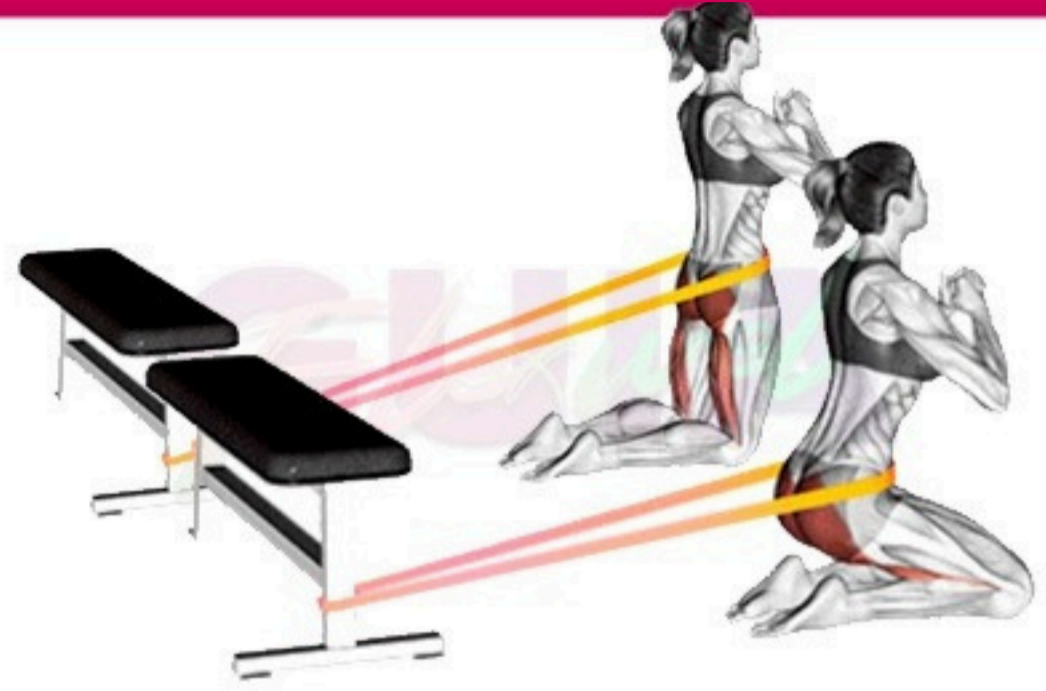
Without machines



HIP THRUST



HIP THRUSTS TO THE KNEES



BAND SQUAT



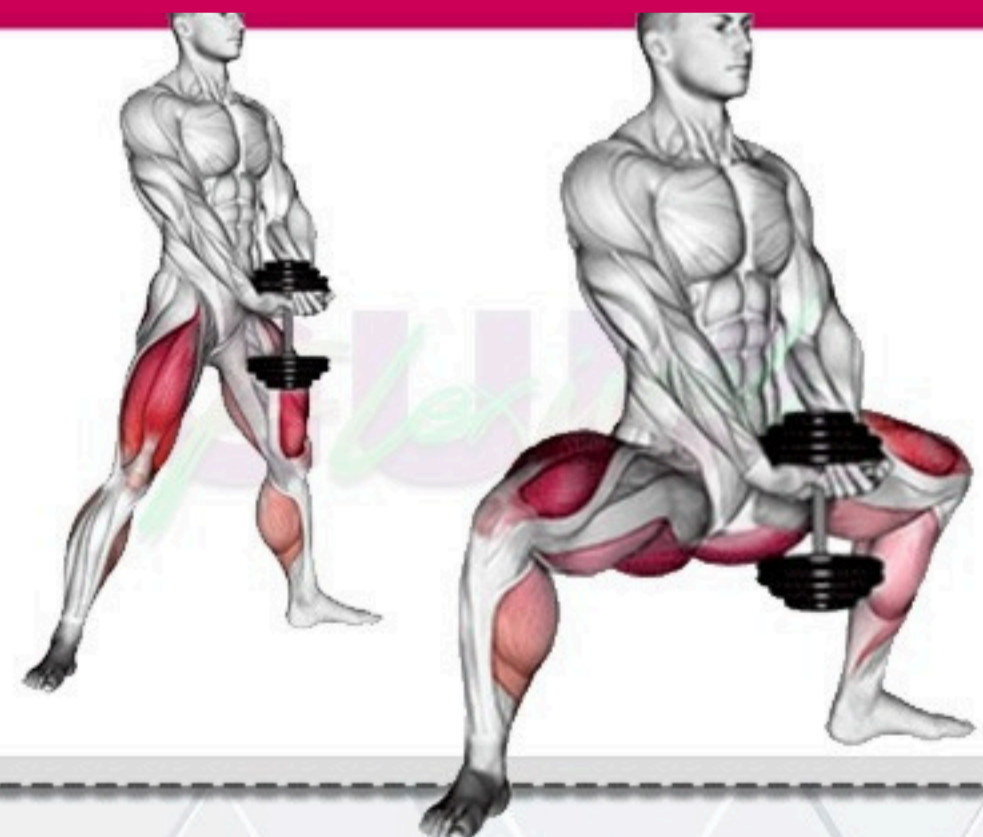
BENT LEG KICK



GLUTE BRIDGE



PLIE SQUAT



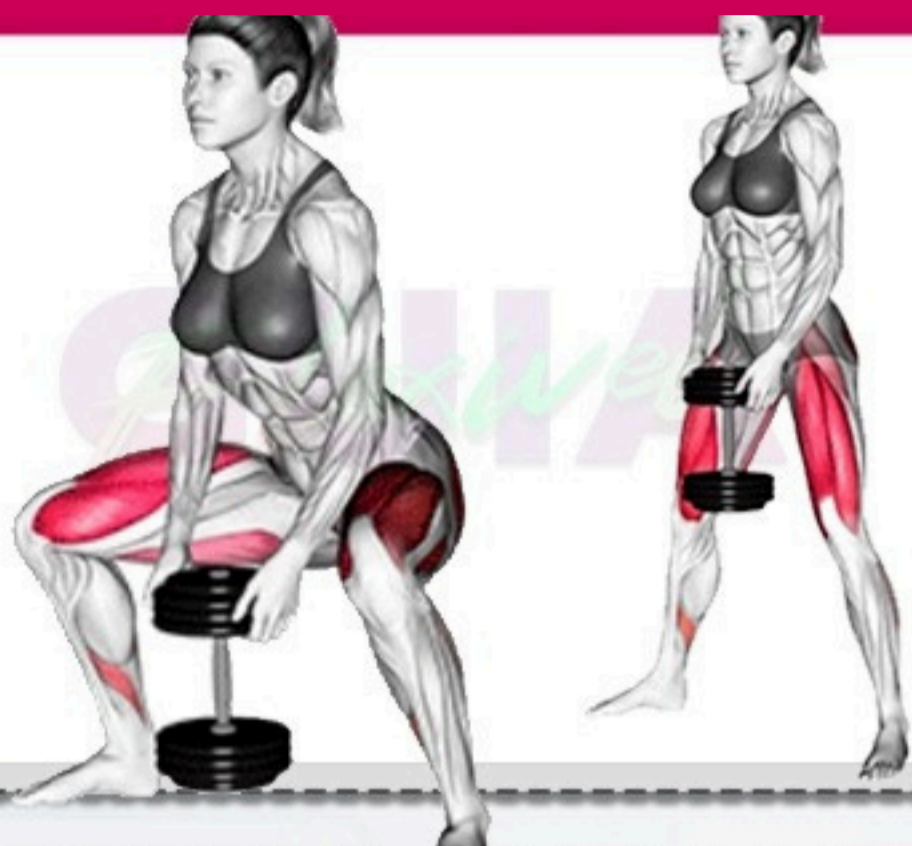
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GLUTES

Without machines



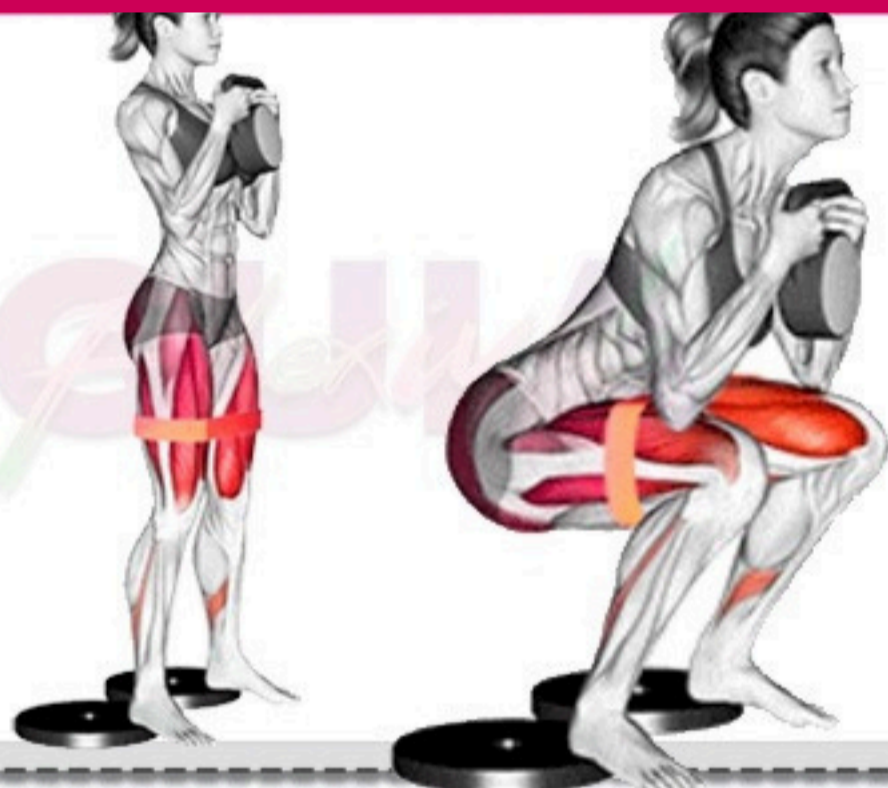
SUMO SQUAT



HIP EXTENSION



KETTLEBELL GOBLET SQUAT WITH BANDS



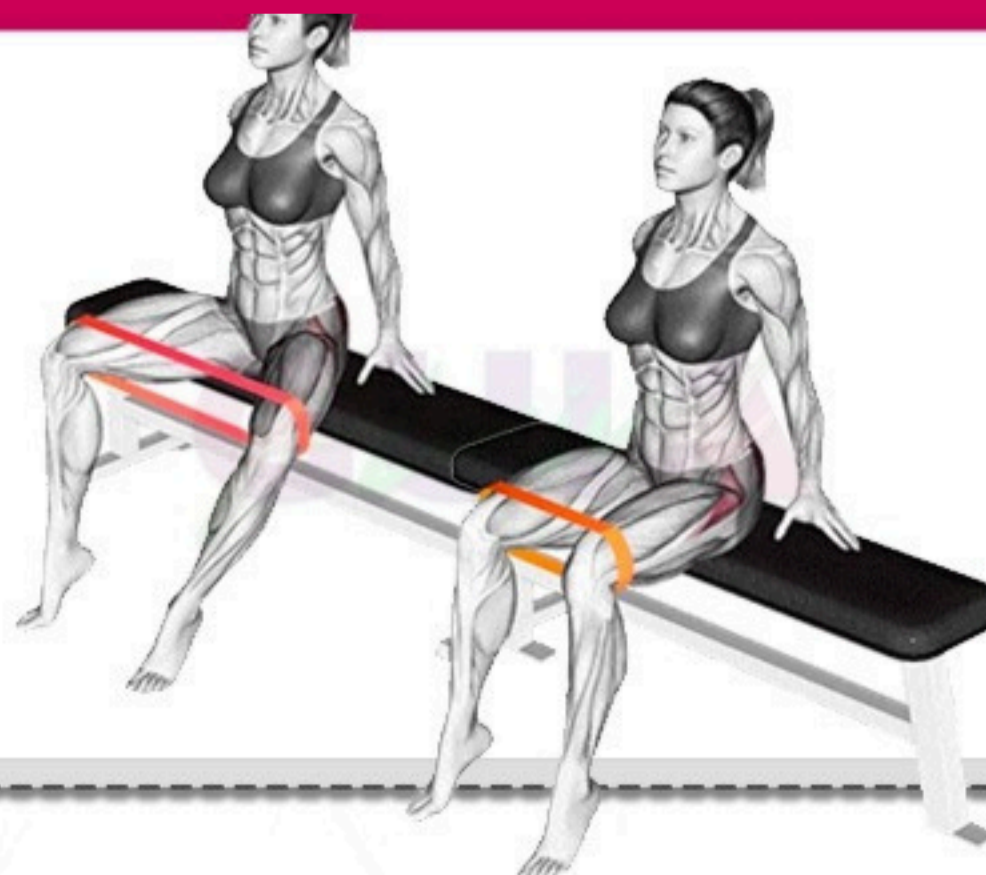
FROG BOMB



BANDED THIGH FLY



HIP ABDUCTION



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LEGS

Without machines



SUMO SQUAT



REAR THRUST



SIDE LUNGE



REVERSE LUNGE



SQUAT JUMP



TOWEL LEG CURL



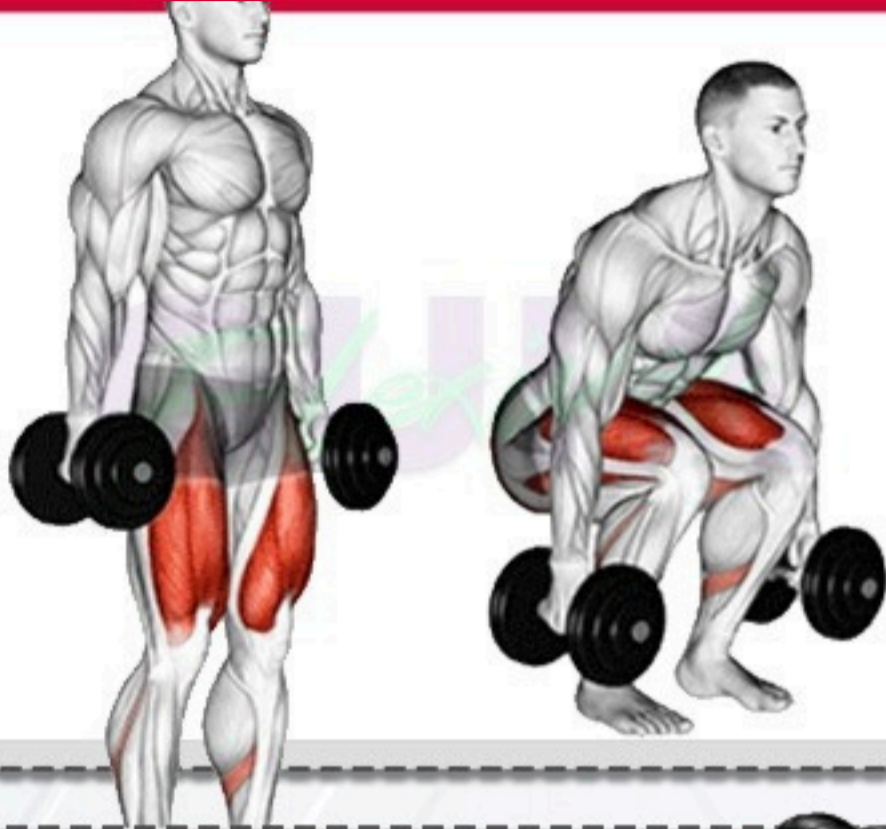
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LEGS

Without machines



DUMBBELL SQUAT



POWERFUL THRUST



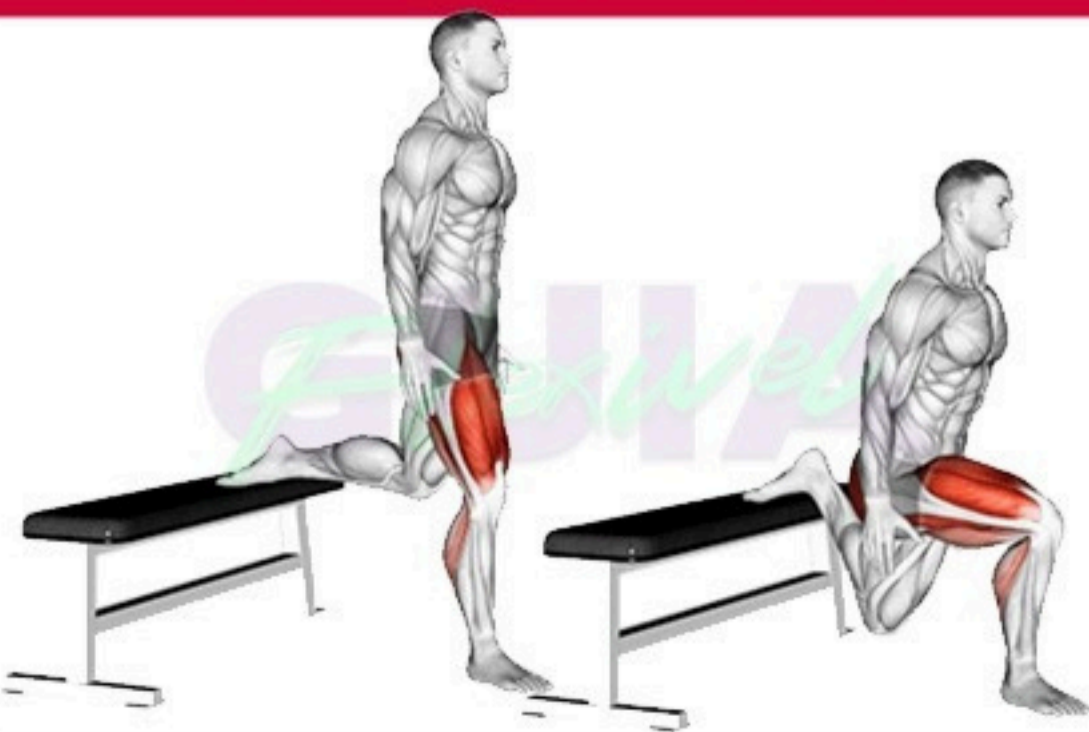
SUMO DEADLIFT



BODYWEIGHT LUNGE



BULGARIAN SPLIT



PLIE SQUAT



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Flexivel

LEGS

Without machines



GOBLET SQUAT



COSSACK SQUAT



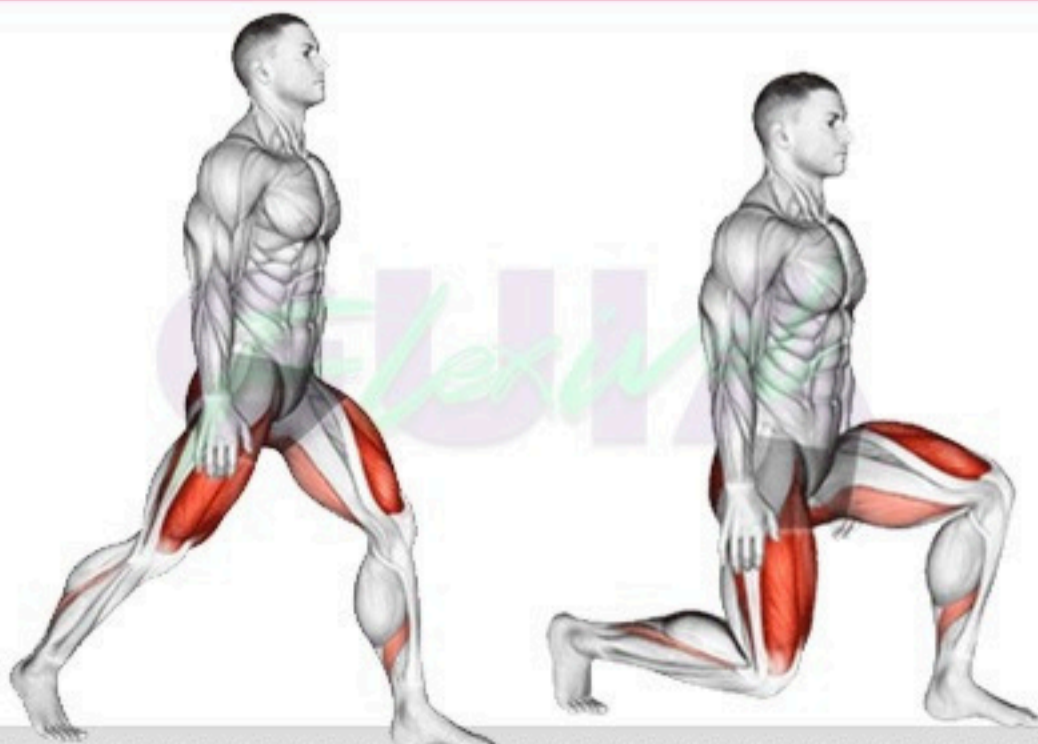
REVERSE LUNGE



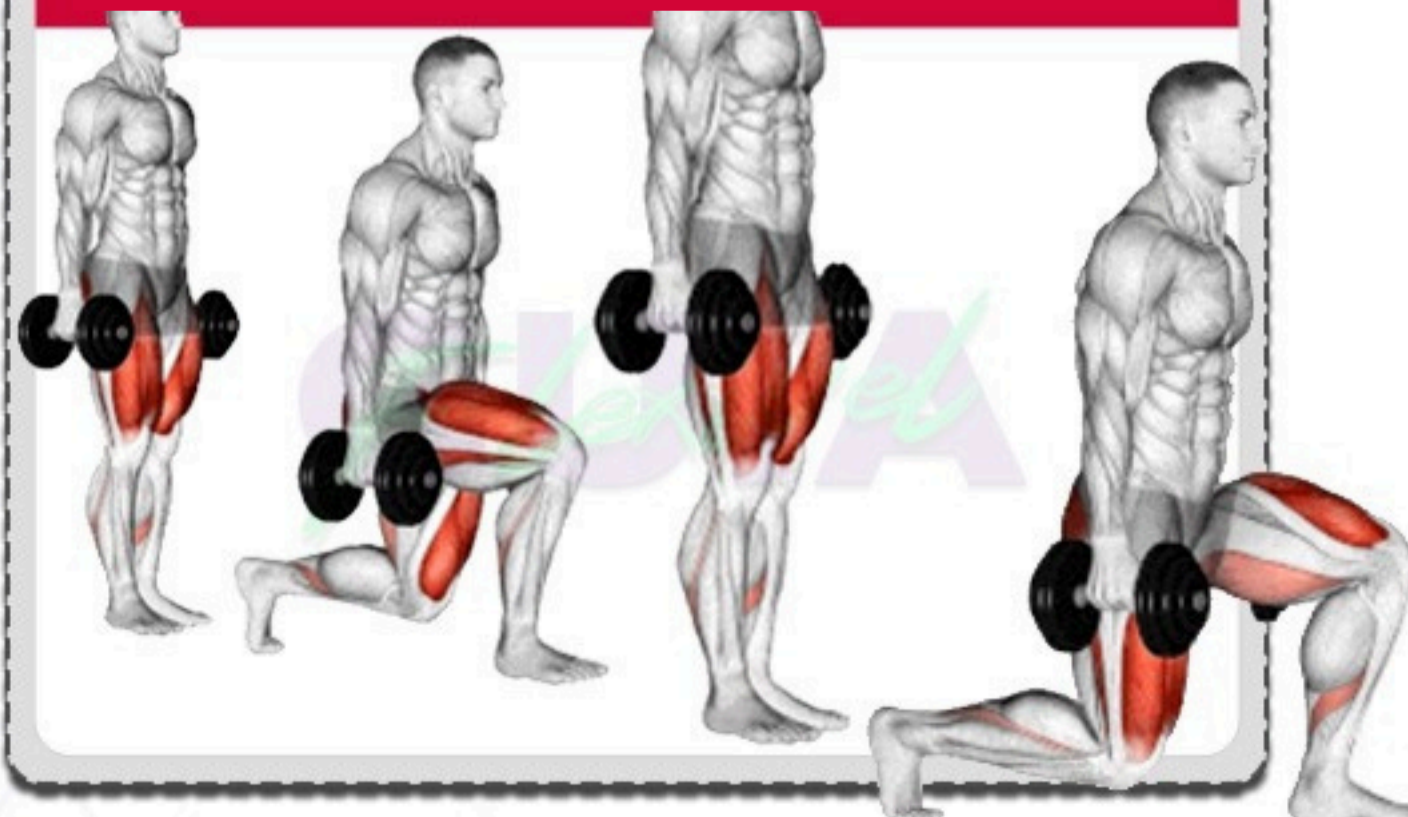
HIGH KNEE LUNGE



STATIC LUNGE



WALKING LUNGE



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CALE

Without machines



STANDING CALF RAISE



CALF RAISE



SINGLE LEG RAISE



GET UP



SEATED CALF RAISE



SEATED CALF RAISE



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FLUXIA