

LIFT	Group	LIFT	Group	LIFT	Group
Abdominal Raise		(2H) Deadlift - Dumbells		Power Row - Bent Over Row	
Allen Lift		(LH) Deadlift - Dumbells		Pullover & Press on Back	
Arthur Lift		(RH) Deadlift - Dumbells	10	Pullover & Press Wrestlers Bridge	20
Backlift	01	(LH) Deadlift - Dumbell Walk		Pullover & Push on Back	
Barbell Cheat Curl		(RH) Deadlift - Dumbell Walk		Pullover at Arms Length	
Barbell Curl - Reverse		(2H) Dumbells Anyhow		Pullover - bent arm	
Barbell Curl - Strict		(LH) Dumbell Cheat Curl		Press - French	
(2H) Barbell Clean and Jerk		(RH) Dumbell Cheat Curl		(LH) Push (Side Press)	
(2H) Barbell Clean and Jerk 2" bar		(2H) Dumbell Clean and Jerk	11	(RH) Push (Side Press)	21
(LH) Barbell Clean and Jerk		(LH) Dumbell Clean and Jerk		Rectangular Fix	
(RH) Barbell Clean and Jerk		(RH) Dumbell Clean and Jerk		Reflex Clean & Jerk	
Barbell Clean and Jerk Behind Neck		(2H) Dumbell Clean & Press		Reflex Clean & Push Press	
(Barbell) Jerk Behind from Racks		(LH) Dumbell Press		Repetition Lifts	22
(Barbell) Jerk Front from Racks	02	(RH) Dumbell Press		Reverse Rim Lift	
Clean & Jerk - Middle Fingers (Miller C&J)		(LH) Dumbell Bent Press		Rim Lift (Reeves Deadlift)	
(2H) Barbell and Dumbell Anyhow		(RH) Dumbell Bent Press		Roman Chair - Abdominal Raise	
(2H) Barbell Clean and Press		Dumbell Clean & Seated Press	12	Roman Chair - Bench Press	23
(2H) Barbell Clean and Press 2" bar		Dumbell Curl (strict) - LH		Roman Chair - Extensions	
(2H) Barbell Clean and Press - Alt Grip		Dumbell Curl (strict) - RH		Roman Chair Situp	
(2H) Barbell Clean & Press - Rev Grip		(2H) Dumbell Snatch		Shoulder Drop	
(2H) Clean & Press on Knees		(LH) Dumbell Snatch		Squat	
(2H) Clean & Press Behind Neck		(RH) Dumbell Snatch	13	Squat - Front	
(Barbell) Press Behind Neck From Racks		(2H) Dumbell Swing		Squat - Left Leg	
Clean & Press - Middle Fingers		(LH) Dumbell Swing		Squat - Right Leg	24
(2H) Clean & Seated Press		(RH) Dumbell Swing		Squat - Lunge	
(2H) Clean & Seated Press Behind Neck		(LH) Finger Lift - Index		Squat - Overhead	
(Barbell) Seated Press Behind Neck From Racks	04	(LH) Finger Lift - Little		Steinborn Lift	
(2H) Barbell Clean & Push Press		(LH) Finger Lift - Middle		(2H) Straddle - Jefferson Lift	
(2H) Barbell Clean & Push Press - 2" bar		(LH) Finger Lift - Ring		(2H) Straddle - 2" bar	
(Barbell) Push Press from Racks		(RH) Finger Lift - Index	14	Straddle - Index Fingers	
(2H) Barbell Snatch		(RH) Finger Lift - Little		Straddle - Little Fingers	
(2H) Barbell Snatch 2" bar		(RH) Finger Lift - Middle		Straddle - Middle Fingers	
(LH) Barbell Snatch		(RH) Finger Lift - Ring		Straddle - Ring Fingers	25
(RH) Barbell Snatch	05	(2H) Fulton Deadlift		Teeth Lift	
Barbell Snatch from Hang		(LH) Fulton Deadlift		(2H) Thumbless Deadlift	
Barbell Snatch on Knees		(RH) Fulton Deadlift		(LH) Thumbless Deadlift	
Bench Dip		(2H) Fulton Dumbell Deadlift		(RH) Thumbless Deadlift	26
Bench Press - Alt grip		(LH) Fulton Dumbell Deadlift	15	Total Poundage	
Bench Press - feet on floor		(RH) Fulton Dumbell Deadlift		Trap Bar Deadlift	
Bench Press - feet in air		Gardner - Full		Travis Lift	
(LH) Bench Press		Gardner - Half		Turkish Getup	
(RH) Bench Press		Good Morning		(2H) Vertical Bar Lift (2" bar)	
Bench Press - Hands together		(2H) Hacklift		(LH) Vertical Bar Lift (2" bar)	
Bench Press - Reverse grip		(2H) Hacklift - 2" bar		(RH) Vertical Bar Lift (2" bar)	
(LH) Bent Press - strict		(LH) Hacklift		(LH) Vertical Bar Lift	27
(RH) Bent Press - strict		(RH) Hacklift	16	(RH) Vertical Bar Lift	
(LH) Bent Press - anyhow		Hacklift - Index Fingers		(LH) Weaver Stick Lifts	
(RH) Bent Press - anyhow		Hacklift - Little Fingers		(RH) Weaver Stick Lifts	
Continental Clean (to chest)		Hacklift - Middle Fingers		(2H) Wrist Curl	
Continental Clean (to chest) and Jerk	07	Hacklift - Ring Fingers		(LH) Wrist Curls	
Continental Clean to Belt		Hand & Thigh		(RH) Wrist Curls	
Continental Snatch		Harness Lift		Zeigler Clean	
Crucifix		Hip Lift		(2H) Zercher	
(2H) Ciavattone Deadlift		Hold out in front Lowered		(LH) Zercher	
(LH) Ciavattone Deadlift		Hold out in front Raised	17	(RH) Zercher	
(RH) Ciavattone Deadlift		Inman Mile		2 Person Deadlift	
(2H) Deadlift		Judd Clean and Jerk - Left Leg		2 Person Hacklift	
(2H) Deadlift - 2" Bar		Judd Clean and Jerk - Right Leg		2 Person Straddle	
(LH) Deadlift with straight bar		Kelly Snatch		2 Person - Cheat Curl	
(RH) Deadlift with straight bar		Lateral Raise Lying		2 Person - 2Hands Clean & Jerk	29
Deadlift - 2 Barbells		Lateral Raise Standing		2 Person - 2Hands Clean & Press	
Deadlift - Index Fingers		Leg Press Unsupported		2 Person - 1 Hand Snatch & Clean	
Deadlift - Little Fingers		Leg Press Selfloaded		2 Person - 2 Hands Snatch & Clean	
Deadlift - Middle Fingers		Mansfield	18	2 Person -1 Hand Snatch	
Deadlift - Ring Fingers		Necklift			
Deadlift - Left Leg		(LH) Pinch Clean & Press			
Deadlift - Right Leg		(RH) Pinch Clean & Press			
Deadlift - Stiff Legged	09	(2H) Pinch Grip			
		(LH) Pinch Grip			
		(RH) Pinch Grip	19		