

The Russian Approach to Size and Strength

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EXERCISE LIST

Vertical Push Movements

Mid-incline close-grip barbell press
Mid-incline mid-grip barbell press
Mid-incline pronated-grip dumbbell press
Mid-incline neutral-grip dumbbell press
High-incline close-grip barbell press
High-incline mid-grip barbell press
High-incline pronated-grip dumbbell press
High-incline neutral-grip dumbbell press
Seated close-grip barbell press
Seated mid-grip barbell press
Seated press behind the neck
Seated pronated-grip dumbbell press
Seated neutral-grip dumbbell press
Seated rotary dumbbell press
Standing close-grip barbell press
Standing mid-grip barbell press
Standing one-arm dumbbell press

Vertical Pull Movements

Close-grip chin-up
Mid-grip chin-up
Close-neutral-grip chin-up
Mid-neutral-grip chin-up
Close-grip pull-up
Mid-grip pull-up
Wide-grip pull-up
Mixed-grip chin-up
Sternum chin-up
Sternum pull-up
Lean-away chin-up
Lean-away pull-up
Wide hand-to-hand pull-up
Wide-grip cable pulldown
Mid-grip cable pulldown
Mid-reverse-grip cable pulldown
Close-reverse-grip cable pulldown
Close-neutral-grip cable pulldown
Mid-neutral-grip cable pulldown

Horizontal Push Movements

Decline close-grip barbell press
Decline mid-grip barbell press
Decline pronated-grip dumbbell press
Decline neutral-grip dumbbell press
Decline rotary dumbbell press
Flat close-grip barbell press
Flat mid-grip barbell press
Flat pronated-grip dumbbell press
Flat neutral-grip dumbbell press
Flat rotary dumbbell press
Low-incline close-grip barbell press
Low-incline mid-grip barbell press
Low-incline pronated-grip dumbbell press
Low-incline neutral-grip dumbbell press
Low-incline rotary dumbbell press,
Parallel-bar dip

Horizontal Pull Movements

Seated close-neutral-grip cable row
Seated mid-neutral-grip cable row
Seated mid-grip cable row
Seated mid-reverse-grip cable row
Seated one-arm cable row
Seated one-arm elbow-out cable row
Seated one-arm rotary cable row
Seated rope row to neck
Standing face pulls
One-arm dumbbell row
One-arm elbow-out dumbbell row
One-arm rotary dumbbell row
Bent-over barbell row
Bent-over reverse-grip EZ bar row

Quad Dominant Movements

Back squat
Back squat heels-elevated
1 ¼ back squat
Bottom-position back squat
Wide-stance back squat
Front squat
Front squat heels-elevated
1 ¼ front squat, bottom-position front squat

Barbell hack squat
Front-foot-elevated back split squat
Front-foot-elevated front split squat
Front-foot-elevated dumbbell split squat
Front-foot-elevated low-pulley split squat
Back split squat
Front split squat
Dumbbell split squat
Low-pulley split squat
Rear-foot-elevated back split squat
Rear-foot-elevated front split squat
Rear-foot-elevated dumbbell split squat
Rear-foot-elevated low-pulley split squat
Back step-up
Front step-up
Dumbbell step-up
Reverse step-up
Side step-up
Dumbbell lunge
Back lunge
Front lunge
Lunge onto step
Lunge off step

Hip Dominant Movements

Bent-knee deadlift
Bent-knee podium deadlift
Snatch-grip deadlift
Snatch-grip podium deadlift
T-bar deadlift
T-bar podium deadlift
Sumo-style deadlift
Barbell jump
Sandbag jump
Glute-ham raise
Cable pull-through

Trunk/Hip Flexion Movements

Supine sit-up
Supine twisting sit-up
Decline sit-up
Decline twisting sit-up
Swiss ball crunch
Swiss ball pullover crunch

Sicilian crunch
Supine knee-in
Low-pulley knee-in
Hanging knee-in
Supine two-leg lowering
Decline two-leg lowering
Decline dragon flag
Hanging leg raise
Swiss ball side flexion
Swiss ball twisting side flexion
Side flexion on back extension machine
Standing dumbbell side-bend
Standing barbell side bend
Standing cable side bend
Saxon dumbbell bend
Saxon barbell bend

Trunk/Hip Extension Movements

Dumbbell back extension
Barbell back extension
Romanian dumbbell deadlift
Romanian barbell deadlift
Romanian cable deadlift
Seated good morning
Standing good morning
Wide-stance good morning
Reverse hyperextension

Elbow Flexion Movements

Standing barbell curl
Standing EZ-bar curl
Standing cable curl
Standing dumbbell curl
Seated dumbbell curl
Incline dumbbell curl
Preacher barbell curl
Preacher EZ-bar curl
Preacher cable curl
Preacher dumbbell curl
Standing reverse-grip barbell cur
Standing reverse-grip EZ-bar curl
Standing reverse-grip cable curl
Standing reverse-grip dumbbell curl
Seated reverse-grip dumbbell curl

Preacher reverse-grip barbell curl
Preacher reverse-grip EZ-bar curl
Preacher reverse-grip cable curl
Preacher reverse-grip dumbbell curl
 Standing hammer curl
 Standing midline hammer curl
 Seated hammer curl
 Seated midline hammer curl
 Incline hammer curl
 Standing rope curl
 Standing twisting rope curl
 Lying cable curl
 Lying reverse-grip cable curl
 Lying rope curl
 Lying twisting rope curl
 Seated Zottman curl
 Preacher Zottman curl
 Seated offset-grip curl
Seated twisting offset-grip curl
 Incline offset-grip curl
Incline twisting offset-grip curl
Concentration dumbbell curl
Concentration cable curl
Preacher one-arm dumbbell curl
Preacher one-arm cable curl

Elbow Extension Movements

Decline dumbbell triceps extension
Decline dumbbell twisting triceps extension
 Decline barbell triceps extension
 Decline EZ-bar triceps extension
 Flat dumbbell triceps extension
Flat dumbbell twisting triceps extension
 Flat barbell triceps extension
 Flat EZ-bar triceps extension
Incline dumbbell triceps extension
Incline dumbbell twisting triceps extension
 Incline barbell triceps extension
 Incline EZ-bar triceps extension
Seated two-arm dumbbell French press
Seated one-arm dumbbell French press
Kneeling two-arm cable French press
Kneeling one-arm cable French press
 Seated barbell French press
 Seated EZ-bar French press

Standing cable pressdown
Standing reverse-grip cable pressdown
Standing v-handle pressdown
Standing reverse-grip v-handle pressdown
Standing rope pressdown
Incline rope pressdown
Standing one-arm cable pressdown
Standing one-arm reverse-grip cable pressdown
Standing one-arm rope pressdown

NOTE: The terms “vertical push,” “vertical pull,” “horizontal push,” “horizontal pull,” “quad dominant” and “hip dominant” are part of a classification system introduced by Australian strength and conditioning coach, Ian King, in his book *Get Buffed!* These are multi-joint movements; whereas, trunk/hip flexion & extension and elbow flexion & extension are all single-joint movements.