

Clasify the pictures below to the following headings:

Chin-up, Deadlift, Push-up, Split squad



**Chin-up, Deadlift, Push-up, Split squad**



**Chin-up, Deadlift, Push-up, Split squad**



## Chin-up, Deadlift, Push-up, Split squat



**Describe how to perform each exercise.**

Adapted from: <http://www.shape.com/fitness/workouts/only-5-exercises-you-really-need/slide/>