



# ESSENTIAL EXERCISE INDEX

*THE RIGHT EXERCISES DONE THE RIGHT WAY*

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Inside this book, you’ll find a quick reference guide for all of the exercises used in the [AMD muscle building program](#). These videos show you how to perform the exercises the right way and with the correct form. It is an essential reference you can use with any muscle building program so that you don’t get injured and you get the most out of the program.

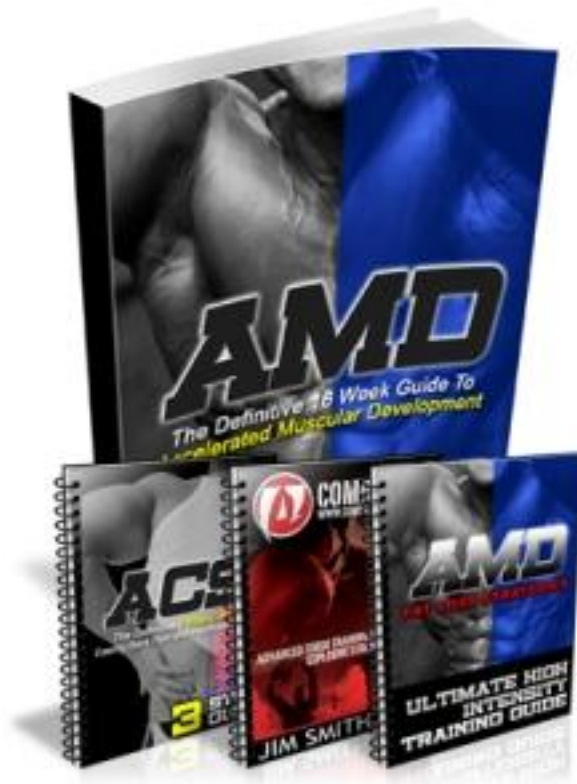
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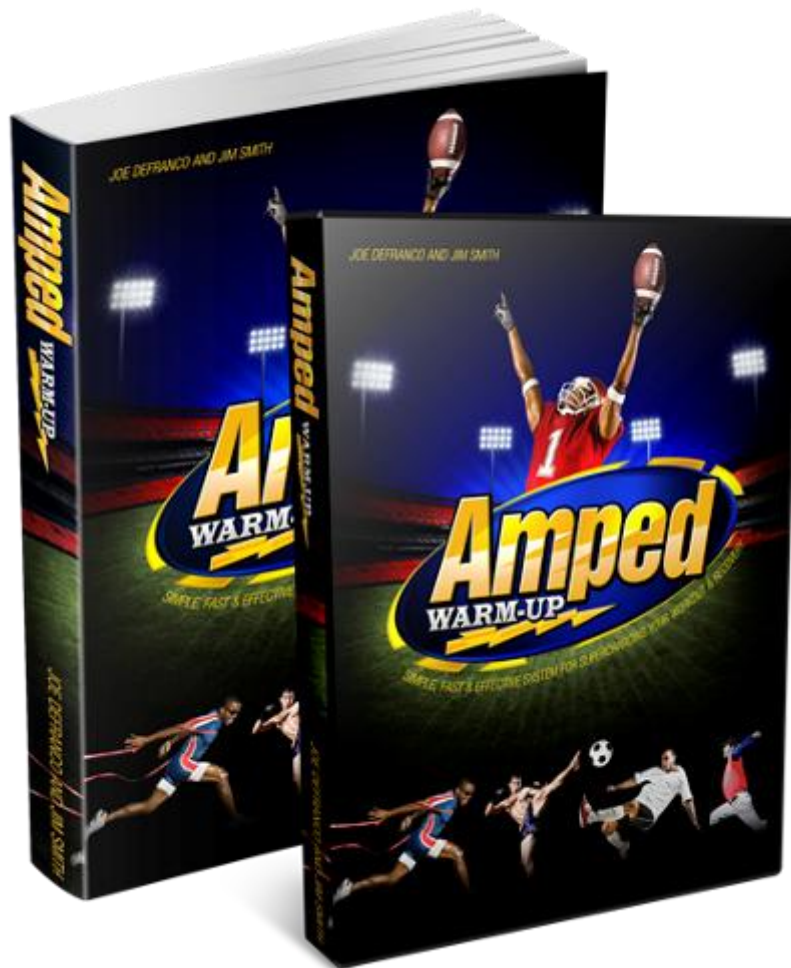


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## **AMPED WARM-UP**

The ESSENTIAL how-to warm-up, activate and rehab injuries guide for all programs.



<http://www.ampedwarmup.com>

# **THE RIGHT EXERCISES**

# **DONE THE RIGHT WAY**

## ***QUICK REFERENCE GUIDE***

# WARM-UP / DYNAMIC MOVEMENT

*ESSENTIAL EXERCISES*

## *Upper Body*

[Multi-Directional Band Pull Aparts](#)

[Face Pulls](#)

[Face Pulls \(Advanced\)](#)

[3 Amazing Upper Body Warm-ups](#)

[Fast Upper Body Warm-up](#)

[Ultimate 2 Minute Shoulder Warm-up](#)

[Shoulder Rehab \(GOOD\)](#)

[Scarecrows](#)

[Muscle Snatch](#)

[Swiss Ball Push-ups](#)

[45 Degree Shrugs](#)

[Dip Shrugs](#)

[Jump Rope](#)

[Foam Roller – Upper Back](#)

[Shoulder Bridging](#)

[Push-up Plus](#)

[Kneeling Reach Through](#)

[Med Ball Wall Dribbling](#)

[Light Db Laterals](#)

[Light DB Flyes](#)

[Light DB Raises](#)

[Light DB Presses](#)

[Banded External Rotations](#)

[Standing Rotator "Y"](#)

[DB Lateral Drops \(Activation\)](#)

[Plate Extensions into Halos](#)

[Lat Stretches](#)

[Band Shoulder Stretches, 3 Ways, Various](#)

[Hindu Push-ups](#)

[Cable Face Pulls with External Rotation](#)

[Cable Face Pulls](#)

[Side Lying External DB Rotations](#)

[Blackburns](#)

[Full Range DB Laterals](#)

[Spiderman Walks](#)

[Spiderman Walks with Rotation](#)

[Squat to Stand](#)

## *Lower Body*

### [Frankensteins](#)

[Glute Stretch into Cossack](#)

[Wall Squats](#)

[Hip Flexor Stretch \(Back Leg Elevated\)](#)

[Hip Flexor / Quad Stretch](#)

[Hip Flexor Stretch and Reach](#)

[Bulgarian Split Squats](#)

[Striders into Rotational Lunges](#)

[Striders into Seated Glute Stretch](#)

[Fire Hydrants](#)

[Downward Dog into Quad Squat](#)

[Cobra into Dynamic Plough](#)

[Dynamic Adductors – Level 1 \(Narrow\)](#)

[Dynamic Adductors – Level 2 \(Wide\)](#)

[Dynamic Adductors – Level 3 \(Horizontal Squat\)](#)

[Glute Activation](#)

[Shin Splint Rehab](#)

[Lower Body Mobility](#)

[Ankle Rehab / Warm-up](#)

# UPPER

## *ESSENTIAL EXERCISES*

## *Chest*

[Push-ups](#)

[Feet Elevated Push-ups](#)

[Beyond the Range \(BTR\) Push-ups](#)

[Bench Press](#)

[Close Grip Bench Press](#)

[Dumbbell Flat Bench](#)

[Alternating Dumbbell Bench Press](#)

[One Arm Dumbbell Bench Press](#)

[One Arm Curl to Press](#)

[Low Cable Cable Cross Overs](#)

## *Shoulders*

[Barbell Military Press](#)

[Band Resisted Barbell Military Press](#)

[Dumbbell Military Press](#)

[Arnold Presses](#)

[Full Range Dumbbell Front Raises](#)

[Plate Front Raises](#)

[Partner Assisted Front Raises](#)

[Neutral Grip Front Raises](#)

[Dumbbell Side Laterals](#)

[Mass Building Superset for the Shoulders](#)

[Thumbs Up Posterior Flyes](#)

[One Arm Curl to Press](#)

[Dumbbell Shrugs](#)

[Rest Pause Training for Shoulder Mass](#)

## *Back*

[Chin-ups](#)

[Pull-ups](#)

[One Arm Lat Pulls](#)

[Narrow Lat Pulls](#)

[Wide Lat Pulls](#)

[Seated Rows](#)

[Low Cable Rows](#)

[W's](#)

[DB Rows](#)

[High DB Rows](#)

[Full Range Straight Arm Pull-downs](#)

[Barbell Bent Over Rows](#)

[DB Bent Over Rows](#)

[Inverted Rows – Overhand](#)

[Inverted Rows – Underhand](#)

[Inverted Rows – Feet Elevated – Underhand](#)

[Inverted Rows – Feet Elevated – Overhand](#)

[Side to Side Inverted Rows](#)

[Prince Pull-ups \(Game Blouses\)](#)

[Banded Pull-ups](#)

[Less Banded Pull-ups](#)

[Jump Up – Slow Negative](#)

[Isometric Holds](#)

[Corner Pull-ups \(great for those with elbow/wrist issues\)](#)

[Corner Chin-ups \(great for those with elbow/wrist issues\)](#)

[Narrow Pull-ups Version 1](#)

[Narrow Pull-ups Version 2](#)

[Mixed Grip Pull-ups](#)

[Wide Grip Pull-ups](#)

[Side to Side Pull-ups](#)

[Pop Outs](#)

[Grappler Pull-ups](#)

[Pull-ups with Knee Raise](#)

[Gorilla Ups](#)

[L-sit Pull-ups](#)

[Reach Ups](#)

[Towel Pull-ups Version 1](#)

[Towel Pull-ups Version 2](#)

[Towel Chin-ups](#)

[See Saw Pull-ups](#)

[Revolving Thick Bar Pull-ups](#)

[Revolving Thick Bar Chin-ups](#)

[Climbing Pull-ups](#)

[Muscle Ups](#)

[Zercher Back Extensions](#)

[Hip Adducted Inverted Rows](#)

[High Dumbbell Rows](#)

[Lat Pull Downs](#)

[Lat Pull Downs \(Version 2\)](#)

[Lat Pull Downs \(Version 3\)](#)

[Dumbbell Rows](#)

[T-Bar Rows](#)

## *Biceps*

[Mass Builders for the Biceps](#)

[Seated Curl to Press](#)

[EZ Bar Reverse Curls](#)

[Concentration Curls](#)

[Low cable curls](#)

## *Triceps*

Close Grip Bench Press

[Rolling Tricep Extension](#)

[Banded Cable Tricep Extensions](#)

[One Arm Dumbbell Floor Press](#)

[JM Press](#)

[Tate Press](#)

[Tricep extensions](#)

[Incline Bench overhead extensions](#)

[Diamond Push-ups](#)

# LOWER BODY

## *ESSENTIAL EXERCISES*

[Deadlifts](#)

[Beyond the Range Deadlifts](#)

[Trap bar Deadlifts](#)

[Romanian Deadlifts \(RDLs\)](#)

[Dumbbell RDLs](#)

[RDL to High Pull](#)

[Back Squats](#)

[Box Squats](#)

[Back Lunges from a Deficit](#)

[Alternating Squat and Good Morning](#)

[Reverse Hypers](#)

[Kettlebell Bulgarian Split Squats](#)

[Step-ups](#)

[Explosive Glute Ham Raises \(GHR\)](#)

[Squat to Press](#)

[Plate Pushes \(prowler substitute\)](#)

[Hip Thrust](#)

[Squat to Lunge](#)

# CORE

## *ESSENTIAL EXERCISES*

[Rotational Plate Halos](#)

[Dip to L-sit](#)

[Rotational Medicine Ball on Swiss Ball](#)

[Tornado Ball Rotations](#)

[Quick Ab Routine](#)

[Alternating Bicycle Crunches](#)

[Standing Cable Crunches \(Eli\)](#)

# GRIP / FOREARMS

*ESSENTIAL EXERCISES*

[Plate Pinch Rotations](#)

[Card Tearing](#)

[Plate Pinch Tutorial \(GOOD\)](#)

[Sledgehammer Walking](#)

[Hub Lifting](#)

[Barbell Wrist Curls](#)

[Eli's Big Forearm Routine](#)

[Reverse DB Wrist Curls](#)

## ABOUT JIM SMITH



Jim Smith, CSCS, CFT, USAW is the co-founding member of the Diesel Crew. Jim is certified through the *National Strength and Conditioning Association (NSCA)* as a Certified Strength and Conditioning Specialist (CSCS), the *International Sports Sciences Association (ISSA)* as a Certified Fitness Training (CFT) and USA Weightlifting (USAW) as a Club Coach.

Jim is a renowned author, lecturer, and consultant. He is also a contributing writer to numerous national publications and has published manuals and DVDs purchased by athletes, coaches, and fitness professionals all over the world. To learn how to integrate SMR, warm ups, and activation into any program you're on, check out AMD and AMPED Warm-up. Jim is currently giving away a free muscle building, strength training, power pak at <http://www.dieselcrew.com/muscle-building-power-pak.htm>. To learn more about Jim, visit his website at [www.DieselCrew.com](http://www.DieselCrew.com)

## OTHER PRODUCTS FROM JIM SMITH



### COMBAT CORE

By Jim Smith, cscs  
[www.CombatCoreStrength.com](http://www.CombatCoreStrength.com)  
The manual is the essential core training reference for all strength coaches and fitness professionals. Combat Core demonstrates advanced torso training strategies for elite athletes and the manual provides the science and anatomy that the exercises are based upon.



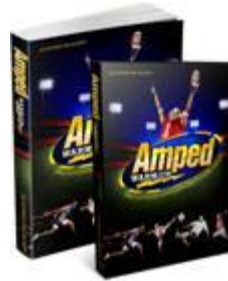
### ACCELERATED MUSCULAR DEVELOPMENT

By Jim Smith, cscs  
[www.AcceleratedMuscularDevelopment.com](http://www.AcceleratedMuscularDevelopment.com)  
Accelerated Muscular Development (AMD) is the ONLY complete 16 week muscle building system. AMD provides a step-by-step, easy-to-follow protocol that "teaches" you how to not only build slabs of muscle, but also how to structure your own programs.



### CHAOS TRAINING

By Jim Smith  
[www.dieselcrew.com/manuals.php](http://www.dieselcrew.com/manuals.php)  
Bridging the gap from typical strength training means to sporting execution. This monster manual is over 670 pages of innovation. Chaos Training is the essential, all encompassing reference for odd-object and non-conventional training.



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By Jim Smith  
[www.ampedwarmup.com](http://www.ampedwarmup.com)  
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Tools Are Proven to Get RESULTS  
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**<http://www.youtube.com/thedieselcrew>**

**Essential Exercise Index Channel**

**<http://www.youtube.com/musclevip>**



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