

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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