



Complete **Anatomy** 2020

# Video Packs

Educational videos covering a wide range of topics

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## Cardiology

64 beautiful animations showing cardiac pathologies and procedures in exquisite detail.

## Dentistry

Over 175 animations covering dental conditions and treatments for patient education.

## Orthopedics

Over 400 cutting edge animations, featuring conditions, treatments, and fractures.

## Ophthalmology

35 animations explaining how the eye functions, as well as diseases, conditions, and treatments.

## Fitness

Over 900 animations detailing a wide range of exercises for gym and home workouts.



## Pathologies

### ABNORMAL RHYTHMS

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Atrial Fibrillation  
 Atrial Tachycardia  
 Sinus Bradycardia  
 Sinus Tachycardia  
 Ventricular Fibrillation  
 Ventricular Tachycardia  
 Polymorphic Ventricular Tachycardia  
 Third Degree AV Block  
 Heart Block  
 Premature Atrial Contractions  
 Premature Ventricular Contractions

### AORTIC ABNORMALITIES

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Thoracic Aortic Aneurysm  
 Coarctation of the Aorta  
 Patent Ductus Arteriosus

### AORTIC ABNORMALITIES - CONT.

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Thoracic Aortic Dissection  
 Traumatic Aortic Transection

### CARDIAC TUMOURS

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Left Atrial Myxoma  
 Melanoma

### COMPLICATIONS FOLLOWING HEART ATTACK

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Left Ventricular Aneurysm  
 Left Ventricular Rupture  
 Left Ventricular Thrombus  
 Post Infarct Ventricular Septal Defect  
 Pericarditis

### CORONARY ARTERY DISEASES

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Angina  
 Atherosclerosis

### CORONARY ARTERY DISEASES - CONT.

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Cholesterol  
 Heart Attack - Myocardial Infarction

### SEPTAL WALL ABNORMALITIES

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Atrial Septal Aneurysm  
 Atrial Septal Defect  
 Patent Foramen Ovale  
 Ventricular Septal Defect

### VALVE ABNORMALITIES

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Aortic Insufficiency  
 Aortic Stenosis  
 Bicuspid Aortic Valve  
 Endocarditis  
 Mitral Regurgitation  
 Mitral Stenosis



## Pathologies

### OTHER

Wolff-Parkinson-White Syndrome  
 Congestive Heart Failure - HFpEF  
 Congestive Heart Failure - HFrEF  
 Pulmonary Embolism  
 Normal Sinus Rhythm

### STROKE

Ischemic Stroke  
 Hemorrhagic Stroke  
 Transient Ischemic Attack

## Procedures

Abdominal Aortic Stent  
 Aortic Root Replacement  
 Aortic Valve Replacement  
 Coronary Artery Bypass Grafting  
 Coronary Stent  
 Heart Catheterization  
 Implantable Cardiac Defibrillator  
 Mitral Valve Repair

Mitral Valve Replacement  
 Pericardial Window  
 Permanent Pacemaker  
 Placement of a Septal Occluder  
 Atrial Septal Defect Closure (Clam Shell or Amplatz Device)  
 Replacement of the Ascending Aorta and Aortic Arch  
 Replacement of the Ascending Aorta  
 Trans Aortic Valve Insertion (BAV)

Trans Aortic Valve Insertion (SEV)  
 Trans Aortic Valve Insertion (BEV)  
 FREE: Defibrillator



## Conditions

### ENDODONTICS

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- Abscess, Combined Lesion
- Abscess, Endodontic

### ORAL SURGERY

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- Missing Tooth Sequelae
- Sinus Pneumatization
- TMJ Displacement without Reduction
- TMJ Displacement with Reduction
- TMJ Normal Function
- Third Molar Impaction, Crowding
- Third Molar Impaction, Resorption

### ORTHODONTICS

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- Malocclusion I - Crowding
- Malocclusion I - Spacing
- Malocclusion I - Rotation
- Malocclusion II - Increased Overjet

### ORTHODONTICS - CONT.

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- Malocclusion I - Anterior Crossbite
- Malocclusion III - Posterior Crossbite
- Malocclusion I - Open Bite
- Malocclusion I - Deep Bite
- Malocclusion III - Anterior Crossbite

### PERIODONTICS

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- Abscess Periodontal
- Pericoronitis
- Periodontal Disease
- Gum Recession

### PROSTHODONTICS

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- Abfraction
- Broken Cusp
- Cracked Tooth (Supragingival)
- Cracked Tooth (Subgingival)

### PROSTHODONTICS - CONT.

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- Cracked Tooth Vertical (Furcation)
- Cracked Tooth (Oblique Root)
- Cracked Tooth Vertical Root
- Cracked Tooth (Vertical Apical Root)
- Cracked Tooth at Amalgam
- Broken Cusp at Amalgam
- Decay (Cervical)
- Decay (Crown Margin)
- Decay (Interproximal)
- Decay (Occlusal)
- Decay (Root)
- Decay (Secondary)
- Chipped Teeth
- Decay (Cervical) Cross Section
- Overhanging Restoration



## Diagnostics

Laser Cavity Detection

Disclosing Tablets

Laser Gingivectomy to Expose Decay

Morphology: Universal Numbering System

Morphology: FDI Notation

Morphology: Palmer Notation

## Prevention

Brushing Bass Technique

Brushing Normal Technique

Dental Sealants

Flossing Technique

Night Guard - Full Arch

Night Guard - Grinding Teeth

Night Guard - NTI

Sports Mouthguard - TMJ

Sports Mouthguard

## Treatment

### ENDODONTICS

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Apexification

Apicoectomy

Pulp Cap - Direct

Pulp Cap - Indirect

Root Canal Therapy

### ORAL SURGERY

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Extraction - Impaction Horizontal

### ORAL SURGERY - CONT.

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Extraction - Impaction Partial

Extraction - Impaction Vertical

Extraction - Simple

### ORTHODONTICS

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Appliance - Anterior Crossbite (Class I)

Appliance - Hawley Retainer

Appliance - Palatal Expander

### ORTHODONTICS - CONT.

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Braces - Anterior Crossbite

Braces - Clear Tray

Braces - Crowding

Braces - Deep Bite

Braces - Lingual

Braces - Metal

Braces - Open Bite



## Treatment

### ORTHODONTICS - CONT.

Braces - Overbite  
 Braces - Plastic  
 Braces - Porcelain  
 Braces - Posterior Crossbite  
 Braces - Rotation  
 Braces - Self Ligating  
 Braces - Spacing  
 Clear Tray - Anterior Crossbite  
 Clear Tray - Crowding  
 Clear Tray - Deep Bite  
 Clear Tray - Open Bite  
 Clear Tray - Overbite  
 Clear Tray - Rotation  
 Clear Tray - Spacing  
 Clear Tray Posterior Crossbite

### PERIODONTICS

Antibiotic Gel  
 Antibiotic Microspheres  
 Chemotherapeutics - Periochip  
 Electrosurgery - Gingivectomy  
 Gingival Autograft  
 Laser - Decay Removal, Cervical  
 Laser - Gingivectomy, Cosmetic  
 Laser Assisted Periodontal Therapy  
 Non-Surgical Scaling & Root Planing  
 Non-Surgical Splinting  
 Surgical - Block Bone Graft  
 Surgical - Crown Lengthening, Cavity  
 Surgical - Crown Lengthening, Crown  
 Surgical - Guided Tissue Regeneration  
 Surgical - Sinus Lift with Implants  
 Surgical - Sinus Lift

### PROSTHODONTICS

Bridge - Base Metal  
 Bridge - Cantilever  
 Bridge - Full Gold  
 Bridge - Maryland  
 Bridge - Porcelain, Posterior  
 Bridge - Porcelain Fused to Metal  
 Bridge - Porcelain, Anterior  
 Crowd - CAD/CAM  
 Crown - Buildup, Amalgam  
 Crown - Build Up, Composite  
 Crown - Ceramic  
 Crown - Gold  
 Crown - Metal  
 Crown - Porcelain Fused to Gold  
 Crown - Porcelain Fused to Metal  
 Denture - Fixed, 2 Locator Implants



## Treatment

### PROSTHODONTICS - CONT.

Denture - Fixed, 2 O Ring Implants

Denture - Fixed, 4 Locator Implants

Denture - Fixed, Custom Bar

Denture - Fixed, Hader Bar

Denture - Fixed, Mini Implants

Denture - Fixed, Multi-Abutments

Denture - RPD, Class I Bilateral

Denture - RPD, Class II Unilateral

Denture - RPD, Class III Unilateral

Denture - RPD, Class IV Bilateral

Denture - RPD, Nesbit

Denture - RPD, No Metal

Denture - RPD, Stay Plate (Flipper)

Enameloplasty

Filling - Chipped Tooth

Filling Cervical - Air Abrasion

Filling Cervical - Drill

Filling Occlusal - Air Abrasion

Filling Occlusal - Drill (Amalgam)

Filling Occlusal - Drill

Implant - Bridge, Gold

Implant - Bridge, PFM

Implant - Bridge, Porcelain on Metal

Implant - Bridge, Porcelain on Zirconia

Implant - Bridge, Screw Retained

Implant - Immediate, Anterior

Implant - Immediate, Posterior

Implant - Metal, CAD/CAM Crown

Implant - Metal, Gold Crown

Implant - Metal, PFM Crown

Implant - Metal, Porcelain Crown

Implant - Screw Retained Crown

Implant - Titanium, Procera Crown

Implant - with Immediate Bone Graft

Implant - Zirconia, CAD/CAM Crown

Implant - Zirconia, Porcelain Crown

Implant - Zirconia, Procera Crown

Implant In-1-Step, Anterior

Implant In-1-Step, Posterior

Implant In-2-Step, Anterior

Implant In-2-Step, Posterior

Inlay - CAD/CAM

Inlay - Gold

Inlay - Metal

Inlay - Porcelain

Onlay - CAD/CAM

Onlay - Gold

Onlay - Metal



## Treatment

### PROSTHODONTICS - CONT.

Implant - Titanium, Procera Crown

Implant - with Immediate Bone Graft

Implant - Zirconia, CAD/CAM Crown

Implant - Zirconia, Porcelain Crown

Implant - Zirconia, Procera Crown

Implant In-1-Step, Anterior

Implant In-1-Step, Posterior

Implant In-2-Step, Anterior

Implant In-2-Step, Posterior

Inlay - CAD/CAM

Inlay - Gold

Inlay - Metal

Inlay - Porcelain

Onlay - CAD/CAM

Onlay - Gold

Onlay - Metal

Onlay - Porcelain

Overdenture with Gold Abutments

Post & Core - Anterior Tooth Prefabricated Resin

Post & Core - Cast Gold

Post & Core - Cast Metal

Post & Core - Prefabricated Metal

Post & Core - Prefabricated Resin

Veneer - Chipped, Composite

Veneer - Discolored, Composite

Veneer - Discolored, Porcelain CAD/CAM

Veneer - Discolored, Porcelain Lab

Veneer - Worn, Porcelain Lab

Veneers - Chipped, Porcelain CAD/CAM

Veneers - Chipped, Porcelain Lab

Veneers - Diastema, Composite

Veneers - Diastema, Porcelain CAD/CAM

Veneers - Diastema, Porcelain Lab

Veneers - Worn, Composite

Veneers - Worn, Porcelain CAD/CAM





## Ankle & Foot

### CONDITIONS

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Achilles Tendinitis  
 Achilles Tendon Tear  
 Ankle Eversion Sprain  
 Ankle Inversion Sprain  
 Ankle Inversion Sprain (Grades 1-3)  
 Ankle Inversion Sprain with Peroneal Tendon Tear  
 Avascular Necrosis of Talus  
 Bunion (Hallux Valgus)  
 Calcaneal Bursitis  
 Gout  
 Hallux Rigidus  
 Hammertoe  
 High Ankle Sprain  
 Osteoarthritis  
 Peroneal Tendonitis and Tear  
 Rheumatoid Arthritis of MTP Joints

### CONDITIONS - CONT.

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Tibial Cartilage Degeneration  
 Tibialis Posterior Tendonitis

### TREATMENTS

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Achilles Tendon Repair  
 Ankle Arthroplasty (No Cement)  
 Ankle Fusion (Arthroscopic)  
 Ankle Spur Removal  
 Basal Metatarsal Osteotomy (Opening Wedge Plate)  
 Cheilectomy  
 Chevron Osteotomy  
 First MTP Fusion  
 First MTP Joint Arthroplasty  
 Scarf Osteotomy with Akin Osteotomy  
 Tibial Cartilage Repair  
 Total Ankle Arthroplasty (Mobile Bearing)

### FRACTURES

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Ankle Fibula Avulsion  
 Ankle Fibula Transverse  
 Ankle Fibula Transverse Fixation  
 Ankle Fibula Transverse Fixation Plate  
 Ankle Fibula Oblique  
 Ankle Fibula Oblique Rupture  
 Ankle Fibula Oblique Rupture Fixation  
 Ankle Fibula Oblique Rupture Fixation Plate  
 Ankle Fibula Comminuted  
 Ankle Fibula Comminuted Fixation External  
 Ankle Fibula Comminuted Plate  
 Ankle Fibula Comminuted Plate  
 Ankle Fibula Displaced  
 Ankle Fibula Displaced Fixation  
 Ankle Tibia Oblique  
 Ankle Tibia Oblique Fixation



## Ankle & Foot

### FRACTURES - CONT.

Ankle Tibia Complete

Ankle Tibia Complete Fixation

Ankle Tibia Posteromedial

Ankle Tibia Posteromedial Fixation

Hallux - Distal Phalanx Non-displaced

Hallux - Proximal Phalanx Displaced

Hallux - Internal Plate Fixation

Hallux - Proximal Phalanx Intra-articular

Hallux - Screw Fixation

Hallux - Proximal Phalanx Incomplete

Fifth Toe - Proximal Phalanx Displaced

Fourth Toe - Proximal Phalanx Non-displaced

Fourth Toe - Proximal Phalanx Spiral

Fifth Toe - Distal Phalanx Comminuted

Metatarsal - Basal Non-displaced

Metatarsal - Internal Plate Fixation

Metatarsal - Mid Shaft Displaced

Metatarsal - Mid Shaft Internal Plate Fixation

Fifth Metatarsal - Basal Non-displaced

Fifth Metatarsal - Screw Fixation

Fifth Metatarsal - Oblique Displaced

Fifth Metatarsal - Oblique Screw Fixation

Fifth Metatarsal - Avulsion

Navicular - Incomplete

Navicular - Comminuted

Navicular - Internal Plate Fixation

Navicular - Cortical Avulsion

Navicular - Non-displaced

Navicular - Screw Fixation

Cuboid - Non-displaced

Cuboid - Comminuted

Cuboid - Internal Plate Fixation

Calcaneus - Non-displaced

Calcaneus - Avulsion (Beak)

Calcaneus - Screw Fixation

Calcaneus - Sustentacular Displaced

Calcaneus - Internal Plate Fixation

Talus - Neck, Non-displaced

Talus - Lateral Process, Non-displaced

Talus - Lateral, Screw Fixation

Talus - Posterior Process. Displaced

Talus - Posterior Screw Fixation



## Elbow

### CONDITIONS

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Avascular Necrosis  
 Cubital Tunnel Syndrome  
 Distal Biceps Tear  
 Distal Biceps Tendinopathy  
 Golfer's Elbow (Medial Epicondylitis)  
 Gout  
 Lateral Ulnar Collateral Ligament Degeneration  
 Loose Body  
 Medial Ulnar Collateral Ligament Tear  
 Olecranon Bursitis  
 Osteoarthritis  
 Osteochondritis Dissecans  
 Rheumatoid Arthritis  
 Tennis Elbow (Lateral Epicondylitis)  
 Triceps Tendinopathy

### TREATMENTS

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Cartilage Repair & Loose Body Removal  
 Cubital Tunnel Release  
 Distal Biceps Repair  
 Elbow Arthroplasty (With Cement)  
 Elbow Spur Removal  
 Golfers Elbow Release (Open)  
 Olecranon Bursa Aspiration  
 Olecranon Bursectomy  
 Radial Collateral Ligament Repair  
 Ulnar Collateral Ligament Repair

### FRACTURES

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Elbow Humerus Extra-articular Avulsion  
 Elbow Humerus Extra-articular Simple  
 Elbow Humerus Partial Articular Sagittal  
 Elbow Humerus Complete Articular Simple

### FRACTURES - CONT.

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Elbow Humerus Complete Articular Comminuted  
 Humerus External Fixation  
 Humerus Screw Fixation  
 Elbow Humerus Complete Articular Simple Treatment  
 Elbow Ulna Extra-articular Avulsion  
 Elbow Ulna Extra-articular Simple  
 Elbow Ulna Articular Simple  
 Elbow Ulna Articular Comminuted  
 Ulna Triceps Reinsertion  
 Ulna Screw And Plate Fixation  
 Ulna Bridge Plate Fixation  
 Elbow Radial Bicipital Tuberosity Avulsion  
 Elbow Radius Articular Simple Radial Head



## Elbow

### FRACTURES - CONT.

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Elbow Radius Articular Comminuted  
 Radial Biceps Reinsertion

Radius T-Plate Fixation  
 Radius Screw Fixation

Ulna External Fixation  
 Elbow Radius Biceps Tendon Rupture

## Hand & Wrist

### CONDITIONS

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Avascular Necrosis (Kienbock's Disease)  
 Base of Thumb Osteoarthritis  
 Carpal Tunnel Syndrome  
 De Quervain's Tenosynovitis  
 DIP Joint Osteoarthritis  
 Ganglion Cyst  
 Gout of MCP Joints  
 Kienbock's Disease (Negative Ulnar Variance)  
 MCP Joint Osteoarthritis  
 PIP Joint Osteoarthritis  
 Radiocarpal Osteoarthritis

### CONDITIONS - CONT.

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Rheumatoid Arthritis of MCP Joints  
 Scapholunate Ligament Tear  
 STT Joint Osteoarthritis  
 Trigger Finger  
 UCL of Thumb Tear  
 Ulnar Impaction Syndrome

### TREATMENTS

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CTS Release (Endoscopic)  
 CTS Release (Open)  
 DIP Joint Fusion

### TREATMENTS - CONT.

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DRUJ Arthroplasty  
 Ganglion Cyst Aspiration  
 LCP Wrist Fusion  
 MCP Joint Surface Arthroplasty  
 MCP Joint Surface Arthroplasty (Silicone)  
 PIP Joint Fusion (Tension Band Wiring)  
 PIP Joint Surface Arthroplasty  
 Radial Shortening Osteotomy  
 Radioscapholunate Fusion  
 Scapholunate Ligament Tear Repair  
 Total Wrist Arthrodesis



## Hand & Wrist

### TREATMENTS - CONT.

Trapeziectomy (Weilby Procedure)  
 Trigger Finger Release  
 UCL of Thumb Repair  
 Ulnar Shortening Osteotomy

### FRACTURES

Scaphoid Displaced  
 Scaphoid Displaced Screw Fixation  
 Triquetrum Impacted  
 Trapezium Body  
 Hamate Hook  
 Fifth Metacarpal Head  
 Hand & Wrist Fifth Metacarpal K-wire Fixation  
 Third Metacarpal Comminuted  
 Third Metacarpal Comminuted Bridge Plate Fixation  
 Hand & Wrist Fifth Metacarpal Base Intra-articular

### FRACTURES - CONT.

Fifth Metacarpal Base Intra-articular Plate Fixation  
 Distal Metaphyseal Multifragmentary  
 Proximal Phalanx Plate Fixation  
 Proximal Phalanx Shaft  
 Distal Unicondylar  
 Distal Unicondylar Lag Screw Fixation  
 Proximal Multifragmentary  
 Hemi Hamate Arthroplasty  
 Tuft Comminuted  
 Hand & Wrist Fifth Metacarpal Base Intra-articular  
 Distal Phalanx Dorsal Avulsion  
 Distal Phalanx Transverse  
 Proximal Phalanx Avulsion  
 Metacarpal Intra-articular  
 Metacarpal Screw and K-Wire

### FRACTURES - CONT.

Wrist Ulnar Styloid Process Avulsion  
 Wrist Ulnar Styloid Process Tension Band Wiring  
 Wrist Ulnar Metaphysis  
 Wrist Ulnar Metaphysis Lag Screw Protection Plate  
 Wrist Radius Dorsal Tilt (Pouteau - Colles Fracture)  
 Wrist Radius Dorsal Tilt Joint Bridging External Fixation  
 Wrist Radius Volar Tilt (Goyrand-Smith's)  
 Wrist Radius Volar Tilt K-Wires Cast  
 Wrist Radius Lateral Partial Articular Multifragmentary  
 Wrist Radius Partial Articular Lateral Multifragmentary Radial Column Plate  
 Wrist Radius Medial Partial Articular



## Hand & Wrist

### FRACTURES - CONT.

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Wrist Radius Dorsal Tilt Joint Bridging External Fixation

Wrist Radius Dorsal Rim Simple

Wrist Dorsal Rim Simple Dorsal Plate

Wrist Radius Volar Rim Single Small

Wrist Radius Volar Rim Single Small Palmar Plating

Wrist Radius Articular Dorsoulnar

Wrist Radius Articular Dorsoulnar Dorsal Double Plating

Wrist Radius Articular Multifragmentary

Wrist Radius Articular Multifragmentary Bridge Plating

## Hip

### CONDITIONS

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Acetabular Labrum Tear

Avascular Necrosis

Cartilage Degeneration/Injury

Extra-articular Displaced Subcapital Neck Fracture

Extra-articular Transcervical Neck Fracture

Femoroacetabular Impingement (Cam)

Femoroacetabular Impingement (Pincer)

### CONDITIONS - CONT.

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Gout

Osteoarthritis

Pertrochanteric Multifragmentary Fracture

Rheumatoid Arthritis

### TREATMENTS

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Acetabular Cartilage Debridement

Acetabular Labrum Repair

Cancellous Screws Fixation

### TREATMENTS - CONT.

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Femoroacetabular Impingement Repair

Hip Arthroplasty (No Cement)

Hip Arthroplasty (With Cement)

Short Intramedullary Nail Fixation

Sliding Hip Screws Fixation

### FRACTURES

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Hip Pertrochanteric Multifragmentary

Hip Short Intramedullary Nail Fixation



## Hip

### FRACTURES - CONT.

Hip Intertrochanteric

Hip Long Intramedullary Nail Fixation

Hip Dynamic Condylar Screw Fixation

Hip Extra-articular Neck Transcervical

Hip Cancellous Screws Fixation

Hip Extra-articular Neck Subcapital Displaced

Hip Sliding Hip Screws Fixation

Hip Articular Head Split

Hip Small Fragment Screws Fixation

Acetabulum - Posterior Wall

Acetabulum - Anterior Column

Acetabulum - Ilioinguinal Anterior Column

Acetabulum - Posterior Column Wall

Kocher-Langenbeck - Posterior Column Wall

Acetabulum - Transverse, Posterior Wall

Anterior Column Posterior Hemitransverse

Both Column

Extended Iliofemoral - Both Column

## Knee

### CONDITIONS

ACL Tear

Avascular Necrosis

Baker's Cyst

Baker's Cyst (Beneath Semimembranosus)

Cartilage Degeneration

Gout

Lateral Collateral Ligament with  
Posterolateral Corner Tear

Loose Body

Medial Collateral Ligament Tear

Medial Unicompartmental Osteoarthritis

Meniscal Cyst

Meniscus Bucket Handle Tear

Meniscus Horizontal Tear

Meniscus Peripheral Tear

Meniscus Radial Tear

Osteoarthritis (Grades I-IV)

Osteochondritis Dissecans

Patellar Tendonitis

Patellofemoral Instability (Atraumatic)

Patellofemoral Instability (Traumatic)

Patellofemoral Osteoarthritis

Patellofemoral Pain Syndrome



## Knee

### CONDITIONS - CONT.

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- Prepatellar Bursitis
- Rheumatoid Arthritis
- Spontaneous Osteonecrosis
- Tricompartmental Osteoarthritis

### TREATMENTS

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- ACL Reconstruction (Hamstring Graft)
- FREE: ACL Reconstruction (Patellar Graft)
- Arthroplasty (No Cement)
- Arthroplasty (With Cement)
- Autograft
- Autologous Chondrocyte Implantation
- Cartilage Abrasion (Microfracture)
- High Tibial Osteotomy
- Loose Body Removal
- Matrix Induced Autologous Chondrocyte Implantation

### TREATMENTS - CONT.

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- Meniscus Bucket Handle Tear Repair
- Meniscus Horizontal Tear Repair
- Meniscus Peripheral Tear Repair
- Meniscus Radial Tear Repair
- Partial Knee Arthroplasty
- Patellofemoral Arthroplasty





## Shoulder

### CONDITIONS

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AC Joint Dislocation (Grade 1 - Subluxation)  
 AC Joint Dislocation (Grade 2)  
 AC Joint Dislocation (Grade 3)  
 AC Joint Osteoarthritis  
 Avascular Necrosis  
 Biceps Tendon Tear (Infracapsular)  
 Biceps Tendon Tear (Intracapsular)  
 Clavicle Fracture and AC Joint Dislocation  
 Glenoid Labrum Tear  
 Gout  
 Hill Sachs Lesion  
 Loose Body  
 Osteoarthritis  
 Rheumatoid Arthritis  
 Rotator Cuff Tear  
 SLAP Tear (Type 1)

### CONDITIONS - CONT.

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SLAP Tear (Type 2a)  
 SLAP Tear (Type 2b)  
 SLAP Tear (Type 2c)  
 SLAP Tear (Type 3)  
 SLAP Tear (Type 4)  
 Subacromial Bursitis  
 Subacromial Decompression

### TREATMENTS

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AC Joint Reconstruction  
 AC Joint Reconstruction (Hook Plate)  
 Allograft  
 Bankart Repair  
 Biceps Tenodesis (Infracapsular Screw Fixation)  
 Biceps Tenodesis (Subpectoral Fixation)  
 Biceps Tenotomy  
 Capsular Shift

### TREATMENTS - CONT.

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Distal Clavicle Excision  
 Loose Body Removal  
 Rotator Cuff Tear Repair  
 Shoulder Arthroplasty (No Cement)  
 Shoulder Arthroplasty (With Cement)  
 Subacromial Decompression

### FRACTURES

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Shoulder Greater Tuberosity Displaced  
 Shoulder Greater Tuberosity Displaced Fixing  
 Shoulder Greater Tuberosity Dislocation  
 Surgical Neck  
 Shoulder Surgical Neck Translation  
 Greater Tuberosity Surgical Neck Impaction  
 Greater Tuberosity Surgical Neck Displaced



## Shoulder

### FRACTURES - CONT.

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Vertical with Dislocation

Fracture Dislocation Greater Tuberosity

Cephalotubercular Valgus

## Spine

### CONDITIONS

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Cervical Degenerative Disc Disease

Cervical Facet Joint Syndrome

Cervical Foraminal Stenosis

Cervical Herniated Disc

Cervical Ligament Sprain

Cervical Muscle Spasm

Cervical Myelopathy

Cervical Radiculopathy

Cervical Spondylosis

Cervical Stenosis

Cervical Trauma

Cervical Whiplash

### CONDITIONS - CONT.

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Cauda Equina Syndrome

Lumbar Spondylosis

Lumbar Bone Tumor

Lumbar Degenerative Disc Disease

Lumbar Discitis

Lumbar Herniated Disc

Lumbar Ligament Sprain

Lumbar Lordosis

Lumbar Lytic Spondylolisthesis

Lumbar Muscle Spasm

Lumbar Muscle Strain

Lumbar Neural Tumor

### CONDITIONS - CONT.

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Lumbar Osteoporotic Compression Fracture

Lumbar Radiculopathy

Lumbar Scoliosis

Lumbar Spinal Stenosis

Sacroiliac Dysfunction

Kyphosis

Thoracic Bone Tumor

Thoracic Discitis

Thoracic Foraminal Stenosis

Thoracic Ligament Sprain

Thoracic Muscle Spasm

Thoracic Muscle Strain



## Shoulder

### CONDITIONS - CONT.

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- Thoracic Myelopathy
- Thoracic Neural Tumor
- Thoracic Osteoporosis
- Thoracic Osteoporotic Compression Fracture
- Thoracic Scoliosis
- Thoracic Spondylosis
- Thoracic Trauma

### TREATMENTS

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- Anterior Cervical Discectomy and Fusion (Cage & Plate)
- Anterior Cervical Foraminotomy
- Cervical Foraminotomy (Endoscopic)
- Epidural Injection
- Extreme Lateral Interbody Fusion (XLIF)
- Lumbar Discectomy with Laminotomy (Open)
- Lumbar Kyphoplasty

### TREATMENTS

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- Lumbar Laminectomy with Posterolateral Fusion (With Slip Reduction)
- Lumbar Microdiscectomy
- Lumbar Vertebroplasty
- Posterior Cervical Laminotomy and Foraminotomy
- Posterior Lumbar Interbody Fusion (PLIF)
- Thoracic Kyphoplasty
- Thoracic Vertebroplasty
- TLIF with Posterolateral Fusion (Minimally Invasive Surgery)
- Transforaminal Lumbar Interbody Fusion



## Eye Functional

Pupillary Light Reflex

Accommodation

Color Retina

## Refractive Errors

### DISORDERS

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Axial Myopia

Curvature Myopia

Index Myopia

Axial Hyperopia

Curvature Hyperopia

### DISORDERS - CONT.

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Index Hyperopia

Presbyopia

### TREATMENTS

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Corrective Lenses Axial Myopia

Corrective Lenses Curvature Myopia

### TREATMENTS - CONT.

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Corrective Lenses Index Myopia

Corrective Lenses Axial Hyperopia

Corrective Lenses Curvature Hyperopia

Corrective Lenses Index Hyperopia

Corrective Lenses Presbyopia

## Laser

Lasik Myopia

Lasik Hyperopia

Intra Lasik Myopia

Intra Lasik Hyperopia

Wavefront Myopia

PRK Myopia

LASEK Myopia



## Cataract

### DISORDERS

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Cortical Cataract  
Nuclear Cataract  
Subcapsular Cataract

### TREATMENTS

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Phacoemulsification  
Extracapsular Extraction  
Laser Cataract

## Retinopathy

### DISORDERS

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Retinopathy  
Retinopathy Close-Up

### TREATMENTS

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Panretinal Photocoagulation

## Glaucoma

### DISORDERS

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Glaucoma Closed Angle  
Glaucoma Open Angle

### TREATMENTS

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Laser Cyclophotocoagulation  
Laser Peripheral Iridotomy  
Laser Trabeculoplasty  
Trebeculectomy



## Conjunctivitis

### DISORDERS

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Conjunctivitis

## Conjunctivitis

### DISORDERS

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Deuteranomaly - Deuteranopia

Monochromacy

Protanomaly - Protanopia

Tritanomaly - Tritanopia



## Bench Exercises

- Groin Stretch - Seated Bench
- Hamstring Stretch - Seated
- Hamstring Stretch - Seated Bench Single Leg
- Hip Stretch - Seated
- Lats. Stretch (Chair)
- Shin Stretch - Seated

## Flexibility Exercises

- Calf Stretch - Bent Knee Pushing against Wall
- Calf Stretch - Kneeling
- Calf Stretch - Lunge
- Calf Stretch - Pike
- Calf Stretch - Pushing Against Wall
- Calf Stretch - Seated
- Calf Stretch - Standing Against Wall
- Calf Stretch - Standing Against Wall with Bent Knee

## Calisthenic Exercises

- Calf Stretch - Lunging with Bent Knee
- Calf Stretch - Pike with Bent Knee

Chest Stretch - Bent Arm

Chest Stretch - Straight Arm

Chest Stretch - Yawn

Groin Stretch - Kneeling

Groin Stretch - Kneeling 90 Degrees

Groin Stretch - Kneeling Side Lunge

Groin Stretch - Lying

Groin Stretch - Lying Wall

Groin Stretch - Seated

Groin Stretch - Squatting

Groin Stretch - Standing Side Lunge

Hamstring Stretch - Lying

Hamstring Stretch - Lying with Towel

Hamstring Stretch - Seated Single Leg

Hamstring Stretch - Standing



## Flexibility Exercises

Hamstring Stretch - Standing Cross Legged

Hamstring Stretch - Standing Single Leg

Hands Back Chest Stretch

Hip Stretch - Lying

Hip Stretch - Lying Iliotibial

Hip Stretch - Lying Rollover

Hip Stretch - Lying Twist

Hip Stretch - Lying Wall

Hip Stretch - Modified Lying

Hip Stretch - Prone

Hip Stretch - Seated Rotator

Hip Stretch - Seated Twist

Hip Stretch - Side Twist

Hip Stretch - Squatting

Hip Stretch - Standing

Hip Stretch - Wall

Lats. Stretch (Seated)

Lats. Stretch (Standing)

Lats. Stretch (Wall)

Lunge Stretch Upright

Lunge Stretch With Forward Lean

Lunge Stretch With Rotation

Shin Stretch - Kneeling

Shin Stretch - Lying

Single Arm Forearm Stretch

Standing Glute Stretch

Standing Straddle Stretch

Standing Straddle Stretch With Reach

Stretch - Deltoid, Lateral (Standing)

Stretch - Infraspinatus (Bend-over)

Stretch - Infraspinatus (Lying)

Stretch - Splenius (Extension)

Stretch - Sternocleidomastoid (Retraction)

Stretch - Sternocleidomastoid (Rotation)

Stretch - Teres Minor (Stick)

Stretch - Wrist Extensor (Kneeling)

Stretch - Wrist Extensor (Single Arm)

Stretch - Wrist Flexors (Kneeling)

Stretch - Wrist Flexors (Seated)

Stretch - Wrist Flexors (Single Arm)

Stretch - Wrist Flexors (Standing)

Subscapularis Stretch (Doorway)

Thigh Stretch - Lying Prone

Thigh Stretch - Lying Side

Thigh Stretch - Standing





## Flexibility Exercises

Trap. Stretch (Standing)

Upper Arm Stretch (Doorway)

Upper Arm Stretch (Seated)

Upper Arm Stretch (Standing)

Upper Arm Stretch (Wall)

Waist Stretch - Kneeling

Waist Stretch - Lying

Waist Stretch - Lying Bent Leg

Waist Stretch - Lying Rollover

Waist Stretch - Prone

Waist Stretch - Seated Rollover

Waist Stretch - Seated Twist

Waist Stretch - Standing

Hamstring Stretch - Lever

Hip Stretch - Lever

Thigh Stretch - Lever

Assisted Calf Stretch

Assisted Hamstring

Calf Stretch - Seated with Bent Knee and Towel

Calf Stretch - Seated with Towel

Thigh Stretch - Standing with Towel



## Barbell Exercises

Alternating Lunge (Barbell)

Barbell Bench Press, Flat, Overhand Wide Grip

Barbell Bench Press, Incline, Overhand Narrow Grip

Barbell Bench Press, Incline, Underhand Grip

Barbell Clean

Barbell Clean And Jerk

Barbell Clean, Hang

Barbell Clean, Power

Barbell Jerk, Balance

Barbell Jerk, Split

Barbell Row, Bent Over, Neutral Grip, Single Arm

Barbell Row, Bent Over, Overhand Grip, Straight Stance

Barbell Row, Bent Over, Underhand Grip

Barbell Row, Single Arm

Barbell Snatch, Hang

Barbell Snatch, Muscle

Barbell Snatch, Power

Barbell Squat And Calf Raise

Barbell Squat Sumo

Barbell Squat, Jump

Barbell Squat, Kneeling

Barbell Squat, Overhead

Barbell Squat, Split

Barbell Squat, Split, Side

Barbell Thruster

Bench Press - Close Grip (Barbell)

Bench Press - Close Grip (Lever)

Bench Press (Barbell)

Bent Arm Pullover (Barbell)

Bent-Over Row (Barbell)

Biceps Curl (Barbell)

Biceps Drag Curl (Barbell)

Calves - Reverse Calf Raise (Barbell)

Calves - Seated Calf Raise (Barbell)

Calves - Standing Calf Raise (Barbell)

Deadlift (Barbell)

Front Raise (Barbell)

Front Squat (Barbell)

Full Squat (Barbell)

Glute-Ham Raise (Barbell)

Good Morning - Bent Knee (Barbell)

Good Morning (Barbell)



## Barbell Exercises

Guillotine Bench Press (Barbell)  
 Hack Squat (Barbell)  
 Hamstring Raise (Barbell)  
 Hyperextension (Barbell)  
 Incline Bench Press (Barbell)  
 Lateral Step-up (Barbell)  
 Lunge (Barbell)  
 Lying Rear Delt Row (Barbell)  
 Military Press - Seated (Barbell)  
 Military Press (Barbell)  
 Powerlift Bench Press (Barbell)  
 Preacher Curl (Barbell)

Prone Incline Curl (Barbell)  
 Pullover (Barbell)  
 Rear Delt Row (Barbell)  
 Rear Lunge (Barbell)  
 Reverse Curl (Barbell)  
 Reverse Preacher Curl (Barbell)  
 Reverse Wrist Curl (Barbell)  
 Romanian Deadlift (Barbell)  
 Shoulder Press (Barbell)  
 Shrug (Barbell)  
 Shrug Seated (Barbell)

Side Lunge (Barbell)  
 Squat (Barbell)  
 Step-Ups (Barbell)  
 Straight Leg Deadlift (Barbell)  
 Sumo Deadlift (Barbell)  
 Triceps Extension - Incline (Barbell)  
 Triceps Extension - Lying (Barbell)  
 Triceps Extension - Seated (Barbell)  
 Upright Row (Barbell)  
 Wrist Curl (Barbell)

## Bench Exercises

Bench Dip (Level 1)  
 Bench Dip (Level 2)  
 Bench Dip (Level 3)

Bench Dip (Level 4)  
 Decline Bench Press (Barbell)  
 Decline Bench Press (Dumbbell)  
 Decline Fly (Cable)

Decline Fly (Dumbbell)  
 Decline Push Up  
 Fly (Dumbbell)



## Barbell Exercises

Incline Bench Press - Close Grip (Barbell)

Incline Bench Press - Close Grip (Lever)

Incline Crunch

Incline Leg-Hip Raise

Incline Shoulder Raise (Barbell)

Incline Sit-Up

Incline Twisting Crunch

Incline Twisting Sit-Up

Push Crunch (Barbell)

Push Crunch (Dumbbell)

Single Leg Split Squat

Triceps Extension - Decline (Barbell)

Triceps Extension - Decline (Dumbbell)

Triceps Extension - Incline (Dumbbell)

## Bodyweight Exercises

Bodyweight Bridge

Bodyweight Burpee (On Feet)

Bodyweight Butt Ups

Bodyweight Crunch, Bicycle

Bodyweight Crunch, Cross Body

Bodyweight Crunch, Decline Bench

Bodyweight Crunch, Oblique

Bodyweight Crunch, Reverse

Bodyweight Crunch, Reverse, Incline Bench

Bodyweight Crunch, Straight Hands

Bodyweight Deadlift, Single Leg

Bodyweight Flutter Kicks

Bodyweight Glute Kickback

Bodyweight Heel Touch

Bodyweight Hip Raise

Bodyweight Iron Chair

Bodyweight Leg Raise, Lying

Bodyweight Leg Raise, Straight, Variation

Bodyweight Leg Raise, V Formation

Bodyweight Mountain Climbers

Bodyweight Plank

Bodyweight Plank Jacks

Bodyweight Plank, Side

Bodyweight Pull In, Lying

Bodyweight Pull In, Seated

Bodyweight Scissor Kick

Bodyweight Side Bridge



## Bodyweight Exercises

Bodyweight Side Bridge, Bench

Bodyweight Side Bridge, Leg Raise

Bodyweight Situp, Decline Bench

Bodyweight Squat

Bodyweight Squat And Calf Raises

Bodyweight Squat, Jump

Bodyweight Squat, Kneeling

Bodyweight Squat, Single Leg, Bent

Bodyweight Squat, Single Leg, Straight

Bodyweight Squat, Split

Bodyweight Squat, Split, Side

Bodyweight Superman

Bodyweight Superman, Alternating

Bodyweight T-pushup

Bodyweight Toe Touch

Bodyweight Twist

Bodyweight Twist, Russian

Bodyweight Walk, Wide Stance

Weighted Crunch

Weighted Leg-Hip Raise

Weighted Sit-Up

## Cable Exercises

Alternating Close Grip Pulldown (Cable)

Alternating Pulldown (Cable)

Bench Press (Cable)

Bent Over Pulldown (Cable)

Bent-Over Leg Curl (Cable)

Biceps Alternating Curl (Cable)

Biceps Curl (Cable)

Cable Fly, Incline Bench

Close Grip Pulldown (Cable)

Concentration Curl (Cable)

Decline Press (Cable)

External Rotation - Standing (Cable)

External Rotation - Upward (Cable)

External Rotation (Cable)

Front Lateral Raise (Cable)

Front Raise (Cable)

Hip Abduction (Cable)

Hip Adduction (Cable)

Hip Extension (Cable)

Incline Bench Press (Cable)

Incline Press (Cable)

Internal Rotation (Cable)

Kneeling Crunch (Cable)

Lateral Raise (Cable)



## Cable Exercises

Leg Extension (Cable)

Leg-Hip Raise (Cable)

Lunge (Cable)

Lying Fly (Cable)

Lying Hip Adduction (Cable)

Lying Leg Curl (Cable)

Neck - Extension (Cable)

Neck - Flexion (Cable)

Parallel Grip Pull-Up (Cable)

Preacher Curl (Cable)

Press (Cable)

Pro-Lat-Bar Pulldown (Cable)

Prone Incline Curl (Cable)

Pulldown (Cable)

Pullover (Cable)

Rear Delt Pull (Cable)

Rear Delt Row (Cable)

Rear Lateral Raise (Cable)

Rear Lunge (Cable)

Reverse Curl (Cable)

Reverse Preacher Curl (Cable)

Reverse Wrist Curl (Cable)

Roll Up (Cable)

Romanian Deadlift (Cable)

Seated Crunch (Cable)

Seated Fly (Cable)

Seated Pullover (Cable)

Seated Rear Lateral Raise (Cable)

Seated Row - Straight Back (Cable)

Seated Row (Cable)

Shoulder Press (Cable)

Shoulder Raise (Cable)

Shrug (Cable)

Side Bend (Cable)

Side Bend (Lever)

Single - Lateral Raise (Cable)

Single Arm Incline Press (Cable)

Split Squat - Single Leg (Cable)

Squat (Cable)

Standing Cross Row (Cable)

Standing Crunch (Cable)

Standing Fly (Cable)

Standing Incline Press (Cable)

Standing Leg Curl (Cable)

Standing Press (Cable Bar)

Standing Press (Cable)

Step Up (Cable)

Step-Ups (Cable)

Straight Leg-Hip Raise (Cable)

Triceps Dip (Cable)

Triceps Extension - Overhead (Cable)



## Cable Exercises

Triceps Extension - Side (Cable)

Triceps Pushdown - Alternating Seated (Cable)

Triceps Pushdown - Heavy (Cable)

Triceps Pushdown - Incline (Cable)

Triceps Pushdown - Rope (Cable)

Triceps Pushdown - Single Arm (Cable)

Triceps Pushdown - V-Bar (Cable)

Triceps Pushdown (Cable)

Twist (Cable)

Twist Down (Cable)

Twist Up (Cable)

Twisting Overhead Press (Cable)

Twisting Press (Cable)

Underhand Pull-Up (Cable)

Underhand Pulldown (Cable)

Upright Row (Cable)

Wrist Curl (Cable)

## Calisthenic Exercises

180 Degree Jump

360 Degree Jump

360 Degree Jump

90 Degree Arm Swings

90 Degree Crunch

90 Degree Wipers

Alternate Reach Sit-Up

Alternate Reach Toe Touch

Alternating Lunge

Alternating V-Up

Ankle Jump

Arm Abduction/Adduction Lunge

Arm Abduction/Adduction Split Squats

Arm Abduction/Adduction Squats

Arm Circle Lateral Lunge

Arm Circle Lunges

Arm Circle Split Squats

Arm Circle Squats

Arm Circles Overhead Inside

Arm Circles Overhead Outside

Bearcrawl

Bicycles

Broad Jump

Burpee



## Calisthenic Exercises

Burpee to Pike Jump

Burpee to Tuck Jump

Burpee With Push-Up

Burpee With Push-Up To Tuck Jump

Butterfly Crunch

Calf Raise

Calves - Single Leg Calf Raise

Calves - Standing Calf Raise

Crabcrawl

Cross-Over Sit-Up

Cross-Over Sit-Up Alternating

Crunch

Crunch

Crunch Up

Donkey Kicks

Flutter Kicks

Forward Lunge

Forward to Reverse Lunge

Hand Step-Outs

Handstand

Hip Extension

Isometric Object Squeeze

Jack-Knife Sit-Up

Jumping Jack

Jumping Jack Alternate Hands

Jumping Jack Skiers

Knee-In Alternating Leg

Knee-In Elbows

Knee-In Reverse Crunch

Knee-In Single Leg

Knee-In Twist

Knee-Ins

L-Sit

Lateral Bounds

Lateral Leap

Lateral Lunge

Lateral Plank Elbows

Lateral Plank Handstand

Lateral Plank With Leg Abduction

Laying Hip Abduction

Leg Circles

Leg Lift

Lunge Position Arm Swings

Lunge to Rotation

Mountain Climbers

Narrow Push-Up

Narrow Squat V1





## Calisthenic Exercises

Narrow Squat V2

Narrow to Wide Bounds

Oblique Lunge

Pistol Squat

Plank Alternate Arm Reach/Leg Extension

Plank Alternate Arm Reach/Leg Extension

Plank Alternating Cross-Over Knee-In

Plank Alternating Cross-Over Knee-In

Plank Alternating Knee-In

Plank Alternating Knee-In

Plank Cross-Over Knee-In

Plank Elbow Leg Abduction/Adduction

Plank Elbows

Plank Elbows to Alternating Cross-Over Knee-In

Plank Elbows to Alternating Knee-In

Plank Elbows to Cross-Over Knee-In

Plank Elbows to Knee-In

Plank Elbows With Leg Lift

Plank Handstand

Plank Knee-In

Plank to Knee-In

Plank to Pike

Plank With Leg Lift

Plie Squat V2

Plie Squat V3

Plyometric Push-Up

Plyometric Push-Up Upper/Lower

Progression Crunch to Sit-Up

Prone 90 Degree Hip Abduction

Prone Extension Lower

Prone Extension Upper

Prone Extension Upper/Lower

Push Up

Push Up - Close Grip (Level 2)

Push Up - Close Grip (Level 3)

Push-Up

Push-Up 90 Degree Hold

Push-Up Knees

Push-Up to Knee-In

Push-Up to Pike

Push-Up to T-Stand

R Step-Up

Reverse Crunch

Reverse Lunge

Reverse Lunge to High Knee

SA Burpee

SA Mountain Climbers

SA Squat Thrust



## Calisthenic Exercises

Scissors

Shadow Boxing Hook

Shadow Boxing Jab

Shadow Boxing Uppercut

Shoulder 90 Dynamic

Shoulder 90 Static

Shoulder Arm Circles

Shoulder Handstand Push-Up

Shoulder Raise Front

Shoulder Raise Lateral

Shoulder T Dynamic

Shoulder T Handstand

Shoulder T Handstand Alternate

Shoulder T Static

Single Arm Push-Ups

Single Leg Deadlift

Single Leg Push-Up

Sit-Up

SL Balance

SL Broad Jump

SL Burpee

SL Calf Raise

SL Lateral Leap

SL Leg Lift

SL Squat

SL Squat Thrust

SL Vertical Jump

Split Squat Alternating Leap

Split Squat Leap

Squat Thrust

Squat Thrust with Push-Up

Squat to Kick

Squat V1

Squat V2

Staggered Push-Up

Standing 90 Degree Hip Abduction

Straight Leg Crunch Horizontal

Straight Leg Crunch Vertical

Straight Leg Deadlift

Straight Leg Wipers

Supine Hip Raise

Supine Hip Raise Hold to Leg Extension

Supine Hip Raise to Hold

Supine Hip Raise to Leg Extension

Supine Incline Hip Raise to High Knee

Supine Single Leg Hip Raise

Table Maker



## Calisthenic Exercises

Torso Twist

Vertical Jump

Walking Lunge

Walking Reverse Lunge

Weighted Twisting Crunch

Weighted Twisting Sit-Up

Wide Push-Up

Wide Squat V1

Wide Squat V2

## Dumbbell Exercises

Arnold Press

Bench Press (Dumbbell)

Bent-Over Row (Dumbbell)

Biceps Curl - Incline (Dumbbell)

Biceps Curl (Dumbbell)

Calves - Reverse Calf Raise (Dumbbell)

Calves - Standing Calf Raise (Dumbbell)

Concentration Curl (Dumbbell)

Dumbbell Arm Circles

Dumbbell Bench Press, Decline, Neutral Grip

Dumbbell Bench Press, Decline, Overhand Grip

Dumbbell Bench Press, Decline, Underhand Grip

Dumbbell Bench Press, Incline, Neutral Grip

Dumbbell Bench Press, Incline, Overhand Grip

Dumbbell Bench Press, Incline, Underhand Grip

Dumbbell Biceps Curl, Neutral Grip, Bent Over

Dumbbell Biceps Curl, Neutral Grip, Cross Body

Dumbbell Biceps Curl, Neutral Grip, Flat Bench

Dumbbell Biceps Curl, Overhand Grip

Dumbbell Biceps Curl, Overhand Grip, Bent Over

Dumbbell Biceps Curl, Overhand Grip, Flat Bench

Dumbbell Biceps Curl, Overhand Grip, Incline Bench

Dumbbell Biceps Curl, Preacher, Neutral Grip, Sitting

Dumbbell Biceps Curl, Preacher, Overhand Grip

Dumbbell Biceps Curl, Underhand Grip, Bent Over

Dumbbell Biceps Curl, Underhand Grip, Drag

Dumbbell Biceps Curl, Underhand Grip, Elbows Up

Dumbbell Clean

Dumbbell Clean And Jerk



## Dumbbell Exercises

Dumbbell Clean And Jerk, Single Arm

Dumbbell Clean, Hang

Dumbbell Clean, Power

Dumbbell Crossover, Underhand

Dumbbell Fly, Incline Bench

Dumbbell Fly, Incline Bench, Prone

Dumbbell Fly, Rear Delt

Dumbbell Fly, Seated

Dumbbell Iron Cross

Dumbbell Jerk

Dumbbell Lunge, Forward, Overhead

Dumbbell Lunge, Walking

Dumbbell Pullover, Decline Bench

Dumbbell Pullover, Incline Bench

Dumbbell Scarecrow

Dumbbell Shrug, Hang Jump

Dumbbell Shrug, Incline Bench

Dumbbell Shrug, Jump

Dumbbell Shrug, Overhead

Dumbbell Shrug, Overhead, Flat Bench

Dumbbell Shrug, Overhead, Incline Bench

Dumbbell Shrug, Overhead, Seated

Dumbbell Shrug, Seated

Dumbbell Woodchopper

Dumbbell Woodchopper, Reverse

External Rotation - Lying (Dumbbell)

External Rotation - Seated (Dumbbell)

External Rotation - Upward (Dumbbell)

Front Lateral Raise (Dumbbell)

Front Raise - Alternating (Dumbbell)

Front Raise - Incline (Dumbbell)

Front Raise (Dumbbell)

Hammer Curl (Dumbbell)

Hip Abduction (Dumbbell)

Incline Bench Press (Dumbbell)

Incline Shoulder Raise (Dumbbell)

Internal Rotation (Dumbbell)

Lateral Raise (Dumbbell)

Lunge (Dumbbell)

Lying Lateral Raise (Dumbbell)

Lying Pronation (Dumbbell)

Lying Rear Delt Raise (Dumbbell)

Lying Rear Delt Row (Dumbbell)

Lying Rear Lateral Raise (Dumbbell)

Preacher Curl (Dumbbell)

Prone Incline Curl (Dumbbell)



## Dumbbell Exercises

Pullover (Dumbbell)

Radial Flexion (Dumbbell)

Raise (Dumbbell)

Rear Delt Row (Dumbbell)

Rear Lateral Raise (Dumbbell)

Rear Lunge (Dumbbell)

Reverse Wrist Curl (Dumbbell)

Seated Rear Lateral Raise (Dumbbell)

Shoulder Press - Single (Dumbbell)

Shoulder Press (Dumbbell)

Shrug (Dumbbell)

Side Bend (Dumbbell)

Side Lunge (Dumbbell)

Single Lateral Raise (Dumbbell)

Split Squat - Single Leg (Dumbbell)

Squat (Dumbbell)

Step Down (Dumbbell)

Step Up (Dumbbell)

Step-Ups (Dumbbell)

Straight Leg Deadlift (Dumbbell)

Triceps Extension - Lying (Dumbbell)

Triceps Extension - Seated (Dumbbell)

Triceps Extension - Seated Single Arm (Dumbbell)

Triceps Kickback (Dumbbell)

Ulnar Flexion (Dumbbell)

Upright Row (Dumbbell)

Wrist Curl (Dumbbell)

Zottman Curl

## Elevated Surface Exercises

Cross-Over Step-Up

Dip Bent Knee

Dip Elevated

Dip Hold

Dip Single Leg

Dip Straight Leg

Elevated Bent Knee Holds

Elevated Bent Knee Raises

Incline Single Leg Push-Up

Lateral Step Leap-Up

Lateral Step-Up

Pike Shoulder Push-Up

Step-Down Alternating

Supine Incline Hip Raise (Straight Leg)

Supine Incline Hip Raise Single Leg



## Flexibility Exercises

Ankle Circles

Ankle Circles Backward

Arm Circles Alternating

Arm Circles Alternating Backward

Arm Circles Forward

Back Swings

Back Swings Low

Butt Kicks

Cross Arm

Cross Arm Dynamic

Knee Pull Standing

Knee Pull Supine 1

Single Lateral Raise (Dumbbell)

Knee Pull Supine 2

Lunge Dynamic

Neck Circles

Quadriceps Side

Quadriceps Standing

Seated Butterfly

Seated Lean Back

Shoulder Protraction/Retraction

Shoulder Shrugs

Shuffle

Straight Arm Behind Back

Straight Arm Overhead

Toe Reach

Toe Reach Cross-Over

Toe Reach Seated

Wrist Circles

Wrist Circles Backward

## High Bar Exercises

90 Degree Hold Overhand

Alternating Pull-Up

Hanging Alternating Knee Raises

Hanging Bent Knee Cross-Over

Hanging Bent Knee Raises

Hanging Bent Knee Raises (Arms 90)

Hanging Leg-Hip Raise

Hanging Pike

Hanging Straight Leg Cross-Over

Hanging Straight Leg Raises

Hanging Straight Leg Raises (Arms 90)

Isometric Hand Overhand

Lateral Pull-Up

Narrow Pull-Up

Pull-Up

Wide Pull-Up



## Kettlebell Exercises

Abdominals - Advanced Kettlebell Windmill

Abdominals - AOS Kettlebell 2-Hands Anyhow

Abdominals - Double Kettlebell Windmill

Abdominals - Kettlebell Figure 8

Abdominals - Kettlebell Figure 8 To A Hold

Abdominals - Kettlebell Pass Between The Legs

Abdominals - Kettlebell Turkish Get-Up (Lunge Style)

Abdominals - Kettlebell Turkish Get-Up (Squat Style)

Abdominals - Kettlebell Windmill

Chest - Kettlebell Alternating Floor Press

Chest - Kettlebell Extended Range one Arm Kettlebell Floor Press

Chest - Kettlebell Leg Over Floor Press

Chest - Kettlebell One Arm Floor Press

Forearms - Kettlebell Bottoms-Up Clean from the Hang Position

Front Squats with Two Kettlebells

Hamstrings - Kettlebell Alternating Hang Clean

Hamstrings - Kettlebell Dead Clean

Hamstrings - Kettlebell Double Snatch

Hamstrings - Kettlebell Double Swings

Hamstrings - Kettlebell Hang Clean

Hamstrings - Kettlebell One-Arm Clean

Hamstrings - Kettlebell One-Arm Open Palm Clean

Hamstrings - Kettlebell One-Arm Snatch

Hamstrings - Kettlebell One-Arm Swings

Lats - Alternating Renegade Row

Lats - Kettlebell Alternating Row

Lats - Kettlebell One-Arm Row

Lats - Kettlebell Two-Arm Row

Quadriceps - Front Squats with Two Kettlebells

Quadriceps - Kettlebell One-Arm Overhead Kettlebell Squats

Quadriceps - Kettlebell One-Arm Split Jerk

Quadriceps - Kettlebell One-Arm Split Snatch

Quadriceps - Kettlebell One-Legged Squat

Quadriceps - Kettlebell Squats

Shoulders - Kettlebell Alternating Press

Shoulders - Kettlebell Alternating Seated Press

Shoulders - Kettlebell Arnold Press

Shoulders - Kettlebell Double Jerk

Shoulders - Kettlebell Double Push Press

Shoulders - Kettlebell Long Cycle Press (Pro Series)

Shoulders - Kettlebell One-Arm Jerk

Shoulders - Kettlebell One-Arm Military Press To the Side

Shoulders - Kettlebell One-Arm Para Press

Shoulders - Kettlebell One-Arm Push Press

Shoulders - Kettlebell One-Arm Seated Military Press

Shoulders - Kettlebell One-Arm Stomp Jerk

Shoulders - Kettlebell Seated Press

Shoulders - Kettlebell Seesaw Press

Shoulders - Kettlebell Two-Arm Military Press



## Lever Exercises

- Bench Press (Lever)
- Bent Over Leg Curl (Lever)
- Bent-Over Row (Lever)
- Biceps Curl (Lever)
- Calves - Seated Calf Press (Lever)
- Calves - Standing Calf Raise (Lever)
- Chest Dip (Assisted)
- Chest Dip (Lever)
- Chest Press - Close Grip (Lever)
- Close Grip Pulldown (Lever)
- Decline Fly (Lever)
- Dip
- External Rotation (Lever)
- Fly (Lever)
- Front Pulldown (Lever)
- Hammer Preacher Curl (Lever)
- Hamstring Raise (Assisted)
- Hip Abduction - Standing (Lever)
- Hip Abduction (Lever)
- Hip Extension (Lever)
- Incline Bench Press (Lever)
- Incline Chest Press (Lever)
- Incline Fly (Lever)
- Incline Shoulder Raise
- Internal Rotation (Lever)
- Kneeling Leg Curl (Lever)
- Lateral Pulldown (Lever)
- Lateral Raise (Lever)
- Leg Extension (Lever)
- Leg Press (Lever)
- Leg Raise Crunch (Lever)
- Lying Crunch (Lever)
- Lying Hip Adduction (Lever)
- Lying Leg Curl (Lever)
- Lying Rear Lateral Raise (Lever)
- Military Press (Lever)
- Neck - Extension (Lever)
- Neck - Flexion (Lever)
- Neck - Lateral Flexion (Lever)
- Parallel Grip Incline Bench Press (Lever)
- Parallel Grip Pulldown (Lever)
- Preacher Curl (Lever)
- Press (Lever)
- Pronation (Lever)
- Pull-Up - Assisted
- Pull-Up (Underhand) - Assisted
- Pull-Up (Underhand) - Assisted Standing
- Pull-Up, Close Grip
- Pulldown (Lever)
- Push Crunch (Lever)
- Radial Flexion (Lever)





## Lever Exercises

Reverse Preacher Curl (Lever)

Reverse Wrist Curl (Lever)

Roller Wrist Flexion (Lever)

Seated Crunch (Lever)

Seated Fly (Lever)

Seated Hip Adduction (Lever)

Seated Hip Raise Crunch (Lever)

Seated Hip Raise Crunch (Lever)

Seated Leg Curl (Lever)

Seated Rear Delt Row (Lever)

Seated Rear Lateral Raise (Lever)

Seated Row - Narrow Grip (Lever)

Seated Row - Wide Grip (Lever)

Shoulder Press (Lever)

Shrug - Hands-Free (Lever)

Shrug (Lever)

Side Crunch (Lever)

Squat (Lever)

Standing Hip Adduction (Lever)

Standing Leg Curl (Lever)

Standing Row (Lever)

Triceps Dip

Triceps Dip - Assisted

Triceps Dip - Reverse (Lever)

Triceps Dip (Lever)

Triceps Extension (Lever)

Triceps Pushdown (Lever)

Twist (Lever)

Ulnar Flexion (Lever)

Vertical Leg-Hip Raise

## Medicine Ball Exercises

Medicine Ball Abs Twist

Medicine Ball Advanced Lying Twist

Medicine Ball Back Arc

Medicine Ball Back Bend

Medicine Ball Balance

Medicine Ball Chest Squeeze

Medicine Ball Crunch

Medicine Ball Fly

Medicine Ball Foot Drum

Medicine Ball Hold-and-Grab

Medicine Ball Hyperextension

Medicine Ball Knee Touch



## Medicine Ball Exercises

Medicine Ball Lateral Bend

Medicine Ball Leg Kick

Medicine Ball Leg Raise

Medicine Ball Leg Squeeze

Medicine Ball Lying Twist

Medicine Ball Overhead Chop

Medicine Ball Pelvis Raise

Medicine Ball Push-up

Medicine Ball Situp

Medicine Ball Squat

Medicine Ball Squat Toss

Medicine Ball Woodchopper

Zottman Curl

## Stability Ball Exercises

Stability Ball Biceps Curl, Dumbbell, Neutral Grip

Stability Ball Biceps Curl, Dumbbell, Overhand Grip

Stability Ball Biceps Curl, Dumbbell, Underhand Grip

Stability Ball Bridge

Stability Ball Chest Press, Dumbbell, Flat

Stability Ball Chest Press, Dumbbell, Incline

Stability Ball Dumbbell Scarecrow

Stability Ball Dumbbell Side Raise

Stability Ball Fly, Dumbbell, Flat

Stability Ball Fly, Dumbbell, Flat, Prone

Stability Ball Fly, Dumbbell, Incline

Stability Ball Hyperextension

Stability Ball Hyperextension, Legs Up

Stability Ball Jackknife

Stability Ball Pass Off

Stability Ball Pike

Stability Ball Plank

Stability Ball Plank, Twist

Stability Ball Pullover, Dumbbell

Stability Ball Pullover, Dumbbell, Bent Arm

Stability Ball Pushup

Stability Ball Pushup, Legs On Ball

Stability Ball Pushup, On Knees

Stability Ball Side Bend

Stability Ball Triceps Extension

Stability Ball Triceps Extension, Dumbbell

Stability Ball Wrist Curl, Dumbbell

Twisting Crunch (Ball)



## Step Exercises

Calf Step

Decline Push-Up

Decline Single Leg Push-Up

Hand Step-Ups

Incline Push-Up

L Step-Up

Negative Calf Raise

SL Negative Calf Raise

Step Reverse Calf Raise

Step Single Leg Reverse Calf Raise

Step Split Squat Low

Step Toe Taps Low

Step-Up

Step-Up and Over Low

Step-Ups

Uneven Push-Up

Uneven Squat

## Wall Exercises

Angled Calf Raise

Angled Hip Abduction

Angled Single Leg Calf Raise

Calf Wall

Leg Swings Forward

Leg Swings Lateral

Single Arm Wall Push-Up

SL Wall Squat Iso

Standing Leg Cycles

Step Split Squat High

Supine Single Arm Wall Push to Slide

Supine Wall Push to Slide

Wall 90 Lateral Iso Press

Wall 90 Lateral Reverse Iso Press

Wall Overhead Iso Press

Wall Push-Up

Wall Reverse Overhead Iso Press

Wall Squat Iso

Wall Straight Arm Lateral Iso Press

Wall Straight Arm Reverse Lateral Iso Press