

Workout_Links

Body Part	Type of Muscle	Workout
Chest	Upper Chest	Incline cable crossovers
Chest	Upper Chest	Incline dumbbell flyes
Chest	Lower Chest	Decline dumbbell press
Chest	Lower Chest	Decline cable crossovers
Chest	Lower Chest	Decline dumbbell flyes
Chest	Chest Isolation	Chest flyes
Chest	Chest Isolation	Cable crossovers
Chest	Chest Isolation	Dumbbell flyes
Back	Upper	Pull-ups
Back	Upper	Barbell rows
Back	Upper	Dumbbell rows
Back	Upper	Seated cable rows
Back	Lower	Bent-over rows
Back	Lower	Hyperextensions
Back	Lower	Bird dog
Arms	Biceps	Barbell curls
Arms	Biceps	Dumbbell curls
Arms	Biceps	Preacher curls
Arms	Biceps	Hammer curls
Arms	Biceps	Concentration curls
Arms	Triceps	Close-grip bench press
Arms	Triceps	Overhead triceps extensions
Arms	Triceps	Triceps pushdowns
Arms	Triceps	Skull crushers
Arms	Triceps	Triceps dips
Legs	Quadriceps	Barbell squats
Legs	Quadriceps	Leg press
Legs	Quadriceps	Leg extensions
Legs	Hamstrings	Romanian deadlifts
Legs	Hamstrings	Leg curls
Legs	Glutes	Barbell hip thrusts
Legs	Glutes	Donkey kicks
Legs	Calves	Standing calf raises
Legs	Calves	Seated calf raises
Shoulders	Anterior	Dumbbell front raises
Shoulders	Anterior	Military press
Shoulders	Lateral	Lateral raises
Shoulders	Posterior	Bent-over lateral raises
Shoulders	Posterior	Face pulls
Abs	Upper	Crunches
Abs	Upper	Leg raises
Abs	Middle	Bicycle crunches
Abs	Middle	Russian twists
Abs	Lower	Hanging leg raises
Abs	Lower	Plank
Forearms	Wrist Flexors	Wrist curl
Forearms	Wrist Extensors	Wrist extension
Forearms	Grip Strength	Plate pinch

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Forearms	Grip Strength	Towel pull-up
Forearms	Grip Strength	Fat grip dumbbell curl
Forearms	Grip Strength	Hammer curl

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Links

https://youtu.be/eQ_NBB6OBH4?si=ilaPLeBxvfk9N_1W
<https://youtu.be/JSDpq14vCZ8?si=yxNiRkdm58jRos2>
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https://youtu.be/tal4XduLpTk?si=qoJ_jDS-ibwpktoU
<https://youtu.be/IMALXhhHRKM?si=P06JvXVQAdzihpB9>
<https://youtu.be/QENKPHhQVi4?si=Rp0L2JBIQxghoSzl>
https://youtu.be/hhruLxo9yZU?si=S_ZE7dpPj7PLScpk
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<https://youtu.be/eGo4IYlbE5g?si=rHyqh-rDPW-CQO6G>
https://youtu.be/bm0_q9bR_HA?si=LHa3lugltNdE72nP
<https://youtu.be/DMo3HJoawrU?si=ItazlWm7WvmWbt2s>
https://youtu.be/UCXxvVltLoM?si=jhsPSled_lqfLhO7
<https://youtube.com/shorts/UL8ZcK64KxA?si=Zqi79xHP4lskgX3z>
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<https://youtube.com/shorts/4ua3MzaU0QU?si=Zi8RPIO1-SvTW2Tq>
<https://youtu.be/-bJlpOq-LWk?si=jlqRMRTxGaO4i3AX>
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<https://youtu.be/3VLTzlrnb5g?si=IAaEGpcBV7mv9eTN>
https://youtu.be/UcwgCTkVvIQ?si=vvwDgM7g6_5tPscX
<https://youtu.be/jFTV3DQf3HE?si=dMKaVm9zzybB9-nd>

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https://youtu.be/5e_ZbBDu-G8?si=OuC4_FHI_vbwf-hg

<https://youtu.be/dseBStmo7t0?si=UNN6GXfVDIm-Cy5Y>

<https://youtu.be/BRVDS6HVR9Q?si=JiN4bA4TwKDyZDdB>