Workout_split DB

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All Exercises

ID: 1 | Name: Bench Press | Muscle Group: Chest
ID: 2 | Name: Incline Dumbbell Press | Muscle Group: Chest
ID: 3 | Name: Push-up | Muscle Group: Chest
ID: 4 | Name: Deadlift | Muscle Group: Back
ID: 5 | Name: Bent-over Row | Muscle Group: Back
ID: 6 | Name: Pull-up | Muscle Group: Back
ID: 7 | Name: Squat | Muscle Group: Legs
ID: 8 | Name: Lunges | Muscle Group: Legs
ID: 9 | Name: Leg Press | Muscle Group: Legs
ID: 10 | Name: Shoulder Press | Muscle Group: Shoulders