

Learn how to perform proper executions of fitness exercises with our incredible database set of more than 100+ exercises guides Workout Labs LOGIN Upgrade to PRO Workout Labs Average Rating: 4.7 Votes: 287 Reviews: 287 Illustration licensing Available with yourWORKOUT PRO membership Learn More Here you will find our complete list of strength training exercises. All strength training exercises have detailed instructions, muscles worked, and a video demonstration. All exercise descriptions are available for free in our workout log app. All exercise descriptions are also available for free in our workout strength training exercises have detailed instructions, muscles worked, and a video demonstration. and follow our strength training programs. Download StrengthLog for free with the links below: Feel free to use these exercise descriptions, images, and videos on your website as long as you link to us as the source. Here is our complete list of strength training exercises, sorted by muscle group and name. Barbell Wrist Extension Rowing Machine Stationary Bike This is our recommended list of the best strength training exercises for every major muscle group. These are time-tested classics that have proven their effectiveness both in the trenches and in the research labs. Which exercise is best for you will depend on your anatomy, background, and preferences, but this list should give you a starting point. For most of the muscle groups below, we try to list at least one compound exercises listed for each muscle group, you should be able to work most of the muscle group, you should be able to work most of the muscle group. Press Bar Dips Standing Cable Chest Fly Read more about the best chest exercises. Read more about the best tricep Read more about the best tricep exercises. Squat Hack Squats Leg Extension Bulgarian Split Squat Read more: How to Train Your Quad Muscles Seated Leg Curl Lying Leg Curl Romanian Deadlift Bulgarian Split Squat Read more: How to Train Your Glute Muscles Squat Hip Thrust Romanian Deadlift Bulgarian Split Squat Read more: How to Train Your Glute Muscles Seated Leg Curl Lying Leg Raise High to Low Wood Chop Crunch Read more: How to Train Your Abs Standing Calf Raise Read more: How to Train Your Calf Muscles Related articles: The four basic strength training exercises refer to the four fundamental movements that, together, cover a large part of what we can do with our bodies. The idea is that if you do at least one exercise for each fundamental movement, you will have worked almost all your major muscle groups. At least one exercise from each of these four basic movements should be included in every comprehensive strength training program. The four fundamental movements are: Push something away from you. Examples: bench press, overhead press, push-ups, machine chest press. Pull something towards you. Examples: eadlift, clean, kettlebell swing. Squat. Examples: squat, front squat, Bulgarian split squat, goblet squat, leg press. Push, pull, hinge, and squat. That's it. The bench press, barbell row, deadlift, and squat. Four exercises, four fundamental movements. Generally speaking: Pick one exercises, four fundamental movements. Generally speaking: Pick one exercises, four fundamental movements. and pick one exercise from each category, it might be bench press, barbell row, deadlift, and squat. If you train with kettlebells in the rack position. If you train with machines, it might be chest press, machine row, back extension, and leg press. Can't we leave a nice thing alone? Alright. If you want to get fancy, there are two things you can add. While the back of your core gets plenty of training in most hip hinge and squat exercises, your abs and obliques (the front and sides) don't. To rectify this, you could add an ab exercise from the list of exercises above. For even more comprehensive upper body training, you could split up the pushing and pulling movements into horizontal and vertical planes of motion. Horizontal if you were standing upright. Examples: Horizontal pushes: bench press, dumbbell chest press, and push-ups. Horizontal pulls: barbell row, dumbbell row, and cable row. Vertical movements have your arm working over your head. Examples: Vertical pulls: lat pulldown and pull-up. Horizontal and vertical movements will emphasize slightly different muscles, or different regions in large muscles, and can thus lead to more complete training. An exercise is effective for building muscle if it: Works the muscle power to be the limiting factor, and not your balance. Trains multiple muscles simultaneously (these exercises are often called compound exercises). Of course, you don't have to train several muscles in the same exercise, but it is time-effective to use compound exercises as they will help you train all your major muscle groups more quickly. Not that we're aware of. But ... A lot of people would say the deadlift. The deadlift. While the deadlift certainly uses a lot of muscle mass at the same time, it doesn't work all major muscle groups. The deadlift primarily works your posterior chain: your glutes, laws out the muscles in your upper arms, shoulders, lats, and abdominals. Your quads aren't worked very effective either. Another exercise that comes to mind is the clean and jerk (or clean and jerk), adding some work for your legs, shoulders and arms. You might argue, however, that the clean and jerk is actually two exercises combined (the clean and jerk), and thus not "one exercise for the whole body". No matter how you slice it, both the deadlift and clean and jerk are still two fantastic exercises, and if one of them was all you ever did, you would still do pretty good. Free weights refer to all kinds of training equipment that isn't attached to something. The most common ones being barbells, dumbbells and kettlebells. Machines refer to training equipment that is fixed in one way or another. For example, it could be machines for leg presses or leg extensions, or smith machines both have their pros and consider when planning your training. To learn which is better for your goals, check out our article on free weights vs. machines. We analyzed millions of workouts from hundreds of thousands of users of our workout tracker to find the most popular exercises. You can see the results in the article: The Most Popular Gym Exercises for Men & Women. Want more? Subscribe to our weekly newsletter to get notified of new articles, and get weekly training tips! Workout Labs LOGIN Upgrade to PRO WorkoutLabs Average Rating: 4.7 Votes: 287 Reviews: 287 Illustration licensing Available with yourWORKOUT PRO membership Learn More , the free encyclopedia that anyone can edit. 117,922 active editors 6,998,799 articles in English An RATP Group electric Heuliez Bus shuttles athletes from the Olympic Village. Transportation during the 2024 Summer Olympics and Paralympics constituted a major challenge for the event. Over €500 million was invested in improvements to transportation infrastructure for the games. A mobile app was developed to facilitate travel by offering a route calculator, and 5,000 agents were deployed at stations and bus stops to assist travellers. A goal of Paris 2024 was to halve the average carbon footprint of the London 2012 and Rio 2016 games. The organisers estimated that more than a third of the greenhouse gas emissions would be from the transport of athletes and spectators. All venues were made accessible by public transport and bicycle, with 415 kilometres (258 mi) of cycle paths created to link the venues and 27,000 bicycle racks installed. Public transport was extended and services increased. The goal was met, with an estimated 54.6% reduction, representing 1.59 million tonnes of CO2 equivalent. (Full article...) Recently featured: Rhine campaign of 1796 Chinese characters Ezra Pound Archive By email More featured articles About Taraxacum mongolicum (pictured) was first mentioned in writing in the Xinxiu bencao as a medicinal plant in 659 AD? ... that the Oslo study withheld treatment from 2,000 patients with syphilis? ... that just after the 1945 liberation of Korea, the remnants of the Japanese colonial government used armed guards to prevent Koreans from Creole a "miracle" to qualify for the 2023 EFL League One play-off final? ... that Pope Leo XIV descends from Creole people of color? ... that the Theban general Pelopidas set out for the Battle of Cynoscephalae even after his army was disbanded? ... that Hannah Fry used mathematics to compare Elizabeth II's Christmas messages with the lyrics of Snoop Dogg? ... that Stray Kids is the first act to debut at No. 1 on the Billboard 200 with their first six chart entries? ... that an Indiana TV station promised to begin broadcasting New Year's Eve — but only made it in time for Chinese New Year's Eve? Archive Start a new article Nicusor Dan (pictured) is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. A tornado outbreak leaves at least 27 people dead in the Midwestern and Southeastern United States. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Jim Irsay Yury Grigorovich Yuri Vladimirov Colton Ford Werenoi Benjamin Ritchie Nominate an article May 26: Memorial Day (2025) in the United States; National Sorry Day in Australia; Independence Day in Georgia (1918) Damage to the Interstate 40 bridge 1644 -Portuguese Restoration War: Portuguese and Spanish forces both claimed victory at the Battle of Montijo. 1894 - Germany's Emanuel Lasker defeated Wilhelm Steinitz to become the first English football club to win three major championships in the same season. 2002 - Barges being towed destroyed part of a bridge (aftermath pictured) near Webbers Falls, Oklahoma, causing vehicles to fall into the Robert S.
Kerr Reservoir on the Arkansas River. Augustine of Canterbury (d. 604)Isaac Franklin (b. 1789)Jeremy Corbyn (b. 1949)Elizabeth Peer (d. 1984) More anniversaries: May 25 May 26 May 27 Archive By email List of days of the year About Tom Cruise's (pictured) performance as well as its sound and visual effects, cinematography, and film editing. It received six nominations at the 95th Academy Awards, including Best Picture, and won Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound, and Best Sound, Best Sou Best Cinematography. It garnered two nominations at the 80th Golden Globe Awards. In addition to two National Board of Review Awards, Maverick was named one of the ten-best films of 2022 by the American Film Institute. (Full list...) Recently featured: National Board of Review Awards, Maverick was named one of the ten-best films of 2022 by the American Film Institute. More featured lists The bluespotted ribbontail ray (Taeniura lymma) is a species of stingray in the family Dasyatidae. Found from the intertidal zone to a depth of 30 m (100 ft), this species is common throughout the tropical Indian and western Pacific Oceans in nearshore, coral reef-associated habitats. It is a fairly small ray, not exceeding 35 cm (14 in) in width, with a mostly smooth, oval pectoral fin disc, large protruding eyes, and a relatively short and thick tail with a deep fin fold underneath. It can be easily identified by its striking color pattern of many electric blue spots on a yellowish background, with a pair of blue stripes on the tail. This bluespotted ribbontail ray was photographed in the Red Sea off the coast of Egypt. Photograph credit: Diego Delso Recently featured: Black Lives Matter art Germanicus The Cocoanuts Archive More featured pictures community portal - The central hub for editors, with resources, links, tasks, and announcements. technical issues. Site news - Sources of news about Wikipedia and the broader Wikipedia movement. Teahouse - Ask basic questions about using or editing Wikipedia. Reference desk - Ask research questions about using or editing Wikipedia. encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiguoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikivoyageFree travel guide WikionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسى Français Italiano Nederlands 日本語 Polski Português Pycский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Eλληνικά Esperanto Euskara بردرس Français Italiano Nederlands 日本語 Polski Português Pyccкий Svenska Vkpaïнська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Eλληνικά Esperanto Euskara بردر المربية Srpskohrvatski Suomi Türkçe O'zbekcha 50,000+ articles Asturianu Azərbaycanca [][][]] Bosanski كوردى Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių [][][]] Norsk nynorsk [][][][]] Norsk nynorsk [][][][][]] Norsk nynorsk [][][][]] Norsk nynorsk [][][][]] Norsk nynorsk [][][][][]] Norsk nynorsk [][][][][]] Norsk nynorsk [][][[][]] Norsk nynorsk [][][][][]] Norsk nynorsk [][][][][] Norsk nynorsk [][][[][] Norsk nynorsk [][][[][] Norsk nynorsk [][][[][] Norsk nynorsk [][[][[][] Norsk nynorsk [][[][[][] Norsk nynorsk [][[][[][[] Norsk nynorsk [][[][[] Norsk nynorsk [][[] held in 1995, see 67th Academy Awards. For the ceremony for films released in 1995, see 68th Academy Awards. 95th Kirshner Directed byGlenn WeissHighlightsBest PictureEverything Everywhere All at Once (7)Most nominationsEverything Everywhere All at Once (7)Most nominationsEverything Everywhere All at Once (11)TV in the United StatesNetworkABCDuration3 hours, 37 minutes[2]Ratings 18.75 million[3] 9.9% (Nielsen ratings) ~ 94th Academy Awards 96th \rightarrow The 95th Academy Awards ceremony, presented by the Academy of Motion Picture Arts and Sciences (AMPAS), took place on March 12, 2023, at the Dolby Theatre in Hollywood, Los Angeles. During the gala, the AMPAS presented Academy Awards (commonly referred to as Oscars) in 23 categories honoring films released in 2022. The ceremony, televised in the United States by ABC, was produced by Glenn Weiss and Ricky Kirshner, with Weiss also serving as director. Comedian Jimmy Kimmel hosted the show for the third time, following the 89th ceremony in 2017 and the Fairmont Century Plaza Hotel in Century City, California, on November 19, 2022. The Academy Scientific and Technical Awards were presented by host Simu Liu on February 24, 2023, in a ceremony at the Academy Museum of Motion Pictures in Los Angeles.[5] Everything included All Quiet on the Western Front with four awards, The Whale with two, and Avatar: The Way of Water, Black Panther: Wakanda Forever, The Boy, the Mole, the Fox and the Horse, The Elephant Whisperers, Guillermo del Toro's Pinocchio, An Irish Goodbye, Navalny, RRR, Top Gun: Maverick, and Women Talking with one. The telecast drew 18.75 million viewers in the United States.[3] The nominees for the 95th Academy Awards were announced on January 24, 2023, at the Samuel Goldwyn Theater in Beverly Hills, by actors Riz Ahmed and Allison Williams.[8] Everything Everywhere All at Once led all nominees with eleven nominations; All Quiet on the Western Front and The Banshees of Inisherin tied for second with nine nominations each.[9][10] The winners were announced during the awards ceremony on March 12, 2023. Everything Everywhere All at Once became the first science fiction film to win Best Picture,[11] and became the third film, alongside A Streetcar Named Desire (1951) and Network (1976), to win three acting awards.[12] Best Director winners Daniel Kwan and Daniel Scheinert became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor so win for the same film.[a] For the first time since the 7th ceremony in 1935, all five Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees.[13] Michelle Yeoh became the first Asian winner for Best Actor nominees. Berry, who won for her performance in Monster's Ball (2001).[14] Furthermore, she became the first woman to identify as Asian to be nominated in that category.[b] Ke Huy Quan became the first Woman to identify as Asian to be nominated in that category.[b] Ke Huy Quan became the first woman to identify as Asian to be nominated in that category.[b] Ke Huy Quan became the first woman to identify as Asian to be nominated in that category.[b] Ke Huy Quan became the first Woman to identify as Asian to be nominated in that category.[b] Ke Huy Quan became the first woman to identify as Asian to be nominated in the second Asian winner for Best Supporting Actor after Haing S. Ngor, who won for his role in The Killing Fields (1984).[15][16] The 42-year span between Judd Hirsch's first nominations.[13] At age 90, Best Original Score nominated competitively in Oscars history. winner Ruth E. Carter became the first Black woman to win two
Oscars.[17] Daniel Scheinert and Daniel Kwan, Best Director and Best Original Screenplay winners Brendan Fraser, Best Actor winner Michelle Yeoh, Best Actress winner Ke Huy Quan, Best Sup Curtis, Best Supporting Actress winner Sarah Polley, Best Adapted Screenplay winner Guillermo del Toro, Best Animated Feature Film co-winner Kartiki Gonsalves, Best Documentary Short Subject co-winner Volker Bertelmann, Best Original Score winner M. M. Keeravani, Best Original Song co-winner James Friend, Best Cinematography winner Ruth E. Carter, Best Visual Effects co-winner Winners are listed first, highlighted in boldface, and indicated with a double dagger (‡).[18] Best Picture Everything Everywhere All at Once - Daniel Kwan, Daniel Scheinert, and Jonathan Wang, producers‡ All Quiet on the Western Front - Malte Grunert, producers‡ All Quiet on the Western Front - Malte Grunert, and Martin McDonagh, producers Elvis - Baz Luhrmann, Catherine Martin, Gail Berman, Patrick McCormick, and Schuyler Weiss, producers The Fabelmans - Kristie Macosko Krieger, Steven Spielberg, and Tony Kushner, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra Milchan, and Scott Lambert, producers Tar - Todd Field, Alexandra and Jerry Bruckheimer, producers Triangle of Sadness - Erik Hemmendorff and Philippe Bober, producers Women Talking - Dede Gardner, Jeremy Kleiner, and Frances McDormand, producers Best Directing Daniel Kwan and Daniel Scheinert - Everything Everywhere All at Once‡ Martin McDonagh - The Fabelmans Todd Field - Tár Ruben Östlund - Triangle of Sadness Best Actor in a Leading Role Brendan Fraser - The Whale as Charlie[‡] Austin Butler - Elvis as Elvis Presley Colin Farrell - The Banshees of Inisherin as Pádraic Súilleabháin Paul Mescal - Aftersun as Calum Patterson Bill Nighy - Living as Mr. Rodney Williams Best Actress in a Leading Role Michelle Yeoh - Everything Everywhere All at Once as Evelyn Quan Wang‡ Cate Blanchett - Tár as Lydia Tár Ana de Armas - Blonde as Norma Jeane Andrea Riseborough - To Leslie as Leslie Rowlands Michelle Williams - The Fabelmans as Mitzi Fabelmans as Waymond Wang‡ Brendan Gleeson - The Banshees of Inisherin as Colm Doherty Brian Tyree Henry - Causeway as James Aucoin Judd Hirsch - The Banshees of Inisherin as Dominic Kearney Best Actress in a Supporting Role Jamie Lee Curtis - Everything Everywhere All at Once as Deirdre Beaubeirdre Angela Bassett - Black Panther: Wakanda Forever as Queen Ramonda Hong Chau - The Whale as Liz Kerry Condon - The Banshees of Inisherin as Siobhán Stephanie Hsu - Everything Everywhere All at Once - Daniel Kwan and Daniel Scheinert[‡] The Banshees of Inisherin - Martin McDonagh The Fabelmans - Steven Spielberg and Tony Kushner Tár - Todd Field Triangle of Sadness - Ruben Östlund Best Writing (Adapted Screenplay) Women Talking - Sarah Polley; based on the novel by Miriam Toews[‡] All Quiet on the Western Front - Edward Berger, Lesley Paterson, and Ian Stokell; based on the novel by Erich Maria Remarque Glass Onion: A Knives Out Mystery - Rian Johnson; based on characters created by Johnson and the film Knives Out Living - Kazuo Ishiguro; based on the original motion picture screenplay Ikiru by Akira Kurosawa, Shinobu Hashimoto, and Hideo Oguni Top Gun: Maverick - Screenplay by Ehren Kruger, Eric Warren Singer, and Christopher McQuarrie; story by Peter Craig and Justin Marks; based on the film Top Gun written by Jim Cash and Jack Epps Jr. Best Animated Feature Film Guillermo del Toro's Pinocchio - Guillermo del Toro, Mark Gustafson, Gary Ungar, and Alex Bulkley[‡] Marcel the Shell with Shoes On - Dean Fleischer Camp Elisabeth Holm, Andrew Goldman, Caroline Kaplan, and Paul Mezey Puss in Boots: The Last Wish - Joel Crawford and Mark Swift The Sea Beast - Chris Williams and Jed Schlanger Turning Red - Domee Shi and Lindsey Collins Best International Feature Film All Quiet on the Western Front (Germany) - directed by Edward Berger‡ Argentina, 1985 (Argentina) - directed by Santiago Mitre Close (Belgium) - directed by Lukas Dhont EO (Poland) - directed by Jerzy Skolimowski The Quiet Girl (Ireland) - directed by Lukas Dhont EO (Poland) - directed by Lukas Dhont EO (Po Teddy Leifer All the Beauty and the Bloodshed - Laura Poitras, Howard Gertler, John Lyons, Nan Goldin, and Yoni Golijov Fire of Love - Sara Dosa, Shane Boris, and Ina Fichman A House Made of Splinters - Simon Lereng Wilmont and Monica Hellström Best Documentary Short Film The Elephant Whisperers - Kartiki Gonsalves and Guneet Monga Haulout - Evgenia Arbugaeva and Maxim Arbugaev How Do You Measure a Year? - Jay Rosenblatt The Martha Mitchell Effect - Anne Alvergue and Beth Levison Stranger at the Gate - Joshua Seftel and Conall Jones Best Short Film (Live Action) An Irish Goodbye - Tom Berkeley and Ross White‡ Ivalu - Anders Walter and Rebecca Pruzan Le pupille Alice Rohrwacher and Alfonso Cuarón Night Ride - Eirik Tveiten and Gaute Lid Larssen The Red Suitcase - Cyrus Neshvad Best Short Film (Animated) The Flying Sailor - Wendy Tilby and Amanda Forbis Ice Merchants - João Gonzalez and Bruno Caetano My Year of Dicks - Sara Gunnarsdóttir and Pamela Ribon An Ostrich Told Me the World Is Fake and I Think I Believe It - Lachlan Pendragon Best Music (Original Score) All Quiet on the Western Front - Volker Bertelmann[‡] Babylon - Justin Hurwitz The Banshees of Inisherin - Carter Burwell Everything Williams Best Music (Original Song) "Naatu Naatu" from RRR - Music by M. M. Keeravani; lyrics by Chandrabose‡ "Applause" from Tell It Like a Woman - Music and lyrics by Lady Gaga and BloodPop "Lift Me Up" from Black Panther: Wakanda Forever - Music by Tems, Rihanna, Ryan Coogler, and Ludwig Göransson; lyrics by Tems and Ryan Coogler "This Is a Life" from Everything Everywhere All at Once - Music by Ryan Lott, David Byrne Best Sound Top Gun: Maverick - Mark Weingarten, James H. Mather, Al Nelson, Chris Burdon, and Mark Taylor‡ All Quiet on the Western Front - Viktor Prášil, Frank Kruse, Markus Stemler, Lars Ginzel, and Stefan Korte Avatar: The Way of Water - Julian Howarth, Gwendolyn Yates Whittle, Dick Bernstein, Christopher Boyes, Gary Summers, and Michael Hedges The Batman - Stuart Wilson, William Files, Douglas Murray, and Andy Nelson Elvis - David Lee, Wayne Pashley, Andy Nelson, and Michael Keller Best Production Design All Quiet on the Western Front - Production design: Christian M. Goldbeck; set decoration: Vanessa Cole Babylon - Production design: Florencia Martin; set decoration: Anthony Carlino Elvis - Production design: Catherine Martin and Karen Murphy; set decoration: Bev Dunn The Fabelmans - Production design: Rick Carter; set decoration: Karen O'Hara Best Cinematography All Quiet on the Western Front - James Friend Bardo, False Chronicle of a Handful of Truths - Darius Khondji Elvis - Mandy Walker Empire of Light - Roger Deakins Tár - Florian Hoffmeister Best Makeup and Hairstyling The Whale - Adrien Morot, Judy Chin, and Annemarie Bradley‡ All Quiet on the Western Front - Heike Merker and Linda Eisenhamerová The Batman - Naomi Donne, Mike Marino, and Mike Fontaine Black Panther: Wakanda Forever - Camille Friend and Joel Harlow Elvis - Mark Coulier, Jason Baird, and Aldo Signoretti Best Costume Design Black Panther: Wakanda Forever - Ruth E. Carter‡ Babylon - Mary Zophres Elvis - Catherine Martin Everything Every G. Nielsen Elvis - Matt Villa and Jonathan Redmond Tár - Monika Willi Top Gun: Maverick - Eddie Hamilton Best Visual Effects Avatar: The Way of Water - Joe Letteri, Richard Baneham, Eric Saindon, and Daniel Barrett‡ All Quiet on the Western Front - Frank Petzold, Viktor Müller, Markus Frank, and Kamil Jafar The Batman - Dan Lemmon, Russell Earl, Anders Langlands, and Dominic Tuohy Black Panther: Wakanda Forever - Geoffrey Baumann, Craig Hammack, R. Christopher White, and Scott R. Fisher The Academy held its 13th annual Governors Awards ceremony on November 19, 2022, during which the following awards were presented:[19] To Euzhan Palcy, a masterful filmmaker who broke ground for Black women directors and inspired storytellers of all kinds across the globe.[20] To Diane Warren, for her genius, generosity and passionate commitment to the power of song in film.[20] To Peter Weir, a fearless and consummate filmmaker who has illuminated the human experience with his unique and expansive body of work.[20] Michael J. Fox - "For his tireless advocacy of research on Parkinson's disease alongside his boundless optimism exemplifies the
impact of one person in changing the future for millions."[21] Films with multiple nominations Film 11 Everything Everywhere All at Once 9 All Quiet on the Western Front The Banshees of Inisherin 8 Elvis 7 The Fabelmans 6 Tár Top Gun: Maverick 5 Black Panther: Wakanda Forever 4 Avatar: The Way of Water 3 Babylon The Batman Triangle of Sadness The Whale 2 Living Women Talking Films with multiple wins Awards Film 7 Everything Everywhere All Quiet on the Western Front 2 The Whale The following individuals, listed in order of appearance, presented awards or performed musical numbers: [22] Presenters Name(s) Role Sylvia Villagran Served as announcer for the 95th Academy Awards [23] Emily Blunt Dwayne Johnson Presented the award for Best Animated Feature Ariana DeBose Troy Kotsur Presented the awards for Best Supporting Actor and Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the trailer for The Little Mermaid Michael B JordanJonathan Majors Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the award for Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the award for Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the award for Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the award for Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the award for Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the Best Makeup and Hairstyling Best Costume Design Deepika Padukone Introduced the performance of "Naatu Naatu" Eva LongoriaJanet Yang Presented the awards for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the awards for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the award for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the award for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the award for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the award for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the award for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the award Documentary Short Film and Best Animated Short Film Hugh GrantAndie MacDowell Presented the award for Best Production Design John ChoMindy Kaling Presented the award for Best Visual Effects Danai Gurira Introduced the performance of "Lift Me Up" Andrew GarfieldFlorence Pugl Presented the awards for Best Original Screenplay and Best Adapted Screenplay Kate HudsonJanelle Monáe Presented the award for Best Sound and Best Adapted Screenplay Kate HudsonJanelle Monáe Presented the award for Best Sound and Best Original Screenplay and Best Adapted Screenplay Kate Director Halle BerryJessica Chastain Presented the awards for Best Actor and Best Actores Harrison Ford Presented the award for Best Picture Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers "This Is a Life" from Everything Everywhere All at Once[24] Kaala Bhairava Rahul Sipligunj Performer "Lift Me Up" from Black Panther: Wakanda Forever Lenny Kravitz Performer "Calling All Angels" during the annual "In Memoriam" tribute Jimmy Kimmel hosted the 95th Academy Awards. In September 2022, the Academy hired television producers Glenn Weiss and Ricky Kirshner to oversee production of the 2023 ceremony. [25] AMPAS president Janet Yang and CEO Bill Kramer remarked that they looked "to deliver an exciting and energized show" with Weiss and Kirshner. [26] Two months later, comedian and talk show host Jimmy Kimmel was announced as host of the gala. "Being invited to host the Oscars for a third time is either a great honor or a trap," Kimmel stated in a press release regarding his selection. "Either way, I am grateful to the Academy for asking me so quickly after everyone good said no", he concluded [27] Furthermore, AMPAS announced that all 23 categories would be presented live during the gala. The announcement came in response to an internal survey which indicated negative feedback regarding the previous year's decision to present eight below-the-line categories prior to the live during the gala. The announcement came in response to an internal survey which indicated negative feedback regarding the previous year's decision to present eight below-the-line categories prior to the live during the gala. Smith slapping incident during the previous year's telecast, AMPAS announced that the organization hired a "crisis team" in the event a similar altercation or if an unexpected fiasco arose.[29] In an interview published by Time magazine, Kramer explained: "We have a whole crisis team, something we've never had before, and many plans in place. We've run many scenarios. So it is our hope that we will be prepared for anything that we may not anticipate right now but that we're planning for just in case it does happen."[30] The Dolby Theatre stage on the day of the ceremony Several others participated in the production of the ceremony and related events. Rickey Minor served as musical director for the ceremony.[31] Production designers Misty Buckley and Alana Billingsley, who were the first women-led design team for an Oscars telecast, designed to resemble Art Deco movie places from the Golden Age of Hollywood.[33] Additionally, the set utilized several LED panels that were used to display the category names, winners' names, or images from the nominated films.[34] Notably, the arrivals area along Hollywood Boulevard outside the Dolby Theatre was lined with a champagne-colored carpet was utilized for the gala. According to red carpet consultant Lisa Love, the production team chose a lighter shade of carpet color in order to not clash with a sienna-colored tent erected to shield attendees from the sun or potential rain. She also added that the shades of color for both the carpet and tent were inspired by "watching the sunset on a whitesand beach at the 'golden hour' with a glass of champagne in hand, evoking calm and peacefulness".[35] Lady Gaga was initially not scheduled to perform her nominated song "Hold My Hand" from Top Gun: Maverick due to prior commitments involving her role in Joker: Folie à Deux. On the morning of the ceremony, however, it was reported that Gaga would perform at the ceremony.[36] Meanwhile, actress Glenn Close, who was originally scheduled as a presenter during the gala, canceled her appearance due to a positive COVID-19 test.[37] When the nominations were announced, nine of the ten films nominated for Best Picture had earned a combined gross of \$1.57 billion at the American and Canadian box offices at the time. Top Gun: Maverick was the highest-grossing film among the Best Picture nominees with \$718.7 million; this was followed by Elvis (\$151 million), Everything Everywhere All at Once (\$70 million), The Fabelmans (\$1.1 million), The Banshees of Inisherin (\$9 million), Tar (\$5.6 million), Triangle of Sadness (\$4.2 million), and Women Talking (\$1.1 million), The box office figures for All Quiet on the Western Front were unavailable due to their distributor Netflix's policy of refusing to release such figures.[39] Furthermore, by virtue of Avatar: The Way of Water and Top Gun: Maverick's Best Picture nominations, it marked the first time since the 55th ceremony in 1983 that the two highest grossing films of the year were both nominated in the aforementioned category.[40] Andrea Riseborough's Best Actress nomination for To Leslie was controversial amongst critics and pundits, as Momentum Pictures, the film's distributor, did not fund a conventional advertising-driven awards campaign for the film. Instead, director Michael Morris and his wife, actress Mary McCormack, organized a "celeb-backed campaign" to get Riseborough nominated.[41][42] They contacted friends and colleagues in the entertainment industry, asking them to view the film and share it with others if they enjoyed it.[43] Morris and Riseborough's profile; dozens of celebrities praised her performance on social media, and some hosted screenings of the film during voting for the Academy Award nominations in January 2023.[44][45] Riseborough's nomination was announced on January 24, which the Los Angeles Times called "one of the most shocking nomination was announced, speculation arose that the tactics might have violated AMPAS rules against directly lobbying voters.[46] A post on the film's Instagram account was noted by several AMPAS members for possibly violating a rule prohibiting "[singling] out 'the competition' by name" by featuring a quote from film critic Richard Roeper, who praised Riseborough's performance as better than Cate Blanchett's in Tár, a fellow nominee for Best Actress.[47] On
January 27, the Academy announced a review of the year's campaigns "to ensure that no guidelines were violated, and to inform us whether changes to the guidelines may be needed in a new era of social media and digital communication".[48] The Academy has rescinded nominations for nominees who participated in unsanctioned campaigning. However, there were no reports a second digital communication and digit that Riseborough had been involved in such, or that any Academy members had lodged formal complaints about the campaigning tactics" which they said caused "concern", but confirming that Riseborough's nomination would be retained.[49] Following the controversy, the Academy introduced new campaigning rules and clarifications in May 2023.[50] Variety columnist Owen Gleiberman wrote: "It didn't overstay its welcome, and it left you feeling that the world's preeminent awards show, all doom-saying punditry to the contrary, is still, on balance, a very good thing." He also added that the wins received by Everything Everywhere All at Once "lent the evening a rare emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show similarly praised the show similarly praised [52] Mick LaSalle of the San Francisco Chronicle commended Kimmel's stint as host stating: "He was establishing that 2023 would not be a repeat of 2022 — and it wasn't. It was such a relief to see something, actually get better."[53] Mike Hale of The New York Times remarked on "the ordinariness and sameness of the ABC broadcast' compared to the prior year,[54] while USA Today's Kelly Lawler criticized it as "terribly fake" and felt that Kimmel's role "felt phoned in, or at least maybe monitored by corporate overlords looking to avoid controversy" despite some of his jokes tackling controversial subjects such as the January 6 United States Capitol attack and Tom Cruise's Scientology advocacy.[55] Hale added that "the modern Oscars have become something more to be endured than enjoyed".[54] The American telecast on ABC drew in an average of 18.75 million people over its length, which was a 13% increase from the previous year's ceremony and marked the first time that the Academy Awards experienced consecutive years of viewership increase since the 86th Academy Awards in 2014.[3] The show also earned higher Nielsen ratings compared to the previous ceremony.[56] In addition, it garnered a higher 18-49 demo rating with a 4.03 rating among viewers in that demographic.[57] It was the mostwatched prime time entertainment broadcast of 2023 in the United States.[58] In July 2023, the broadcast was nominated for three awards at the 75th Primetime Creative Arts Emmys but failed to win in any of the categories for which it was nominated.[59][60] The annual "In Memoriam" segment was introduced by John Travolta. Singer Lenny Kravitz performed his song "Calling All Angels" during the tribute.[61][62] Olivia Newton-John - singer, actress John Korty - director, producer May Routh - costume designer Irene Papas - actress Mitchell Goldman - executive Bob Rafelson - director, writer, producer Albert Saiki - design engineer Ian Whittaker - set decorator Robbie Coltrane - actor Kirstie Alley - actress Ray Liotta - actor Vicky Eguia - publicity executive Angelo Badalamenti - composer Greg Jein - visual effects artist, model maker Neal Jimenez - writer, director Mike Hill - film editor Tom Luddy - producer, film festival co-founder Marina Goldovskaya - director, cinematographer, educator Christopher Tucker - special effects makeup artist Irene Cara - actress, singer, songwriter Gregory Allen Howard - writer, producer Robert Dalva - film editor Nichelle Nichols - actress Edward R. Pressman - producer Douglas McGrath - writer, director, actor Julia Reichert - producer, director, writer Ralph Eggleston - animator, producer Douglas McGrath - set decorator Burt Bacharach - composer Nick Bosustow producer Clayton Pinney - special effects artist Simone Bär - casting director Donn Cambern - film editor Tom Whitlock - songwriter Amanda Mackey - casting director, writer, producer John Dartigue - publicity executive Burny Mattinson - animator Maurizio Silvi - makeup artist Jacques Perrir - actor, producer, director Mary Alice - actress Gina Lollobrigida - actress Carl Bell - animator Douglas Kirkland - photographer Vangelis - composer, musician James Caan - actor, producer Raguel Welch - actress Walter Mirisch - producer, former President of the Academy List of submissions to the 95th Academy Awards for Best International Feature Film ^ Jerome Robbins and Robert Wise first achieved this distinction for co-directing West Side Story (1961). Brothers Joel Coen and Ethan Coen later earned this same feat for their direction of No Country for Old Men (2007).[12] ^ Many consider Merle Oberon, who was nominated for her role in The Dark Angel (1935), to be the first Asian nominee in this category, but she hid her mixed-race heritage due to fears regarding discrimination and the impact it would have on her career.[14] ^ Flam, Charna (March 3, 2023). "Vanessa Hudgens, Ashley Graham, Lilly Singh to Host ABC's Countdown to the Oscars Pre-Show". Variety. Archived from the original on March 6, 2023. Retrieved March 8, 2023. ^ Santilli, Tom (March 13, 2023). "Oscars 2023 Aftermath: A Safe and Focused Show Back on Track". WXYZ-TV. Archived from the original on March 13, 2023. ^ a b c "With Viewership Up 12% from Last Year, Oscars Win the Ratings Week". Los Angeles Times. March 15, 2023. Archived from the original on March 13, 2023. Archived from the original on March 13, 2023. the original on March 15, 2023. 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There are so many options out
there. But what if there was a guide that made it easy? Our Ultimate A-Z List Of Exercises With Pictures does just that. It offers you a clear, easy-to-follow directory of exercises from A to Z. This list covers everything you need for a full-body workout—whether you're looking to stretch, build muscle, or enhance your routine. I've spent over ten years coaching and writing about fitness and nutrition. My journey began in a local gym and led me to earn degrees in Physical Education and Sports Management, along with certifications in personal training and lifeguarding. I share my expertise through articles on sports nutrition, workout strategies, and by teaching at fitness seminars. This article draws on all that experience to give you the most comprehensive rundown of exercises available today. guide with pictures for each exercise, covering all you need for a full-body workout. Key exercises from every letter group target different body parts, such as Arms with Biceps Curl and Butt with Barbell Squats. Proper technique matters in doing exercises right, like aligning your knees over toes in squats and breathing correctly to enhance performance. Consistency in practicing these exercises enhances strength and form, offering varied routines to keep workouts fresh. This guide makes fitness accessible by providing detailed descriptions and images for each listed exercise. We made a big list of moves from A to Z. Each move has a short story and a picture to show you how to do it. To give you the best guide for your fitness journey, we've put together a comprehensive list. This includes a mix of exercises, complete with visuals to help you nail the form. Each exercises, complete with visuals to help you nail the form. Whether it's arm curls or elbow planks, practicing regularly will enhance your strength and form. And with this list, you've got a variety of exercises to keep your workouts fresh and challenging. Each description and image here is a starting point. Dive in, try them out, and find what works best for you. Fitness is a personal journey, one where the best results come from a mix of patience, perseverance, and the right guidance. Here we dive into key exercises from every letter group. This list includes moves for all parts of the body. Arms - Biceps Curl: Stand tall with weights in your hands. Keep those palms facing up. Now, lift the weights towards your shoulders. I've seen great arm growth with this classic move. Butt - Barbell Squats: Place a bar across your back standing up straight. Squat down as if sitting in a chair then stand back up. It targets more than just your glutes, promising a solid lower-body workout. Core - Plank: Lie face down then push up on your hands and toes. Keep your body straight like a plank of wood. It looks easy but wait till you try holding it for over a minute! Deadlifts for Legs: Stand with feet hip-width apart, holding a bar or free weights in front of you. Bend at the hips to lower the weight, then pull it back up, keeping that back strength! This move seriously boosts leg and back strength. Exercise for High Knees: Run in place lifting those knees as high as they'll go. Pump your arms to keep balance and speed up the heart rate. Flexibility - Butterfly Stretch: Sit on the ground and press the soles of your feet together; now lean forward gently from the hips. You'll feel this stretch right through your inner thighs. Slutes - Hip Thrusts: Sit on the ground leaning against a bench, roll a bar over your lap, and thrust those

hips upward; squeeze hard at the top! You can really shape your rear end with these. Hamstrings – Romanian Deadlifts: Hold weights in front of you, stand straight then hinge at the waist; keep those legs almost straight as you lower down and lift again. Incline Push-up for Chest: Find an elevated surface like a bench or step; do push-ups against it to target upper chest muscles better than flat push-ups do. Jumps – Box Jumps. Stand before a sturdy box or platform; bend knees deeply then jump onto it landing softly; step down and repeat for explosive leg power!. Kettlehell Swing for Full Body: Grav that kettlehell with both hands, swing it between legs than thrust hips forward swinging it chest or bodies—from arms to legs—to make sure we're working out every major muscle group effectively using proper form and resistance training techniques learned from firsthand experience coaching folks just like you! After exploring some standout exercises from each letter, it's time to focus on how to do them right. Getting the hang of each move matters. Start by finding your grip. Whether you're lifting dumbbells on swinging kettlehells, how you hold them shapes your workout. Keep your starting position solid—feet planted and body balanced. Your power coments from a strong stort, for squage, slign your body just so. Your knees should line up over your toes; keep your starting besting. Lastly, don't skip the finish—ease out of movements rather than stopping short to make every re your and protect agains to fit workouts. This showed all kinds of body movements and fitness tips. You saw how doing these can be simple and effective. We shared tools like dumbbells and pull-up bars to help you get to see the moves in action, helping you rail to get to see exercises. This way, you get to see the moves in action, helping you and it perfect form. Absolutely! Whether you're looking to work on your trices or strengthen your legs, this directory sorts exercises by category and body part—lit's all there! Yes, each entry taks store form s