**Pull Day**

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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Barbell Deadlifts | https://workoutlabs.com/exercise-guide/barbell-deadlifts/ |  |
| 2 | Dumbbell Deadlifts | https://workoutlabs.com/exercise-guide/dumbbell-deadlifts/ |  |
| 3 | Hex / Trap Bar / Cage Deadlifts / Squats | https://workoutlabs.com/exercise-guide/hex-trap-bar-cage-deadlifts-squats/ |  |
| 4 | Romanian Deadlifts | https://workoutlabs.com/exercise-guide/romanian-deadlifts/ |  |
| 5 | Single / One Straight Leg Dumbbell Deadlift | https://workoutlabs.com/exercise-guide/single-straight-leg-dumbbell-deadlift/ |  |
| 6 | Stiff Legged Barbell Deadlifts | https://workoutlabs.com/exercise-guide/stiff-legged-barbell-deadlifts/ |  |
| 7 | Machine Assisted Pull-ups / Pullups | https://workoutlabs.com/exercise-guide/machine-assisted-pull-ups-pullups/ |  |
| 8 | Face Pull / Rear Delt Pull | https://workoutlabs.com/exercise-guide/face-pull/ |  |
| 9 | Bent Over Barbell Row from Floor / Barbell / Pendlay Row | https://workoutlabs.com/exercise-guide/bent-over-barbell-row-from-floor/ |  |
| 10 | Bent Over Barbell Rows | https://workoutlabs.com/exercise-guide/bent-over-barbell-rows/ |  |
| 11 | Dumbbell Incline Bench Rows | https://workoutlabs.com/exercise-guide/dumbbell-incline-rows/ |  |
| 12 | Seated Machine Back Row | https://workoutlabs.com/exercise-guide/seated-machine-back-row/ |  |
| 13 | Seated Low Cable Back Rows | https://workoutlabs.com/exercise-guide/seated-low-cable-back-rows/ |  |
| 14 | Single / One Arm Dumbbell Bench Rows | https://workoutlabs.com/exercise-guide/one-arm-dumbbell-rows/ |  |
| 15 | Standing Two-Armed Bent Over Dumbbell Rows | https://workoutlabs.com/exercise-guide/standing-two-armed-bent-over-dumbbell-rows/ |  |
| 16 | Upright Barbell Rows | https://workoutlabs.com/exercise-guide/upright-barbell-rows/ |  |
| 17 | Upright Dumbbell Rows | https://workoutlabs.com/exercise-guide/dumbbell-upright-rows/ |  |
| 18 | Barbell Good Mornings | https://workoutlabs.com/exercise-guide/barbell-good-morning/ |  |
| 19 | Close Grip Lat Pulldowns / Pull Downs / Pullovers | https://workoutlabs.com/exercise-guide/close-grip-lat-pulldowns/ |  |
| 20 | V-Bar / Triangle Bar Lat Pulldowns / Pull Downs / Pullovers | https://workoutlabs.com/exercise-guide/v-bar-triangle-bar-lat-pulldowns/ |  |
| 21 | Wide-Grip Lat Pulldowns / Pull Downs / Pullovers | https://workoutlabs.com/exercise-guide/wide-grip-lat-pulldowns/ |  |
| 22 | Barbell Curls / Standing Biceps Curls | https://workoutlabs.com/exercise-guide/barbell-curls/ |  |
| 23 | Barbell Drag Bicep Curls | https://workoutlabs.com/exercise-guide/barbell-drag-bicep-curls/ |  |
| 24 | Cable Hammer Bicep Curls | https://workoutlabs.com/exercise-guide/cable-hammer-bicep-curls/ |  |
| 25 | Dumbbell Bicep Reverse Curls | https://workoutlabs.com/exercise-guide/dumbbell-reverse-curls/ |  |
| 26 | EZ-Bar Preacher Curls | https://workoutlabs.com/exercise-guide/ez-bar-preacher-curls/ |  |
| 27 | Machine Bicep Preacher / Concentration Curls | https://workoutlabs.com/exercise-guide/machine-bicep-preacher-concentration-curls/ |  |
| 28 | One-Arm Dumbbell Preacher Curl | https://workoutlabs.com/exercise-guide/one-arm-dumbbell-preacher-curl/ |  |
| 29 | Reverse Grip EZ Curl Bar Curls | https://workoutlabs.com/exercise-guide/reverse-grip-ez-curl-bar-curls/ |  |
| 30 | Seated Alternating Incline Bench Dumbbell Curls | https://workoutlabs.com/exercise-guide/alternate-incline-dumbbell-curl/ |  |
| 31 | Seated Dumbbell Bicep Curls | https://workoutlabs.com/exercise-guide/seated-dumbbell-bicep-curls/ |  |
| 32 | Seated Dumbbell Concentration Curls | https://workoutlabs.com/exercise-guide/concentration-curls/ |  |
| 33 | Seated Dumbbell Palm-Down Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-dumbbell-palm-down-wrist-curls-forearm-curls/ |  |
| 34 | Seated Dumbbell Palm-Up Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-dumbbell-palm-up-wrist-curls-forearm-curls/ |  |
| 35 | Seated Palm-Down Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-palm-down-barbell-wrist-curls/ |  |
| 36 | Seated Palm-Up Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-palm-up-barbell-wrist-curls/ |  |
| 37 | Standing Dumbbell Bicep Curls | https://workoutlabs.com/exercise-guide/standing-dumbbell-bicep-curls/ |  |
| 38 | Standing Dumbbell Bicep Hammer Curls | https://workoutlabs.com/exercise-guide/standing-dumbbell-hammer-curls/ |  |
| 39 | Standing Reverse Barbell Curls | https://workoutlabs.com/exercise-guide/standing-reverse-barbell-curls/ |  |
| 40 | Overhead Cable Curl / Crucifix Curls | https://workoutlabs.com/exercise-guide/overhead-cable-curls/ |  |
| 41 | Standing Bicep Cable Curls | https://workoutlabs.com/exercise-guide/cable-curl/ |  |
| 42 | Cable Hammer Bicep Curls | https://workoutlabs.com/exercise-guide/cable-hammer-bicep-curls/ |  |