

Loaded Chest Exercises

Bodybuilding style bench press

[YT Link](#) (can add incline)

Flat DB bench press

[YT Link](#) (can also do on SB)

Unloaded or isolated Chest Exercises

Flat or Incline DB Flyes

[YT Link](#)

Any Free Motion or Cable Pushing/Punching Exercises

[2 Arm](#), [1 Arm](#) (can also do 1-arm, alternating)

Free Motion or Machine Presses

Use machine instructions or [this exrx.net link](#)

Cable One Arm Push Presss with Rotation

[Listed in ultimate MET reference guide.](#)

Pec Deck or machine flyes.

Use machine instructions or [this exrx.net link](#)

Cable Crossovers

[YT Link](#)

TRX Chest Press

[YT Link](#) (not Scott Abel)

Alternating MB pushup

[Listed in ultimate MET reference guide.](#) (Almost any pushup variation will work)

Back Exercises

Recline/TRX Pull Ups or Recline Pulls

[YT link](#)

DB Straight Arm Pullovers or Pullover Machine

[YT Link](#)

Cable Straight Arm Pulldowns

[YT Link](#)

Supported Seated Rows

[Exrx.com link for supported example](#) (any machine with support/pad will work)

Any Lat Pulldown Variations

[YT for Lat Pulldowns](#)

Chins

[YT for chins behind head.](#)

[Exrx for chinups](#)

Abs/Core Exercises

Unless otherwise noted, these are listed in the [ultimate MET reference guide](#), with the exact same names you see here. See also the Ultimate Met reference guide for waaayyyy more abs/core exercises you can add in.

- **Lying Leg Raises with without SB**
- **Alt Chopper Sit Ups**
- **Leg Climbs**
- **SB Crunches** - (use “SB Crunch and Curl,” but ignore the curl)
- **SB Full Sit Up with MB or DB**
- **Contralateral Knee to Elbow Crunch from Plank**
- **Hanging Leg Raises/Crunches** – [YT Link](#).
- **Rope Crunches or Any Weighted Crunch** – [BB.com Vid Link](#).
- **Bicycle Abs**
- **MB or DB Russian Twists**

Posterior Chain Exercises

Unless otherwise noted, these are listed in the [ultimate MET reference guide](#), as described here.

- **ABC Tubing Extensions**
- **Bird dogs** - [YT Link](#) (not Scott Abel – we’re working on it!)

- **Alt. Supermans on Bosu**
- **Alt. Supermans on SB**
- **SB Hyperextensions**
- **SB Reverse Hyperextensions** (use “Reverse Hyperextensions 1 Ball” or any of the other variations you see there)
- **Good Mornings**
- **Cable Pull Throughs** (can also use tubing)

Non-Pressing Delt Exercises

DB Front Raises

[YT Link](#) (can be alternating, 2 Arm or 1 Arm, and/or with cable instead of DB)

Lateral Raises

[Exrx.net link](#) (can be 1 arm, 2 arm, alternating, etc.)

Front / Lateral Raise Combo

[YT Link](#)

Upright Rows

[YT Link](#) (ignore the dumbbell press part, and can be 1 arm, 2 arm, alternating, with EZ curl, etc.)

Bent Lateral Raises

[YT Link](#) (can use DB or Cables or 1 Arm or 2 Arm)

Chopper Exercises

- For a bunch of chopper variations, [go here](#) and scroll to “Chops /Choppers Exercise Variations”.
- You can almost always replace tubing with cables and vice versa, or use a MB etc.

Hamstring Exercises

DB or BB Stiff Legged Deadlifts

[YT Link](#).

DB One Leg One Arm Deadlift

[See MET reference guide for DB One Leg Deadlift](#)

Seated Leg Curl With Tubing

[YT Link.](#)

[See exrx.net link for basic leg curl](#)

One LG SB Glute Bridge with SB Leg Curl

[Listed in ultimate MET reference guide.](#)

BW One Leg Anterior Reach

[Listed in ultimate MET reference guide.](#)

Metabolic Bodybuilding

SAMPLE Day 1

Quad-Plex #1

1a) DB Flat or Incline Bench Press — 4-5 X's 6-8

[YT Link for DB Flat](#)

[YT Link for Flat Barbell](#) (just add incline)

1b) Recline Pull Ups or Wide Pulldowns — 4-5 X's 8-10

[YT link for TRX Recline Pull Ups](#)

[YT for Lat Pulldowns](#)

1c) Machine Preacher Curl or Barbell Bicep Curls — 4-5 X's 8-10

[YT link for cable concentration curl](#)

[YT link for Preacher Curl variation](#)

[BB.com link for machine preacher curl](#)

[Exrx.net for barbell bicep curl](#) (but feel the muscle relative to that image)

1d) Weighted Rope Crunches or Any Weighted Crunch — 4-5 X's 12-Max

[BB.com link for Weight Crunches](#)

[Exrx.com link for Weighted Crunches](#)

[BB.com link for Rope Crunches](#)

[See Abs/Core section in ultimate Met reference Guide](#)

Quad-Plex #2

2a) DB High Incline Bench Press or DB Flat Bench Press — 3-4 X's 6-8

[As above, just increase/add incline.](#)

2b) Supported Seated Rows or Reverse Grip Pulldowns — 3-4 X's 10-12

[Lat Pulldowns](#) (just reverse grip)

[Exrx.com link for supported example](#) (any machine with support/pad will work)

2c) DB Concentration Curls or High Pulley Concentration Curls — 3-4 X's 10-12

[YT link for Cable Concentration Curl](#)

[YT link for Wide Angle Cable Curls](#)

[ExRx.net for DB Concentration](#)

2d) SB Leg Raises or Hanging Leg Raises — 3-4 X's 12-M EL

[YT link for hanging leg raises](#)

[See SB lying leg raises 2 SB in Met reference Guide](#)

Quad-Plex #3

3a) Machine Chest Press or Any Hammer Strength Press — 3-4 X's 8-12

[Any variation of this](#)

3b) DB Straight Arm Pullovers or Cable Straight Arm Pulldowns — 3-4 X's 10-12

[YT for Cable Straight Arm Pulldowns](#)

[YT for DB straight arm pullovers](#)

3c) Standing Alt. DB Hammer Curls or Alt. DB Bicep Curls — 3-4 X's 10-12 EA

[YT for Zottman Curls and Hammer Curls](#)

3d) Leg Climbs or Standing Contralateral Knee to Elbow Crunch — 3-4 X's 12-M

[Leg Climbs in Met Reference Guide](#)

[Any crunch variation in Met reference guide](#)

SAMPLE Day 2

Quad-Plex #1

1a) BB Full Squats (Butt to Heels) — 4-5 X's 6-8

[YT link for Bodybuilding style squat](#)

1b) SB Reverse Hyperextensions or SB Hyperextensions — 4-5 X's 10-12

[Many hyperextension variations in Met Reference Guide](#)

1c) Alt. DB Front Raise or 2 Arm Cable Front Raise — 4-5 X's 10-15

[YT for Alternating front raise](#)

[YT for Leaning front cable raise](#)

1d) Cable Rope Pushdowns or Cable Reverse Grip Pushdowns — 4-5 X's 8-10

[YT for Tricep Pushdown](#) (rope or cable reverse grip are just how they sound)

Quad-Plex #2

2a) Hack Squats or Leg Press — 3-4 X's 6-8

[Exrx.net link for hack squat](#)

[YT for Leg Press](#)

2b) Birddogs or Alt. Supermans — 3-4 X's 12-15 ES

[YT Link for bird dogs](#) (not scott abel)
[Alt Supermans in ultimate MET reference guide](#)

2c) Seated DB Lateral Raises or One Arm Cable Lateral Raise — 3-4 X's 10-15 ES
[YT for Lateral Raise with Foot on Bench](#)

2d) Overhead Rope Extensions or Low Pulley Rope Extensions — 3-4 X's 10-12
[YT for overhead vs low rope variations](#)

Quad-Plex #3

3a) Alt. BB Forward Lunge or DB Bulgarian Split Squat — 3-4 X's 10-15 EL
[Tonnes of lunge variations in MET reference guide](#)
[YT for Single DB Bulgarian Split Squat](#)
[YT for BB Bulgarian Split Squat](#)

3b) ABC Tubing Extensions or Good Mornings — 3-4 X's 15-20 ES
[ABC Tubing in ultimate MET reference guide](#)
[Good Mornings in MET reference guide](#)

3c) DB Bent Laterals or One Arm Cable Bent Lateral — 3-4 X's 10-15 ES
[YT for Bend DB Laterals](#)
[See YT SB seated side lateral with cables](#)
[BB.com link for 1-arm cable bent lateral](#)

3d) One Arm Reverse Grip or Regular Grip Pushdown — 3-4 X's 10-12 EA
[YT for Tricep Pushdown](#)

SAMPLE Day 3

Quad-Plex #1

1a) Bent BB or DB Rows — 4-5 X's 6-10
[YT for Bent BB Row](#)
[YT for DB Bent Row](#)
[YT for 1-arm DB Bent Row](#)

1b) Cable Crossovers or Pec Deck — 4-5 X's 10-15
[YT for Cable Crossover](#)

1c) Vertical Chop w MB or Weight Plate — 4-5 X's 10-15
[Vertical Chop with release](#) (ignore release if desired)

1d) Any Standing Machine Calf Raise — 4-5 X's 12-20

[Any variation of this.](#)

[See also the “calf blast” on YT :\)](#)

Quad-Plex #2

2a) T-Bar Rows or Seated Cable Row — 3-4 X’s 8-10

[YT for T-Bar Row](#)

[YT for Seated Low Cable Row](#)

2b) Free Motion or Cable One Arm Chest Press/Punch — 3-4 X’s 10-15 ES

[Anything like this](#) (but one arm)

[See “Cable One Arm Push Press with Rotation” In MET reference guide](#)

2c) Cable or Tubing Low to High Chops — 3-4 X’s 10-15 ES

[See chopper variations section here](#)

2d) Any Seated Machine Calf Raise — 3-4 X’s 15-20

[Anything like this](#)

Quad-Plex #3

3a) One Arm DB Row or One Arm Hammer Low Row — 3-4 X’s 8-12 EA

[YT for one arm DB Row](#)

[Anything like this for hammer row](#)

3b) Alt. DB Flat Bench or Any Machine Chest Press — 3-4 X’s 12-15

[YT Link for DB Flat](#) (but alternate)

[Any variation of this for machine chest press](#)

3c) Cable or Tubing Horizontal Chops — 3-4 X’s 10-15 ES

[See chopper variations section here](#)

3d) BW Standing One Leg Calf Raise — 3-4 X’s 20-25 EL

[Exrx.net link](#)

SAMPLE Day 4

Quad-Plex #1

1a) Seated DB Shoulder Press or Machine Shoulder Press — 4-5 X’s 6-10

[YT for Seated DB Shoulder Press](#)

[Anything like this for machine shoulder press](#)

1b) DB or BB Stiff Legged Deadlifts — 4-5 X’s 10-15

[YT for Stiff-legged Deadlifts](#)

1c) DB or Cable 2 Arm Bicep Curls — 4-5 X's 10-15

[YT for Wide Cable Curl In](#)

[YT for Cable Concentration Curl](#)

[YT for Alt DB Curls](#)

1d) Any Machine or Cable Triceps Extensions — 4-5 X's 10-15

[YT for Tricep Pushdown](#) (any variation, just be sure to feel it in the tricep)

Quad-Plex #2

2a) One Arm DB Lateral Throw or DB Side Laterals — 3-4 X's 8-10

[YT for DB Seated Side laterals](#) (same principles for standing)

[See "One Arm DB Lateral Throws from Floor" in MET Reference Guide](#)

2b) One Leg or Two Leg Lying Leg Curls — 3-4 X's 10-15 EL

[Anything like this, one or two leg](#)

2c) Alternating Zottman Curls — 3-4 X's 10-15 EA

[YT for Zottman curls](#)

2d) Lying DB Triceps Extensions — 3-4 X's 10-15

[YT for Lying One Arm Tricep Extension](#)

Quad-Plex #3

3a) BB Shrugs or Heavy Bent DB laterals — 3-4 X's 8-12 EA

[YT for Bent DB Lateral](#)

[YT for BB hang shrug](#)

[Exrx for BB Shrug](#)

3b) BW One Leg Anterior Reach or DB One Leg Deadlift — 3-4 X's 10-15 ES

[See MET reference guide for BW One Leg Anterior Reach](#)

[See MET reference guide for DB One Leg Deadlift](#)

3c) One Arm or Two Arm DB Preacher Curl — 3-4 X's 10-15

[YT for Preacher Curl Variation](#)

[Basically this for one arm DB Preacher \(exrx.net\)](#)

3d) Lying DB Tricep Extensions or Reverse Grip Pushdowns — 3-4 X's 10-15

[Lying One-Arm Tricep Extension](#)

[Tricep Pushdown](#) (just reverse grip)

4-Day MET Figure SAMPLE DAYS

SAMPLE Day 1

Quad-Plex #1

1a) DB Flat Bench Press — 3-4 X's 6-8

[YT Link for DB Flat](#)

1b) Recline Pull Ups — 3-4 X's 10-15

[YT link for TRX Recline Pull Ups](#)

1c) DB Concentration Curls — 3-4 X's 8-10 EA

[ExRx.net for DB Concentration](#)

[YT link for Cable Concentration Curl](#)

[YT link for Wide Angle Cable Curls](#)

1d) SB Knee Tucks — 3-4 X's 12-M

[YT link for SB knee tuck \(not Scott Abel\)](#)

Quad-Plex #2

2a) DB Incline Bench Press — 3-4 X's 8-10

[YT Link for DB Flat](#) (just add incline)

2b) Bent Alt. Tubing Rows — 3-4 X's 10-15

[See MET Reference Guide](#)

2c) BB Bicep Curls — 3-4 X's 10-12

[Exrx.net for barbell bicep curl](#) (but feel the muscle relative to that image)

2d) Leg Climbs — 3-4 X's 12-M EL

[Leg Climbs in Met Reference Guide](#)

Quad-Plex #3

3a) Seated Machine Chest Press — 3-4 X's 10-12

[Anything like this](#)

3b) DB Straight Arm Pullovers — 3-4 X's 12-15

[YT for DB straight arm pullovers](#)

3c) Standing Alt. DB Hammer Curls — 3-4 X's 10-12 EA

[YT for Zottman Curls and Hammer Curls](#)

3d) SB Leg Raises — 3-4 X's 12-M

[See SB lying leg raises 2 SB in Met reference Guide](#) (plus other SB Leg raises variations)

SAMPLE Day 2

Quad-Plex #1

1a) BB Full Squats (Butt to Heels) — 3-4 X's 6-10

[YT link for Bodybuilding style squat](#)

1b) SB Reverse Hyperextensions — 3-4 X's 12-15

[Many hyperextension variations in Met Reference Guide](#)

1c) 2 Arm DB Front Swings — 3-4 X's 10-15

[See MET Reference Guide for "DB Arm Swing"](#)

1d) Cable Rope Pushdowns— 3-4 X's 8-10

[YT for Tricep Pushdown](#) (rope or cable reverse grip are just how they sound)

Quad-Plex #2

2a) Hack Squats — 3-4 X's 8-10

[Exrx.net link for hack squat](#)

2b) Birddogs — 3-4 X's 12-15 ES

[YT Link for bird dogs](#) (not scott abel)

2c) Alt. DB Lateral Raise w Contra Front Step — 3-4 X's 10-15 ES

[See "Alt DB Front Raise with Contra Side Step" in MET reference guide, but raise DB to side](#)

2d) Overhead Rope Extensions — 3-4 X's 10-12

[YT for overhead vs low rope variations](#)

Quad-Plex #3

3a) Alt. BB Forward Lunges — 3-4 X's 10-15 EL

[Tonnes of lunge variations in MET reference guide](#)

[Exrx.net for forward BB lunge](#)

3b) Alt Supermans on Bosu — 3-4 X's 15-20 ES

[See MET Reference Guide](#)

3c) Alt DB Upright Rows — 3-4 X's 10-15 ES

[See MET Reference Guide](#)

3d) One Arm Reverse Grip Pushdown — 3-4 X's 10-12 EA

[YT link for one-arm reverse grip pushdown \(not Scott Abel\)](#)

SAMPLE Day 3

Quad-Plex #1

1a) Bent BB Rows — 3-4 X's 6-10

[YT for Bent BB Row](#)

1b) 2 MB Push Ups — 3-4 X's 10-15

[Non-Scott Abel YT Link, but as it sounds, one hand on each MB](#)

1c) DB Stiff Legged Deadlifts — 3-4 X's 8-10

[YT for Stiff-legged Deadlifts](#)

1d) Vertical Chop — 3-4 X's 10-15

[See chopper variations section here](#)

Quad-Plex #2

2a) Reverse Grip Pulldowns — 3-4 X's 8-10

[YT for Lat Pulldowns](#) (just reverse grip)

2b) Free Motion One Arm Chest Press — 3-4 X's 10-15 ES

[Anything like this](#) (but one arm)

[See "Cable One Arm Push Press with Rotation" In MET reference guide](#)

2d) Lying Leg Curls — 3-4 X's 10-12

[Anything like this](#)

2c) Cable or Tubing Low to High Chops — 3-4 X's 10-15 ES

[See chopper variations section here](#)

Quad-Plex #3

3a) One Arm Hammer Low Row — 3-4 X's 8-12 EA

[Anything like this for hammer row](#)

3b) Tubing Chest Flyes — 3-4 X's 12-15

[YT for Cable Crossovers, but can use tubing](#)

3c) One Arm/One Leg DB Deadlift — 3-4 X's 12-15 EL

[See MET reference guide for DB One Leg Deadlift](#)

3d) Cable or Tubing Horizontal Chops — 3-4 X's 10-15 ES

[See chopper variations section here](#)

SAMPLE Day 4

Quad-Plex #1

1a) Seated DB Shoulder Press — 3-4 X's 6-10

[YT for Seated DB Shoulder Press](#)

1b) BW Speed Squats — 3-4 X's 12-15

[see "BW Speed Squats" here in MET reference guide](#)

1c) One Leg Glute Bridge on MB — 3-4 X's 10-15 EL

[See MET Reference Guide](#) (can also use SB, bench, etc)

1d) Contralateral Knee to Elbow Crunch from Plank — 3-4 X's 10-15 ES

[See MET Reference Guide](#)

Quad-Plex #2

2a) 2 Arm Cable Front Raise — 3-4 X's 8-10

[YT for Alternating front raise](#)

[YT for Leaning front cable raise](#)

2b) BW Alt Split Squat Jumps — 3-4 X's 12-15 EL

[See MET Reference Guide](#) (see also hands overhead variation right beside it)

2c) Alternating Dog on Hydrant — 3-4 X's 10-15 EL

[See MET Reference Guide](#)

2d) Russian Twists — 3-4 X's 10-15 ES

[See "Russian Twists with MB 2 versions" in MET reference guide](#)

Quad-Plex #3

3a) One Arm DB Lateral Throws — 3-4 X's 8-12 EA

[See MET Reference Guide](#)

3b) Lateral Bounds Skaters — 3-4 X's 12-15 ES

[See MET Reference Guide](#)

3c) BW One Leg Anterior Reach — 3-4 X's 10-15 EL

[See MET Reference Guide](#)

3d) SB Alternating Step Offs — 3-4 X's 10-15 ES

[See MET Reference Guide](#)