

# SM80 FULL SMITH EXERCISE CHART



CABLE ROW



STANDING BICEPS CURL



PULL UP



LOW PULL UP



UPRIGHT ROW



HIGH CABLE WOODCHOPPER



CHEST FLY



FREE SQUAT



SIDE LEG ROW



DECLINE PULLEY FLY



BENCH PRESS



SMITH SQUAT



REAR LEG ROW



TRICEPS EXTENSION



SHOULDER PRESS



SMITH LEG PRESS