

# Escalating Density Training (EST): Pairing Suggestions

The opportunities are endless when pairing exercises for an escalating density workout. The main requirement is that each exercise in the pair involves different muscles. This way, while one group of muscles is working, the muscles required to perform the other exercise can rest. Need some ideas? Print this cheat sheet and take it with you to the gym.

## Upper and lower body movements

- Dumbbell shoulder press and squat
- Bent-over row and leg press
- Bench press and dead lift

## Push and pull movements

- Chest press and lat pull-down
- Incline press and seated wide-grip row
- Overhead press and chin-up

## Distinct, whole-body movements

- Dead lift and chin-up
- Kettlebell swing and pushup
- Squat jump and stability ball pike

## Unilateral movements

- Lunge on right and left sides
- Split squat on right and left sides
- Single-arm cable row on right and left sides

## Bodyweight exercises

Note: Make sure each exercise in these pairings is equally challenging for you.

If one exercise is easier, you can add resistance (e.g., a weighted vest) to even out the difficulty level.

- Diamond pushup and pull-up
- Bench dip and decline bench sit-up
- Chin-up and supine (inverted) row

## Isolation exercises

- Biceps curl and triceps kickback
- Hamstring curl and leg extension
- Chest fly and reverse fly