

Top Isolation Exercises: Upper-Body

Rear-Delts		Medial-Delts	
Lengthened Range	Shortened Range	Lengthened Range	Shortened Range
Dumbbell Side-Lying Rear Delt Fly	Dumbbell Rear Delt Fly	Dumbbell Side Lying Shoulder Raise	<i>Any Vertical Press</i>
Side Elbow Plank with Dumbbell Rear Delt Fly	Dumbbell Standing 45-Degree Wide Elbow Row	Side Elbow Plank with Dumbbell Side Shoulder Raise	Dumbbell Side Shoulder Raise
Cable One Arm Bent Over Rear Delt Fly	Dumbbell 45-Degree Bench Wide Elbow Row	Dumbbell Incline Bench Side Shoulder Raise	Dumbbell Standing 45-Degree Wide Elbow Row
Cable One Arm Rear-Delt Fly	Dumbbell Shoulder Ts	Cable Side Shoulder Raise	Dumbbell 45-Degree Bench Wide Elbow Row
	Cable Rope Facepull		
	Suspension Trainer Wide-Grip Row		
	Machine Rear Delt Fly		
Biceps		Triceps	
Lengthened Range	Shortened Range	Lengthened Range	Shortened Range
EZ Bar Preacher Curl	EZ Bar Biceps Curl	Dumbbell Overhead Triceps Extension	Dumbbell Skull Crusher
Dumbbell One Arm Preacher Curl	Dumbbell Biceps Curl	Dumbbell One Arm Overhead Triceps Extension	Dumbbell Saw Skull Crusher
Cable Faceaway Biceps Curl	Dumbbell Rotational Biceps Curl	Cable Rope Overhead Triceps Extension	Cable Rope Triceps Extension
	Cable Biceps Curl	NT Loop Overhead Triceps Extension	Cable Triceps Kickback
	Suspension Trainer Biceps Curl		Suspension Trainer Skull Crusher
Pecs	Traps		
Shortened Range	Vertical Shrug	Horizontal Shrug	
Dumbbell Squeeze Press	Barbell Wide Grip Shrug	Dumbbell Bent Over Scapular Retraction	
Cable One-Arm Pec Fly	Dumbbell One Arm Leaning Shrug	Dumbbell One Arm Bent Over Scapular Retraction	
Cable High to Low One-Arm Pec Fly	Cable Angled Shrug	Cable One Arm Scapular Retraction	
Medicine Ball Close-Grip Push-Up	Cable Angled Upright Row	Seated Scapular Retraction	
		Suspension Trainer Scapular Retraction	
		Machine Row Scapular Retraction	

