

	Exercises
Push Day	Barbell Bench Press Chest Fly Dumbbell Lateral Raise Seated Dumbbell Shoulder Press Dumbbell Frontal Raise Overhead Two-Handed Rope Cable Extension, Low Pulley
Pull Day	Seated Row (Cross-Body) Hammer Curls Dumbbell Bent-Over Row Reverse-Grip One-Arm Dumbbell Curls Dumbbell Frontal Raise Dumbbell Lateral Raise
Leg Day	Elevated Goblet Squats Non-Elevated Goblet Squats Kettlebell/Dumbbell Swing Split Squats/Bulgarian Split Squats Standing One-Leg Calf Raise (Bodyweight or Dumbbell) Kneeling Cable Crunch

	Exercises	Sets
Push Day	Dumbbell Chest Press Incline (30-45 Degrees) Dumbbell Press Push-Ups Dumbbell Lateral Raise Seated Dumbbell Shoulder Press Overhead Cable Tricep Extensions	3 Sets 3 Sets 3 Sets 3 Sets 3 Sets 3 Sets
Pull Day	Lat Pulldown (Maybe the cable machine will do it?) Dumbbell Row (Or Cable Closed-Grip Seated Row) Dumbbell Preacher Curl Tricep Pushdown With Rope (or Dumbbell Standing Triceps Extension) Cable Curls With Bar	3 Sets 3 Sets 3 Sets 3 Sets 3 Sets
Leg Day	Dumbbell Bulgarian Split Squats Dumbbell Goblet Squats Heel Raise Dumbbell Good Mornings Dumbbell Romanian Deadlift (Dumbbell RDL) Oblique Crunches Hanging Leg Raise	3 Sets 3 Sets 3 Sets 3 Sets 3 Sets 3 Sets 3 Sets

Source: <https://www.strengthlog.com/how-many-exercises-per-muscle-group/>

Sets, Reps		Muscle Groups Targeted
		Chest Chest Shoulders Shoulders Shoulders Triceps
		Rhomboids Biceps Lats, Traps, Rhomboids Forearms Rear Delts Rear Delts
2 Second Hold On Top		Glutes Quadriceps Glutes, Hamstrings Glutes, Quadriceps Calves Abs

Reps Per Set	Volume	Primary Muscle Groups
5-8 Reps 8 Reps 10-15 Reps? 10 Reps 5-8 Reps 12 Reps	15-24 * weight 24 * weight 30-45 * weight 30 * weight 15-24 * weight 36 * weight	Chest, Front Deltoid Chest, Front Deltoid Chest, Front Deltoid Lateral Deltoid Front Deltoid Triceps
8 Reps 8-10 Reps (per side for dumbbell) 12 Reps 15 Reps 20 Reps	24 * weight 24-30 * weight 36 * weight 45 * weight 60 * weight	Lats Lats, Traps, Rear Deltoids Biceps Triceps Biceps
10 Reps/Side 5-10 Reps? 30 Reps 6-8 Reps 12 Reps 20 Reps 12 Reps	30 * weight 15 * weight 90 * weight 18-24 * weight 36 * weight 60 * weight 36 * weight	Quads, Glutes, Abductors Quads, Glutes, Abductors Calves Glutes, Lower Back, Hamstrings Glutes, Lower Back, Hamstrings Obliques Abs

Muscle Groups Needed
Triceps, Shoulders
Triceps, Shoulders
Triceps, Chest
Triceps, Chest
Triceps, Chest
Chest, Shoulders
Lats, Traps, Biceps, Rear Delts, Forearms
Lats, Traps, Rhomboids, Rear Delts, Forearms
Biceps, Rear Delts, Forearms
Lats, Traps, Rhomboids, Biceps, Rear Delts
Lats, Traps, Rhomboids, Biceps, Forearms
Lats, Traps, Rhomboids, Biceps, Forearms
Quadriceps, Hamstrings, Calves, Abs
Glutes, Hamstrings, Calves, Abs
Quadriceps, Calves, Abs
Hamstrings, Calves, Abs
Glutes, Quadriceps, Hamstrings, Abs
Glutes, Quadriceps, Hamstrings, Calves

Secondary Muscle Groups
Triceps
Triceps
Triceps, Abs
Front Deltoid
Triceps, Lateral Deltoid
N/A
Biceps, Rear Deltoids, Forearm Flexors, Rotator Cuffs
Biceps, Forearm Flexors, Rotator Cuff
Forearm Flexors
N/A
Forearm Flexors
N/A
Lower Back, Calves
N/A
Abductors
Abductors, Traps, Forearm Flexors
Abs
Obliques