

LIFT	Group	LIFT	Group	LIFT	Group
Abdominal Raise	1	(2H) Deadlift - Dumbells	10	Pinch Clean & Press - LH	19
Allen Lift		(LH) Deadlift - Dumbells		Pinch Clean & Press - RH	
Arthur Lift		(RH) Deadlift - Dumbells		(2H) Pinch Grip	
Backlift		(LH) Deadlift - Dumbell Walk		(LH) Pinch Grip	
Barbell Cheat Curl		(RH) Deadlift - Dumbell Walk		(RH) Pinch Grip	
Barbell Curl - Reverse		(2H) Dumbells Anyhow		Pullover & Press on Back	
Barbell Curl - Strict	(LH) Dumbell Cheat Curl	Pullover & Press Wrestlers Bridge	20		
(2H) Barbell Clean and Jerk	(RH) Dumbell Cheat Curl	Pullover & Push on Back			
(2H) Barbell Clean and Jerk 2" bar	(2H) Dumbell Clean and Jerk	Pullover at Arms Length			
(LH) Barbell Clean and Jerk	(LH) Dumbell Clean and Jerk	Pullover - bent arm			
(RH) Barbell Clean and Jerk	(RH) Dumbell Clean and Jerk	Press - French	21		
Barbell Clean and Jerk Behind Neck	(2H) Dumbell Clean & Press	(LH) Pushes (SidePress)			
(Barbell) Jerk Behind from Racks	(LH) Dumbell Press	(RH) Pushes (SidePress)			
(Barbell) Jerk Front from Racks	(RH) Dumbell Press	Rectangular Fix			
Clean & Jerk - Middle Fingers	(LH) Dumbell Bent Presses	Reflex Clean & Jerk			
Barbell and Dumbell Anyhow	(RH) Dumbell Bent Presses	Reflex Push Press			
Barbell Clean and Press	(Dumbell Clean & Seated Press	Repetition Lifts	22		
Barbell Clean and Press 2" bar	(LH) Dumbell Strict Curl	Reverse Rim Lift			
Barbell Clean and Press - Alt Grip	(RH) Dumbell Strict Curl	Rim Lift (Reeves)	23		
Barbell Clean & Press - Rev Grip	(2H) Dumbell Snatch	Roman Chair Abdominal Raise			
Barbell Clean & Press on Knees	(LH) Dumbell Snatch	Roman Chair - Bench Press			
(Barbell) Clean & Press Behind Neck	(RH) Dumbell Snatch	Roman Chair Extensions			
Press Behind Neck From Racks	(2H) Dumbell Swing	Roman Chair Situp			
(Barbell) Clean & Press - Middle Fingers	(LH) Dumbell Swing	Shoulder Drop			
(Barbell) Clean & Seated Press	(RH) Dumbell Swing	Squat	24		
(Barbell) Clean & Seated Press Behind Neck	(LH) Finger Lift - Index	Squat - Front			
(Barbell) Seated Press Behind Neck From Racks	(LH) Finger Lift - Little	Squat - Left Leg			
(Barbell) Clean & Push Press	(LH) Finger Lift - Middle	Squat - Right Leg			
(Barbell) Clean & Push Press - 2" Bar	(LH) Finger Lift - Ring	Squat - Lunge			
(Barbell) Push Press from Racks	(RH) Finger Lift - Index	Squat - Overhead			
(2H) Barbell Snatch	(RH) Finger Lift - Little	Steinborn Lift	25		
(2H) Barbell Snatch	(RH) Finger Lift - Middle	Straddle			
(2H) Barbell Snatch 2" bar	(RH) Finger Lift - Ring	Straddle - 2" Bar			
(LH) Barbell Snatch	(2H) Fulton Deadlift 2" Bar	Straddle - Index Fingers			
(RH) Barbell Snatch	(LH) Fulton Deadlift 2" Bar	Straddle - Little Fingers			
Barbell Snatch from Hang	(RH) Fulton Deadlift 2" Bar	Straddle - Middle Fingers			
Barbell Snatch on Knees	(2H) Fulton Dumbell Deadlift	Straddle - Ring Fingers	26		
Bench Dip	(LH) Fulton Dumbell Deadlift	Teeth Lift			
Bench Press - Alt grip	(RH) Fulton Dumbell Deadlift	(2H) Thumbless Deadlift			
Bench Press - feet on floor	Gardner - Full	(LH) Thumbless Deadlift			
Bench Press - feet in air	Gardner - Half	(RH) Thumbless Deadlift			
(LH) Bench Press	Good Morning	Total Poundage			
(RH) Bench Press	(2H) Hacklift	Trap Bar Deadlift	27		
Bench Press - Hands together	(2H) Hacklift - 2" Bar	Travis Lift			
Bench Press - Reverse grip	(LH) Hacklift	Turkish Getup			
(LH) Bent Presses	(RH) Hacklift	(2H) Vertical Bar Lift - 2" bar			
(RH) Bent Presses	Hacklift - Index Fingers	(LH) Vertical Bar Lift - 2" Bar			
(LH) Clean & Bent Presses	Hacklift - Little Fingers	(RH) Vertical Bar Lift - 2" Bar			
(RH) Clean & Bent Presses	Hacklift - Middle Fingers	(LH) Vertical Bar Lift	28		
Continental Clean	Hacklift - Ring Fingers	(RH) Vertical Bar Lift			
Continental Clean and Jerk	Hand & Thigh	(LH) Weaver Stick Lifts			
Continental Clean to Belt	Harness Lift	(RH) Weaver Stick Lifts			
Continental Snatch	Hip Lift	(2H) Wrist Curl			
Crucifix	Hold out in front Lowered	(LH) Wrist Curls			
(2H) Ciavattone Deadlift	Hold out in front Raised	(RH) Wrist Curls	29		
(LH) Ciavattone Deadlift	Inman Mile	Zeigler Clean			
(RH) Ciavattone Deadlift	Judd Clean and Jerk - Left Leg	(2H) Zercher			
(2H) Deadlift	Judd Clean and Jerk - Right Leg	(LH) Zercher			
(2H) Deadlift - 2" Bar	Kelly Snatch	(RH) Zercher			
(LH) Deadlift with straight bar	Lateral Raise Lying	2 Person Deadlift			
(RH) Deadlift with straight bar	Lateral Raise Standing	2 Person Hacklift	29		
Deadlift - 2 Barbells	Leg Press - Unsupported	2 Person Straddle			
Deadlift - Index Fingers	Leg Press - Self Loaded	2 Person - Cheat Curl			
Deadlift - Little Fingers	Mansfield	2 Person - Strict Curl			
Deadlift - Middle Fingers	Necklift	2 Person - Clean & Jerk			
Deadlift - Ring Fingers		2 Person - Clean & Press			
Deadlift - Left Leg		2 Person - Snatch & Clean			
Deadlift - Right Leg		2 Person -Snatch			
Deadlift - Stiff Legged					