

Exercise	Sets	Reps	Targeted Muscles	Details	Main muscle
Pull-Ups	4 sets	8-12 reps	Lats, Biceps	Improves width and overall back strength.	Back
Deadlifts	3-5 sets	5-8 reps	Erector Spinae, Lats	Full-body exercise; strengthens lower and upper back.	Back
Barbell Rows	4 sets	8-12 reps	Lats, Rhomboids	Strengthens the entire back and core.	Back
Lat Pulldowns	4 sets	10-12 reps	Lats, Biceps	Great for isolation and width development.	Back
Dumbbell Rows	4 sets	8-12 reps	Lats, Rhomboids	Corrects muscle imbalances and improves core stability.	Back
Seated Cable Row	3 sets	8-12 reps	Rhomboids, traps, lats	Builds mid-back thickness.	Back
Face Pulls	3 sets	8-12 reps	Rear delts, traps, rhomboids	Helps with posture and upper back strength.	Back
T-Bar Row	3 sets	8-12 reps	Mid-back, lats, traps	Focuses on mid-back thickness.	Back
Chest-Supported Row	3 sets	8-12 reps	Lats, traps, rhomboids	Reduces strain on the lower back.	Back
Hyperextensions (Back Extensions)	4 sets	8-12 reps	Erector spinae, glutes	Strengthens lower back and improves posture.	Back
Superman Hold	4 sets	8-12 reps	Erector spinae, lower traps	Great for lower back endurance.	Back
Reverse Snow Angels	3 sets	8-12 reps	Lats, traps, rhomboids	Focuses on scapular control and mobility.	Back
Prone T Raises	3 sets	8-12 reps	Rear delts, traps	Activates upper back muscles effectively.	Back
Resistance Band Pull-Apart	4 sets	8-12 reps	Traps, rhomboids	Excellent for posture correction and upper back strength.	Back
Plank with Row (Renegade Rows)	3 sets	8-12 reps	Traps, rhomboids	Combines core stability with back strengthening.	Back
Resistance Band Rows	3 sets	8-12 reps	Lats, traps, core	A great alternative to cable rows.	Back
Bird Dog	4 sets	8-12 reps	Erector spinae, lats, glutes	Improves stability and strengthens lower back.	Back
Flat Barbell Bench Press	4 sets	8-12 reps	Middle chest (pectoralis major)	Builds overall chest size and strength.	Chest
Incline Barbell Bench Press	3 sets	8-12 reps	Upper chest (clavicular head of pectoralis major)	Focuses on the upper part of the chest.	Chest
Decline Barbell Bench Press	3 sets	8-12 reps	Lower chest	Adds definition to the lower chest.	Chest
Flat Dumbbell Press	4 sets	8-12 reps	Middle chest	Enhances range of motion and muscle activation.	Chest
Incline Dumbbell Press	3 sets	8-12 reps	Upper chest	Builds mass and definition in the upper chest.	Chest
Chest Fly (Machine)	3 sets	8-12 reps	Inner chest	Isolates the chest and enhances the inner portion.	Chest
Cable Crossover (High to Low)	3 sets	8-12 reps	Lower chest	Adds definition and stretch to the lower chest.	Chest
Cable Crossover (Low to High)	3 sets	8-12 reps	Upper chest	Focuses on the upper chest with a unique angle.	Chest
Pec Deck (Butterfly Machine)	3 sets	8-12 reps	Middle and inner chest	Great for isolation and definition.	Chest
Push-Up on Gym Rings	3 sets	8-12 reps	Entire chest, core, and stabilizers	Improves stability and chest activation.	Chest
Standard Push-Ups	4 sets	8-12 reps	Middle chest	Builds chest endurance and strength.	Chest
Incline Push-Ups (Feet on Floor)	4 sets	8-12 reps	Lower chest	Enhances lower chest engagement.	Chest
Decline Push-Ups (Feet Elevated)	4 sets	8-12 reps	Upper chest	Works the upper chest without weights.	Chest
Diamond Push-Ups	4 sets	8-12 reps	Inner chest and triceps	Focuses on chest contraction and inner chest.	Chest
Wide Push-Ups	4 sets	8-12 reps	Outer chest	Increases stretch and activates the outer chest.	Chest
Resistance Band Chest Press	3 sets	8-12 reps	Entire chest	A good substitute for bench pressing at home.	Chest
Resistance Band Fly	3 sets	8-12 reps	Inner and middle chest	Mimics cable flies for a home setting.	Chest
Dumbbell Floor Press	3 sets	8-12 reps	Middle chest	Simple and effective for those with dumbbells at home.	Chest
Explosive Clap Push-Ups	3 sets	8-12 reps	Entire chest	Adds power and explosiveness to chest training.	Chest
Archer Push-Ups	3 sets	8-12 reps	One side of the chest at a time	Builds unilateral strength and stability.	Chest
Barbell Bicep Curl	4 sets	8-12 reps	Overall biceps (long and short heads)	Builds strength and mass in the entire biceps.	Biceps
Dumbbell Bicep Curl	4 sets	10-12 reps	Overall biceps	Enhances muscle symmetry and balance.	Biceps
Hammer Curl (Dumbbells)	3 sets	10-12 reps	Brachialis and biceps brachii	Develops thickness and forearm strength.	Biceps
Preacher Curl (Barbell or Dumbbell)	4 sets	10-12 reps	Lower part of biceps (short head emphasis)	Isolates the biceps and eliminates momentum.	Biceps
Concentration Curl	4 sets	10-12 reps	Peak of the biceps (long head)	Improves bicep definition and peak.	Biceps
Incline Dumbbell Curl	3 sets	10-12 reps	Long head of the biceps	Maximizes the stretch for the long head.	Biceps
Cable Bicep Curl	3 sets	10-12 reps	Overall biceps	Provides constant tension throughout the movement.	Biceps
Reverse Curl (Barbell or Dumbbells)	3 sets	10-12 reps	Brachialis and forearms	Adds thickness and improves grip strength.	Biceps
Zottman Curl	3 sets	10-12 reps	Biceps and forearms	Combines regular and reverse curls for comprehensive arm training.	Biceps
21s (Barbell or Dumbbells)	3 sets	10-12 reps	Upper, middle, and lower parts of the biceps	A set of 21 reps split into partial and full ranges of motion.	Biceps
Resistance Band Bicep Curl	3 sets	10-12 reps	Entire biceps	Mimics cable curls without a machine.	Biceps

Isometric Bicep Hold (Dumbbells or Bands)	3 sets	10-12 reps	Biceps endurance	Improves stability and isometric strength.	Biceps
Towel Curl (Using a Bicepspack or Bag)	3 sets	10-12 reps	Overall biceps	A creative way to train with household items.	Biceps
Wall Bicep Curl (Using Resistance Bands)	3 sets	10-12 reps	Biceps brachii	Keeps tension constant during the curl.	Biceps
Reverse Towel Curl	3 sets	10-12 reps	Brachialis and forearms	Great for grip and arm thickness.	Biceps
Bodyweight Bicep Curl (Under a Table or Bar)	3 sets	10-12 reps	Biceps and forearms	Works as an alternative to pull-ups.	Biceps
Hammer Curl (Using Water Bottles or Cans)	4 sets	10-12 reps	Brachialis and biceps brachii	Adds resistance with everyday items.	Biceps
Negative Reps (Slow Dumbbell Lowering)	4 sets	10-12 reps	Long and short heads of the biceps	Focuses on eccentric strength.	Biceps
Chin-Ups (Close Grip)	4 sets	10-12 reps	Biceps brachii (long head emphasis)	A compound movement for biceps and Biceps.	Biceps