**Push Workout: Chest, Shoulders & Triceps**

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| **No** | **Exercise** | **Part** | **Link** |
| 1A | Barbell Inclined Bench Press | Upper Chest | https://workoutlabs.com/exercise-guide/incline-barbell-bench-chest-press/ |
| 1B | Standing Cable Machine Fly | Upper Chest | https://workoutlabs.com/exercise-guide/standing-cable-fly-press/ |
| 1C | Dumbbell Inclined Bench Press | Upper Chest | https://workoutlabs.com/exercise-guide/incline-dumbbell-chest-press/ |
| 1D | Dumbbell Inclined Bench Fly | Upper Chest | https://workoutlabs.com/exercise-guide/incline-dumbbell-flyes/ |
| 1E | Dumbbell Pullover | Upper Chest | https://workoutlabs.com/exercise-guide/dumbbell-pullovers/ |
| 2A | Barbell Flat Bench Press | Middle Chest | https://workoutlabs.com/exercise-guide/barbell-bench-press/ |
| 2B | Pec Deck Machine Fly | Middle Chest | https://workoutlabs.com/exercise-guide/butterfly/ |
| 2C | Dumbbell Flat Bench Press | Middle Chest | https://workoutlabs.com/exercise-guide/dumbbell-bench-press/ |
| 2D | Dumbbell Flat Bench Fly | Middle Chest | https://workoutlabs.com/exercise-guide/flat-bench-dumbbell-flyes/ |
| 2E | Dumbbell Push Up | Middle Chest | https://workoutlabs.com/exercise-guide/pushups/ |
| 3A | Standing Barbell Overhead Press | Front Delt, Side Delt | https://workoutlabs.com/exercise-guide/standing-overhead-military-barbell-shoulder-press/ |
| 3B | Standing Dumbbell Overhead Press | Front Delt, Side Delt | https://workoutlabs.com/exercise-guide/standing-overhead-dumbbell-press/ |
| 3C | Seated Dumbbell Arnold Press | Front Delt, Side Delt | https://workoutlabs.com/exercise-guide/seated-arnold-dumbbell-press/ |
| 3D | Standing Dumbbell Front Raise | Front Delt | https://workoutlabs.com/exercise-guide/forward-front-shoulder-dumbbell-raises/ |
| 3E | Standing Dumbbell Lateral Raise | Side Delt | https://workoutlabs.com/exercise-guide/dumbbell-lateral-shoulder-raises-power-partials/ |
| 4A | Barbell Upright Row | Rear Delt | https://workoutlabs.com/exercise-guide/upright-barbell-rows/ |
| 4B | Rear Delt Machine Fly | Rear Delt | https://workoutlabs.com/exercise-guide/rear-delt-machine-flyes/ |
| 4C | Cable Rope Face Pull | Rear Delt | https://workoutlabs.com/exercise-guide/face-pull/ |
| 4D | Standing Dumbbell Bent-Over Lateral Raise | Rear Delt | https://workoutlabs.com/exercise-guide/dumbbell-bent-over-lateral-rear-delt-raises-flyes/ |
| 4E | Dumbbell Inclined Bench Row | Rear Delt | https://workoutlabs.com/exercise-guide/dumbbell-incline-rows/ |
| 4F | Dumbbell Shoulder Shrug | Rear Delt | https://workoutlabs.com/exercise-guide/dumbbell-shrugs/ |
| 5A | Barbell Close-Grip Bench Press | Triceps | https://workoutlabs.com/exercise-guide/close-grip-barbell-bench-press/ |
| 5B | Barbell Skull Crusher | Triceps | https://workoutlabs.com/exercise-guide/flat-bench-barbell-skull-crushers/ |
| 5C | Parallel Bar Dip | Triceps | https://workoutlabs.com/exercise-guide/dips/ |
| 5D | Cable Rope Push Down | Triceps | https://workoutlabs.com/exercise-guide/triceps-pushdowns/ |
| 5E | Seated Dumbbell Overhead Extension | Triceps | https://workoutlabs.com/exercise-guide/seated-tricep-press/ |
| 5F | Single-Arm Dumbbell Kickback | Triceps | https://workoutlabs.com/exercise-guide/tricep-dumbbell-kickbacks/ |

**Pull Workout: Back, Biceps & Forearms**

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| **No** | **Exercise** | **Part** | **Link** |
| 1A | Barbell Inverted Row | Lower Back | https://workoutlabs.com/exercise-guide/inverted-row/ |
| 1B | Pull Up | Lower Back | https://workoutlabs.com/exercise-guide/pullups/ |
| 1C | Chin Up | Lower Back | https://workoutlabs.com/exercise-guide/close-grip-pullup-chinup/ |
| 2A | Wide-Grip Lat Pulldown | Middle Back | https://workoutlabs.com/exercise-guide/wide-grip-lat-pulldowns/ |
| 2B | Close-Grip Lat Pulldown | Middle Back | https://workoutlabs.com/exercise-guide/close-grip-lat-pulldowns/ |
| 2C | V-Bar Lat Pulldown | Middle Back | https://workoutlabs.com/exercise-guide/v-bar-triangle-bar-lat-pulldowns/ |
| 3A | Barbell Bent-Over Row | Upper Back | https://workoutlabs.com/exercise-guide/bent-over-barbell-rows/ |
| 3B | Barbell Pendlay Row | Upper Back | https://workoutlabs.com/exercise-guide/bent-over-barbell-row-from-floor/ |
| 3C | T-Bar Bent-Over Row | Upper Back | https://workoutlabs.com/exercise-guide/bent-over-two-arm-long-bar-t-bar-rows/ |
| 3D | Seated Cable Row | Upper Back | https://workoutlabs.com/exercise-guide/seated-low-cable-back-rows/ |
| 3E | Dumbbell Inclined Bench Reverse Fly | Upper Back | https://workoutlabs.com/exercise-guide/reverse-flyes/ |
| 3F | Dumbbell One-Arm Bench Row | Upper Back | https://workoutlabs.com/exercise-guide/one-arm-dumbbell-rows/ |
| 4A | Standing Barbell Curl | Biceps | https://workoutlabs.com/exercise-guide/barbell-curls/ |
| 4B | EZ-Bar Preacher Curl | Biceps | https://workoutlabs.com/exercise-guide/ez-bar-preacher-curls/ |
| 4C | Cable Straight Bar Curl | Biceps | https://workoutlabs.com/exercise-guide/cable-curl/ |
| 4D | Standing Dumbbell Hammer Curl | Biceps | https://workoutlabs.com/exercise-guide/standing-dumbbell-hammer-curls/ |
| 4E | Dumbbell Inclined Bench Curl | Biceps | https://workoutlabs.com/exercise-guide/alternate-incline-dumbbell-curl/ |
| 4F | Seated Dumbbell Concentration Curl | Biceps | https://workoutlabs.com/exercise-guide/concentration-curls/ |
| 5A | Seated Barbell Palm-Up Wrist Curl | Forearms | https://workoutlabs.com/exercise-guide/seated-palm-up-barbell-wrist-curls/ |
| 5B | Seated Barbell Palm-Down Wrist Curl | Forearms | https://workoutlabs.com/exercise-guide/seated-palm-down-barbell-wrist-curls/ |
| 5C | Seated Dumbbell Palm-Up Wrist Curl | Forearms | https://workoutlabs.com/exercise-guide/seated-dumbbell-palm-up-wrist-curls-forearm-curls/ |
| 5D | Seated Dumbbell Palm-Down Wrist Curl | Forearms | https://workoutlabs.com/exercise-guide/seated-dumbbell-palm-down-wrist-curls-forearm-curls/ |

**Legs Workout: Lower Body & Core**

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| **No** | **Exercise** | **Part** | **Link** |
| 1A | Barbell Back Squat | Quads | https://workoutlabs.com/exercise-guide/barbell-squats/ |
| 1B | Barbell Lunge | Quads | https://workoutlabs.com/exercise-guide/barbell-lunges/ |
| 1C | Barbell Hack Squat | Quads | https://workoutlabs.com/exercise-guide/barbell-hack-squats/ |
| 1D | Machine Seated Leg Press | Quads | https://workoutlabs.com/exercise-guide/leg-press/ |
| 1E | Machine Seated Leg Extension | Quads | https://workoutlabs.com/exercise-guide/seated-machine-leg-extensions/ |
| 1F | Dumbbell Forward Lunge | Quads | https://workoutlabs.com/exercise-guide/dumbbell-walking-lunges/ |
| 1G | Dumbbell Goblet Squat | Quads | https://workoutlabs.com/exercise-guide/goblet-squats/ |
| 2A | Barbell Deadlift | Hamstring | https://workoutlabs.com/exercise-guide/barbell-deadlifts/ |
| 2B | Barbell Romanian Deadlift | Hamstrings | https://workoutlabs.com/exercise-guide/romanian-deadlifts/ |
| 2C | Barbell Stiff-Leg Deadlift | Hamstrings | https://workoutlabs.com/exercise-guide/stiff-legged-barbell-deadlifts/ |
| 2D | Barbell Good Morning | Hamstrings | https://workoutlabs.com/exercise-guide/barbell-good-morning/ |
| 2E | Machine Lying Leg Curl | Hamstrings | https://workoutlabs.com/exercise-guide/lying-leg-curls/ |
| 2F | Dumbbell One-Leg Deadlift | Hamstrings | https://workoutlabs.com/exercise-guide/single-straight-leg-dumbbell-deadlift/ |
| 3A | Barbell Step-Up | Glutes | https://workoutlabs.com/exercise-guide/barbell-step-ups/ |
| 3B | Barbell Hip Thrust | Glutes | https://workoutlabs.com/exercise-guide/barbell-hip-thrusts/ |
| 3C | Dumbbell Bulgarian Split Squat | Glutes | https://workoutlabs.com/exercise-guide/bulgarian-split-squats/ |
| 3D | Inner Thigh/Outer Thigh Machine | Glutes | https://workoutlabs.com/exercise-guide/thigh-adductor-inner-thigh-machine/ |
| 3E | Dumbbell Side Lunge | Glutes | https://workoutlabs.com/exercise-guide/dumbbell-side-lunge/ |
| 4A | Standing Barbell Calf Raise | Calves | https://workoutlabs.com/exercise-guide/standing-barbell-calf-raises/ |
| 4B | Leg Press Machine Calf Raise | Calves | https://workoutlabs.com/exercise-guide/leg-press-machine-calf-raises/ |
| 4C | Machine Seated Calf Raise | Calves | https://workoutlabs.com/exercise-guide/seated-calf-raises/ |
| 4D | Standing Dumbbell Calf Raise | Calves | https://workoutlabs.com/exercise-guide/standing-dumbbell-calf-raises/ |
| 5A | Hanging Leg Raise | Abs | https://workoutlabs.com/exercise-guide/hanging-leg-raises/ |
| 5B | Hanging Knee Raise | Abs | https://workoutlabs.com/exercise-guide/hanging-knee-raises/ |
| 5C | Standing Cable Crunch | Abs | https://workoutlabs.com/exercise-guide/kneeling-cable-crunches/ |
| 5D | Mountain Climber | Abs | https://workoutlabs.com/exercise-guide/mountain-climbers/ |
| 5E | Declined Bench Crunch | Abs | https://workoutlabs.com/exercise-guide/decline-bench-crunches-sit-ups/ |
| 5F | Cable Upward Wood Chop | Oblique | https://workoutlabs.com/exercise-guide/upward-cable-wood-chops/ |
| 5G | Cable Downward Wood Chop | Oblique | https://workoutlabs.com/exercise-guide/downward-cable-wood-chops/ |
| 5H | Dumbbell Side Bend | Oblique | https://workoutlabs.com/exercise-guide/standing-dumbbell-side-bend/ |