CHEST:

db chest press  db fly  db incline chest press  BB bench press

BACK:

db bent over row  Lat pull down  seated cable row  Barbell bent row

Deltoids (shoulders):  Traps:

db shoulder press  db lateral raise  db bent lateral raise  db shrug

Legs:

Leg press  Hack squats  Lunges  Split squats
Leg extension  Seated leg curl  Standing leg curl  Romanian dead lift

Calves:

45 degree calf raise  Seated calf raise

Biceps:

Standing BB curl  Seated or standing db alternate curls  Cable curl

Triceps:

db overhead extension  Triceps press down  db kick back