

# Full-Body Major Muscle Group Exercise Guide



## Chest (Pectorals)

**Primary Muscles:** Pectoralis Major, Pectoralis Minor

**Exercises (4–6):**

- Barbell Bench Press
  - Dumbbell Incline Press
  - Push-Ups (weighted or bodyweight)
  - Chest Dips (leaning forward)
  - Cable Fly (flat or incline)
  - Dumbbell Pullover
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## Arms

**Biceps (Biceps Brachii, Brachialis, Brachioradialis)**

- Barbell Curl
- Dumbbell Hammer Curl
- Preacher Curl
- Concentration Curl
- Chin-Ups (underhand grip)

**Triceps (Triceps Brachii: Long, Lateral, Medial Heads)**

- Close-Grip Bench Press
  - Overhead Dumbbell Extension
  - Skull Crushers (EZ Bar or Dumbbell)
  - Triceps Dips
  - Cable Pushdowns
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## Legs

**Primary Muscles:** Quadriceps, Hamstrings, Glutes, Calves

**Exercises (4–6):**

- Barbell Back Squat
  - Romanian Deadlift
  - Walking Lunges
  - Bulgarian Split Squat
  - Leg Press
  - Standing Calf Raise
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## **Back**

**Primary Muscles:** Latissimus Dorsi, Trapezius, Rhomboids, Erector Spinae

**Exercises (4–6):**

- Pull-Ups (wide or neutral grip)
  - Barbell Bent-Over Row
  - Deadlift
  - Seated Cable Row
  - Lat Pulldown
  - Face Pulls
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## **Notes for Use**

- **Reps & Sets:** 3–4 sets of 8–12 reps for hypertrophy, 4–6 reps for strength.
  - **Progression:** Gradually increase weight or reps weekly.
  - **Form First:** Prioritize controlled movement and full range of motion.
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