**Push Day**

Set A

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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Barbell Bench Press / Chest Press | https://workoutlabs.com/exercise-guide/barbell-bench-press/ | Chest |
| 2 | Barbell Shoulder Press / Overhead Press | https://workoutlabs.com/exercise-guide/barbell-shoulder-press/ | Shoulder |
| 3 | Close-Grip Overhand Barbell Bench Press | https://workoutlabs.com/exercise-guide/close-grip-barbell-bench-press/ | Triceps |
| 4 | Dumbbell Pullovers | https://workoutlabs.com/exercise-guide/dumbbell-pullovers/ | Chest |
| 5 | Dumbbell Bent Over Lateral Rear Delt Raises / Flyes | https://workoutlabs.com/exercise-guide/dumbbell-bent-over-lateral-rear-delt-raises-flyes/ | Shoulder |

Set B

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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Incline Barbell Bench Chest Press | https://workoutlabs.com/exercise-guide/incline-barbell-bench-chest-press/ | Chest |
| 2 | Dumbbell Overhead Shoulder Press | https://workoutlabs.com/exercise-guide/dumbbell-shoulder-press/ | Shoulder |
| 3 | Tricep Cable Rope Push /Pull Downs | https://workoutlabs.com/exercise-guide/triceps-pushdowns/ | Triceps |
| 4 | Flat Bench Dumbbell Flyes | https://workoutlabs.com/exercise-guide/flat-bench-dumbbell-flyes/ | Chest |
| 5 | Face Pull / Rear Delt Pull | https://workoutlabs.com/exercise-guide/face-pull/ | Shoulder |

Set C

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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Incline Dumbbell Bench Chest Press | https://workoutlabs.com/exercise-guide/incline-dumbbell-chest-press/ | Chest |
| 2 | Standing Barbell Shoulder Press | https://workoutlabs.com/exercise-guide/standing-barbell-shoulder-press/ | Shoulder |
| 3 | Lying Dumbbell Tricep Extensions | https://workoutlabs.com/exercise-guide/lying-dumbbell-tricep-extensions/ | Triceps |
| 4 | Incline Bench Dumbbell Flyes | https://workoutlabs.com/exercise-guide/incline-dumbbell-flyes/ | Chest |
| 5 | Lateral / Side Shoulder Dumbbell Raises / Power Partials | https://workoutlabs.com/exercise-guide/dumbbell-lateral-shoulder-raises-power-partials/ | Shoulder |

Set D

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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Dumbbell Flat Bench Press | https://workoutlabs.com/exercise-guide/dumbbell-bench-press/ | Chest |
| 2 | Standing Dumbbell Overhead Shoulder Press | https://workoutlabs.com/exercise-guide/standing-overhead-dumbbell-press/ | Shoulder |
| 3 | Seated Tricep Press / Overhead Extensions | https://workoutlabs.com/exercise-guide/seated-tricep-press/ | Triceps |
| 4 | Standing Cable Crossover Press / Flyes | https://workoutlabs.com/exercise-guide/standing-cable-fly-press/ | Chest |
| 5 | Rear Delt Machine Flyes | https://workoutlabs.com/exercise-guide/rear-delt-machine-flyes/ | Shoulder |