The Ultimate List of Isolation Exercises

List Of Isolation Exercises for Chest Machines

- Pec Deck Fly
- Incline Cable Crossovers
- Standing Cable Parallel Fly
- Standing Cable Upward Fly
- Flat Bench Cable Flyes
- Incline Cable Flyes

Dumbbells

- Dumbbell Bench Press
- Decline Dumbbell Bench Press
- Dumbbell Squeeze Press
- Dumbbell Fly
- Incline Dumbbell Fly
- Standing Dumbbell Upward Fly

Kettlebells

- Kettlebell Chest Fly
- Seesaw Floor Press

Resistance Bands

- Resistance Band Floor Press
- Standing Resistance Band Chest Press
- Standing Resistance Band Incline Press
- Resistance Band Upward Chest Fly

Isolation Workout List for Back Machines

- Wide Grip Lat Pulldown
- Medium Grip Lat Pulldown
- Seated Cable Row
• Cable Straight-Arm Pulldown

**Dumbbells**
- Dumbbell Bent-over Row
- Kneeling One-Arm Dumbbell Row

**Kettlebells**
- Kettlebell Gorilla Row
- Kettlebell Suitcase Row

**Resistance Band**
- Banded Bent-Over Row
- Banded Seated Row
- Banded Lat Pulldown

# List Of Isolation Exercises for Legs and Glutes

**Machines**
- Machine Leg Extension
- Lying Machine Leg Curl
- Machine Calf Raises
- Seated Machine Leg Curl
- Smith Machine Leg Press
- Smith Machine Hip Thrust

**Dumbbells**
- Dumbbell Leg Extension
- Lying Dumbbell Leg Curl
- Dumbbell Calf Raises
- Dumbbell Glute Bridges

**Resistance Bands**
- Resistance Band Leg Press
- Banded Single Leg Deadlift
- Resistance Band Donkey Kick
- Resistance Band Leg Extension
- Resistance Band Leg Curl
- Banded Hip Thrust

# Forearms And Biceps Isolation Exercises List

**Machines**
- Cable Curl
- Preacher Curl
Dumbbells
- Dumbbell Concentration Curl
- Alternate Dumbbell Bicep Curls
- Incline Dumbbell Bicep Curl
- Dumbbell One-arm Preacher curl
- Alternate Dumbbell Hammer Curl
- Dumbbell Seated Biceps Curl
- Dumbbell Preacher Hammer curl
- Incline Prone Dumbbell Bicep Curl
- Incline Alternated Dumbbell Bicep Curl
- Lying Supine Bicep Curl
- Dumbbell Palms-up Wrist Curl
- Dumbbell Reverse Wrist Curl

Barbells
- Standing Barbell Biceps Curl
- Prone Incline Barbell Biceps Curl
- Landmine Concentration Curl
- EZ Bar Biceps Curl
- Barbell Reverse Bicep Curl
- Barbell Preacher Curl
- Barbell Drag Curl

Resistance Bands
- Single-arm Standing Bicep Curl
- Banded Concentration Curl
- Resistance Band Hammer Curl
- Standing Reverse Bicep Curl
- Resistance Band Crossbody Curls
- Lying Resistance Band Bicep Curl

Triceps Isolation Exercises List

Machines
- Rope Pushdown
- Bar Pushdown
- Rope Overhead Extension

Dumbbells
- Incline Dumbbell French Press
- Dumbbell Behind The Neck Triceps Extension
- Dumbbell One-arm Triceps Extension
- Crush Grip Dumbbell Push-ups
- **Incline Dumbbell Tricep Kickback**
- **Single-arm Dumbbell Triceps Kickback**

**Barbells**
- **Barbell Skull Crusher**
- **Barbell Behind the Neck Tricep Extension**
- **Barbell Triceps Kickback**

**Resistance Bands**
- **Resistance Band Tricep Pushdown**
- **Banded Overhead Tricep Extension**
- **Banded Triceps Kickback**

**Shoulder Isolation Workout List**

**Bodyweight**
- **Bodyweight Lateral Raises**
- **Bodyweight Rear Delt Row**

**Machines**
- **Machine Shoulder Press**
- **Lateral Raise Machine**
- **Rear Delt Machine Fly**
- **Smith Machine Overhead Press**
- **Smith Machine Upright Row**

**Dumbbells**
- **Dumbbell Overhead press**
- **Dumbbell Front Raise**
- **Dumbbell Lateral Raises**
- **Seated Dumbbell Rear Delt Raises**
- **Lying Dumbbell Reverse Fly**
- **Dumbbell 45-Degree Incline Row**
- **Dumbbell Upright Row**
- **Dumbbell Shoulder Shrugs**

**Barbells**
- **Front Barbell Overhead Press**
- **Behind The Neck Barbell Shoulder Press**
- **Barbell Front Raise**
- **Landmine Lateral Raises**
- **Chest Supported Row**
- **Barbell Shoulder Shrug**
Resistance Band
- Resistance Band Overhead Press
- Resistance Band Front Raises
- Banded Lateral Raises
- Banded Bent-Over Reverse Fly
- Banded Upright Row
- Resistance Band Shrug

1. List Of Isolation Workout for Abs and Oblique

2. Bodyweight
- Hanging Knee Raise
- Hanging Leg Raise
- Pullup Bar Hanging Leg Raise
- Hanging Knee Raise
- Toes To Bar
- Hanging Windshield Wipers
- Hanging Knee To Elbow

Machines
- Kneeling Cable Crunches
- Lying Cable Crunches
- Standing Cable Crunches
- Decline Cable Crunches
- Reverse Cable Crunches
- Cable Tuck Crunch
- Lying Cable Leg Raise
- Single-Leg Cable Crunch
- Russian Twist
- High To Low Cable wood Chop
- Reverse Cable Wood Chop
- Low-Pulley Cable Side Bend
- High Pulley Cable Side Bend

Barbells
- Barbell Crunches
- Barbell Rollout

Dumbbells
- Lying Dumbbell Leg Raise
• Dumbbell Reverse Crunches
• Dumbbell Side Bend
• Dumbbell Russian Twist
• Dumbbell Side Plank

**Resistance Band**
• Mini Band Flutter Kicks
• Mini Band Bicycle Crunch
• Resistance band Single-Leg Lift
• Standing Oblique Crunch
• Side Leg Raises with loop band
• Loop Band Mountain Climber
• Resistance Band Bird Dog
• Plank Leg Kickback
• Resistance Band Dead Bug
• Banded Hip Bridge
• Russian Twist
• Knee to outside elbow Crunch
• V Leg Lifts

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