

BACK (6 unique exercises)

1. Pull-Ups

- **Primary:** Latissimus Dorsi, Trapezius, Rhomboids
- **Secondary:** Biceps, Core
- **Sets/Reps:** 4 sets x 6-10 reps, slow eccentric, weighted if possible

2. Bent-Over Barbell Rows

- **Primary:** Latissimus Dorsi, Rhomboids, Trapezius
- **Secondary:** Abs, Biceps, Forearms, Upper Back
- **Sets/Reps:** 4 sets x 8-12 reps

3. T-Bar Rows

- **Primary:** Lats, Rhomboids, Traps, Rear Delts, Erector Spinae
- **Secondary:** Shoulders, Arms
- **Sets/Reps:** 3 sets x 8-10 reps

4. Seated Cable Rows

- **Primary:** Latissimus Dorsi
- **Secondary:** Rhomboids
- **Sets/Reps:** 3 sets x 10-12 reps

5. Face Pulls

- **Primary:** Rear Deltoids, Trapezius, Rhomboids
- **Secondary:** Posterior Deltoids, Upper Back
- **Sets/Reps:** 3 sets x 12-15 reps

6. Back Extensions (Hyperextensions)

- **Primary:** Erector Spinae
- **Secondary:** Glutes, Hamstrings, Hip Flexors
- **Sets/Reps:** 3 sets x 12-15 reps

CHEST (6 unique exercises)

1. Barbell Bench Press

- **Primary:** Pectoralis Major
- **Secondary:** Anterior Deltoids, Triceps
- **Sets/Reps:** 4 sets x 6-10 reps

2. Incline Dumbbell Press

- **Primary:** Upper Pectorals
- **Secondary:** Deltoids, Triceps
- **Sets/Reps:** 4 sets x 8-12 reps

3. Decline Barbell Bench Press

- **Primary:** Chest
- **Secondary:** Triceps
- **Sets/Reps:** 3 sets x 8-10 reps

4. Cable Chest Flys

- **Primary:** Pectoralis Major, Minor
- **Secondary:** Anterior Deltoids, Triceps
- **Sets/Reps:** 3 sets x 12-15 reps

5. Weighted Push-Ups

- **Primary:** Chest, Shoulders

- **Secondary:** Core, Triceps, Anterior Deltoids
- **Sets/Reps:** 3 sets x 15-20 reps

6. Incline Barbell Bench Press

- **Primary:** Upper Pectorals
- **Secondary:** Anterior Deltoids, Triceps
- **Sets/Reps:** 3 sets x 8-10 reps

SHOULDERS (6 unique exercises)

1. Dumbbell Shoulder Press

- **Primary:** Deltoids
- **Secondary:** Trapezius, Triceps, Upper Chest
- **Sets/Reps:** 4 sets x 8-10 reps

2. Cable Shoulder Press

- **Primary:** Deltoid
- **Secondary:** Triceps, Trapezius, Rotator cuff, Upper back
- **Sets/Reps:** 3 sets x 8-12 reps

3. Barbell Front Raise

- **Primary:** Anterior Deltoids
- **Secondary:** Lateral Deltoids, Trapezius, Upper Chest
- **Sets/Reps:** 3 sets x 10-12 reps

4. Kettlebell Shoulder Press

- **Primary:** Deltoids, Serratus Anterior
- **Secondary:** Traps, Triceps
- **Sets/Reps:** 3 sets x 8-10 reps

5. Cable Reverse Fly

- **Primary:** Rear Deltoids, Rhomboids
- **Secondary:** Lateral Deltoid, Trapezius
- **Sets/Reps:** 3 sets x 12-15 reps

6. Face Pulls

- **Primary:** Rear Deltoids, Trapezius, Rhomboids
- **Secondary:** Lateral Deltoids
- **Sets/Reps:** 3 sets x 12-15 reps

ARMS (8 unique exercises)

1. Barbell Bicep Curl

- **Primary:** Biceps Brachii
- **Secondary:** Brachialis, Brachioradialis
- **Sets/Reps:** 4 sets x 8-12 reps

2. Hammer Curl

- **Primary:** Biceps, Brachialis, Brachioradialis
- **Secondary:** None
- **Sets/Reps:** 4 sets x 10-12 reps

3. Incline Dumbbell Curl

- **Primary:** Biceps Brachii
- **Secondary:** Brachialis, Forearm muscles

- **Sets/Reps:** 3 sets x 10-12 reps
4. **Concentration Curl**
 - **Primary:** Biceps Brachii
 - **Secondary:** Brachialis, Brachioradialis
 - **Sets/Reps:** 3 sets x 10-12 reps
 5. **Dips (Triceps Focused)**
 - **Primary:** Triceps Brachii
 - **Secondary:** Shoulders
 - **Sets/Reps:** 4 sets x 8-10 reps
 6. **Triceps Rope Pushdown**
 - **Primary:** Triceps Brachii
 - **Secondary:** None
 - **Sets/Reps:** 3 sets x 10-15 reps
 7. **Skull Crushers (EZ Bar or Dumbbell)**
 - **Primary:** Triceps
 - **Secondary:** Shoulder stabilizers
 - **Sets/Reps:** 3 sets x 10-12 reps
 8. **Reverse Curl (Barbell or Dumbbell)**
 - **Primary:** Biceps Brachii, Brachialis, Brachioradialis
 - **Secondary:** Forearm Flexors
 - **Sets/Reps:** 3 sets x 10-12 reps

LEGS (8 unique exercises)

1. **Back Squat**
 - **Primary:** Quadriceps, Hamstrings, Glutes
 - **Secondary:** Back, Core, Shoulders, Arms
 - **Sets/Reps:** 4 sets x 6-10 reps
2. **Front Squat**
 - **Primary:** Quadriceps, Glutes, Core
 - **Secondary:** Hamstrings, Inner thighs
 - **Sets/Reps:** 4 sets x 8-10 reps
3. **Bulgarian Split Squat**
 - **Primary:** Quadriceps, Glutes, Hamstrings
 - **Secondary:** Hip Flexors
 - **Sets/Reps:** 3 sets x 10-12 reps
4. **Goblet Squat**
 - **Primary:** Quadriceps, Hamstrings, Glutes, Calves
 - **Secondary:** Core, Spinal Erectors
 - **Sets/Reps:** 3 sets x 12-15 reps
5. **Leg Press**
 - **Primary:** Quadriceps, Hamstrings, Glutes
 - **Secondary:** Calves, Core
 - **Sets/Reps:** 3 sets x 10-12 reps
6. **Standing Calf Raise**
 - **Primary:** Gastrocnemius, Soleus
 - **Secondary:** None

- **Sets/Reps:** 4 sets x 15-20 reps

7. Cossack Squat

- **Primary:** Quadriceps, Glutes, Adductors, Inner thigh
- **Secondary:** Hip flexors
- **Sets/Reps:** 3 sets x 10-12 reps (each side)

8. Sumo Deadlift

- **Primary:** Glutes, Hamstrings, Erector Spinae, Gluteus Maximus
- **Secondary:** Quadriceps, Trapezius, Adductors
- **Sets/Reps:** 4 sets x 6-8 reps

CORE (5 unique exercises)

1. Back Extensions (Hyperextensions)

- **Primary:** Erector Spinae
- **Secondary:** Glutes, Hamstrings
- **Sets/Reps:** 4 sets x 12-15 reps

2. Superman Exercise

- **Primary:** Erector Spinae, Glutes, Back muscles
- **Secondary:** Core, Posterior oblique sling
- **Sets/Reps:** 3 sets x 15-20 reps

3. Weighted Push-Ups

- **Primary:** Chest, Shoulders
- **Secondary:** Core, Triceps
- **Sets/Reps:** 3 sets x 15-20 reps

4. Plank + Leg Lift (substituting for unavailable core isolation)

- **Primary:** Core
- **Secondary:** Glutes, Shoulders
- **Sets/Reps:** 3 sets x 30-60 sec

5. Hanging Knee Raise (classic for Rectus Abdominis, sub for unavailable direct search)

- **Primary:** Rectus Abdominis
- **Secondary:** Hip Flexors
- **Sets/Reps:** 3 sets x 12-15 reps