

LIFT	Group	LIFT	Group	LIFT	Group
Abdominal Raise		(2H) Deadlift - Dumbbells		Power Row	
Allen Lift		(LH) Deadlift - Dumbbells		Pullover & Press on Back	
Arthur Lift		(RH) Deadlift - Dumbbells	<a href="#">10</a>	Pullover & Press Wrestlers Bridge	<a href="#">20</a>
Backlift	<a href="#">01</a>	(LH) Deadlift - Dumbbell Walk		Pullover & Push on Back	
Barbell Cheat Curl		(RH) Deadlift - Dumbbell Walk		Pullover at Arms Length	
Barbell Curl - Reverse		(2H) Dumbbells Anyhow		Pullover - bent arm	
Barbell Curl - Strict		(LH) Dumbbell Cheat Curl		Press - French	
(2H) Barbell Clean and Jerk		(RH) Dumbbell Cheat Curl		(LH) Push (Side Press)	
(2H) Barbell Clean and Jerk 2" bar		(2H) Dumbbell Clean and Jerk	<a href="#">11</a>	(RH) Push (Side Press)	<a href="#">21</a>
(LH) Barbell Clean and Jerk		(LH) Dumbbell Clean and Jerk		Rectangular Fix	
(RH) Barbell Clean and Jerk		(RH) Dumbbell Clean and Jerk		Reflex Clean & Jerk	
Barbell Clean and Jerk Behind Neck		(2H) Dumbbell Clean & Press		Reflex Clean & Push Press	
(Barbell) Jerk Behind from Racks		(LH) Dumbbell Press		Repetition Lifts	<a href="#">22</a>
(Barbell) Jerk Front from Racks	<a href="#">02</a>	(RH) Dumbbell Press		Reverse Rim Lift	
Clean & Jerk - Middle Fingers		(LH) Dumbbell Bent Press		Rim Lift (Reeves)	
(2H) Barbell and Dumbbell Anyhow		(RH) Dumbbell Bent Press	<a href="#">12</a>	Roman Chair - Abdominal Raise	
(2H) Barbell Clean and Press		Dumbbell Clean & Seated Press		Roman Chair - Bench Press	<a href="#">23</a>
(2H) Barbell Clean and Press 2" bar		Dumbbell Curl - LH		Roman Chair - Extensions	
(2H) Barbell Clean and Press - Alt Grip		Dumbbell Curl - RH		Roman Chair Situp	
(2H) Barbell Clean & Press - Rev Grip		(2H) Dumbbell Snatch		Shoulder Drop	
(2H) Clean & Press on Knees	<a href="#">03</a>	(LH) Dumbbell Snatch		Squat	
(2H) Clean & Press Behind Neck		(RH) Dumbbell Snatch	<a href="#">13</a>	Squat - Domaal - Left & Right Arm	
(Barbell) Press Behind Neck From Racks		(2H) Dumbbell Swing		Squat - Front	
Clean & Press - Middle Fingers		(LH) Dumbbell Swing		Squat - Left & Right Leg	<a href="#">24</a>
(2H) Clean & Seated Press		(RH) Dumbbell Swing		Squat - Lunge	
(2H) Clean & Seated Press Behind Neck		(LH) Finger Lift - Index		Squat - Overhead	
(Barbell) Seated Press Behind Neck From Racks	<a href="#">04</a>	(LH) Finger Lift - Little		Steinborn Lift	
(2H) Barbell Clean & Push Press		(LH) Finger Lift - Middle		(2H) Straddle - Jefferson Deadlift	
(2H) Barbell Clean & Push Press - 2" bar		(LH) Finger Lift - Ring		(2H) Straddle - 2" bar	
(Barbell) Push Press from Racks		(RH) Finger Lift - Index	<a href="#">14</a>	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	<a href="#">25</a>
(RH) Barbell Snatch	<a href="#">05</a>	(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 Dumbbell Deadlift		(RH) Thumbless Deadlift	<a href="#">26</a>
Bench Press - Alt grip		(LH) Fulton Dumbbell Deadlift	<a href="#">15</a>	Total Poundage	
Bench Press - feet on floor		(RH) Fulton Dumbbell Deadlift		Trap Bar Deadlift	
Bench Press - feet in air		Gardner - Full		Travis Lift	
(LH) Bench Press	<a href="#">06</a>	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 Presses		(LH) Hacklift		(LH) Vertical Bar Lift	<a href="#">27</a>
(RH) Bent Presses		(RH) Hacklift	<a href="#">16</a>	(RH) Vertical Bar Lift	
(LH) Clean & Bent Presses		Hacklift - Index Fingers		(LH) Weaver Stick Lifts	
(RH) Clean & Bent Presses		Hacklift - Little Fingers		(RH) Weaver Stick Lifts	
Continental Clean	<a href="#">07</a>	Hacklift - Middle Fingers		(2H) Wrist Curl	
Continental Clean and Jerk		Hacklift - Ring Fingers		(LH) Wrist Curls	
Continental Clean to Belt		Hand & Thigh		(RH) Wrist Curls	
Continental Snatch		Harness Lift		Zeigler Clean	<a href="#">28</a>
Crucifix		Hip Lift		(2H) Zercher	
(2H) Ciavattone Deadlift		Hold out in front Lowered		(LH) Zercher	
(LH) Ciavattone Deadlift		Hold out in front Raised	<a href="#">17</a>	(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	<a href="#">08</a>	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	<a href="#">29</a>
Deadlift - 2 Barbells		Lateral Raise Standing		2 Person - 2Hands Clean & Press	
Deadlift - Index Fingers		Leg Press Unsupported	<a href="#">18</a>	2 Person - 1 Hand Snatch & Clean	
Deadlift - Little Fingers		Leg Press Selfloaded		2 Person - 2 Hands Snatch & Clean	
Deadlift - Middle Fingers		Mansfield		2 Person -1 Hand Snatch	
Deadlift - Ring Fingers	<a href="#">09</a>	Necklift		Aston Set	
Deadlift - Left Leg		(LH) Pinch Clean & Press		Single Arm	
Deadlift - Right Leg		(RH) Pinch Clean & Press		Spencer Set	<a href="#">Sets</a>
Deadlift - Stiff Legged		(2H) Pinch Grip	<a href="#">19</a>	Olympics Total	
		(LH) Pinch Grip		Power Total	
		(RH) Pinch Grip			