

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	10	Pullover & Press Wrestlers Bridge	20
Backlift	01	(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	11	(RH) Push (Side Press)	21
(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	22
(Barbell) Jerk Front from Racks	02	(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	12	Roman Chair - Abdominal Raise	
(2H) Barbell Clean and Press		Dumbbell Clean & Seated Press		Roman Chair - Bench Press	23
(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	03	(2H) Dumbbell Snatch		Shoulder Drop	
(2H) Clean & Press on Knees		(LH) Dumbbell Snatch		Squat	
(2H) Clean & Press Behind Neck		(RH) Dumbbell Snatch	13	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	24
(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	04	(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	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 Dumbbell Deadlift		(RH) Thumbless Deadlift	26
Bench Press - Alt grip		(LH) Fulton Dumbbell Deadlift	15	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	06	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	27
(RH) Bent Presses		(RH) Hacklift	16	(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	07	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	28
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	08	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	18	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	09	Necklift			
Deadlift - Left Leg		(LH) Pinch Clean & Press			
Deadlift - Right Leg		(RH) Pinch Clean & Press			
Deadlift - Stiff Legged		(2H) Pinch Grip	19		
		(LH) Pinch Grip			
		(RH) Pinch Grip			