**Push Workout A: 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 | Rear Delt Machine Fly | Rear Delt | https://workoutlabs.com/exercise-guide/rear-delt-machine-flyes/ |
| 4B | Standing Dumbbell Bent-Over Lateral Raise | Rear Delt | https://workoutlabs.com/exercise-guide/dumbbell-bent-over-lateral-rear-delt-raises-flyes/ |
| 4C | Seated Dumbbell Bent-Over Lateral Raise | Rear Delt | https://workoutlabs.com/exercise-guide/seated-bent-over-rear-delt-raises/ |
| 4D | Dumbbell Inclined Bench Reverse Fly | Rear Delt | https://workoutlabs.com/exercise-guide/reverse-flyes/ |
| 4E | 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 | Machine Assisted Dip | Triceps | https://workoutlabs.com/exercise-guide/assisted-tricep-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 A: Back, Traps & Biceps**

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Part** | **Link** |
| 1 | Barbell Deadlift | Lower Back | https://workoutlabs.com/exercise-guide/barbell-deadlifts/ |
| 2 | Machine Assisted Close Grip Pull Up | Lower Back | https://workoutlabs.com/exercise-guide/close-grip-pullup-chinup/ |
| 3A | Dumbbell Inclined Bench Row | Lower Back, Middle Back | https://workoutlabs.com/exercise-guide/dumbbell-incline-rows/ |
| 3B | Machine Seated Back Row | Middle Back | https://workoutlabs.com/exercise-guide/seated-machine-back-row/ |
| 4A | Barbell Standing Biceps Curl | Biceps | https://workoutlabs.com/exercise-guide/barbell-curls/ |
| 4B | Dumbbell Standing Biceps Hammer Curl | Biceps | https://workoutlabs.com/exercise-guide/standing-dumbbell-hammer-curls/ |
| 4C | Cable Hammer Biceps Curl | Biceps | https://workoutlabs.com/exercise-guide/cable-hammer-bicep-curls/ |
| 5 | Wide Grip Lat Pulldown | Lower Back, Middle Back | https://workoutlabs.com/exercise-guide/wide-grip-lat-pulldowns/ |
| 6 | Reverse Cable Fly | Upper Back | https://workoutlabs.com/exercise-guide/reverse-cable-flyesreverse-cable-crossovers/ |

**Legs Workout A: Quads, Hamstrings & Calves**

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Part** | **Link** |
| 1 | Barbell Back Squat | Glutes, Quadriceps | https://workoutlabs.com/exercise-guide/barbell-squats/ |
| 2 | Barbell Good Morning | Lower Back | https://workoutlabs.com/exercise-guide/barbell-good-morning/ |
| 3 | Machine Seated Leg Press | Glutes, Quadriceps | https://workoutlabs.com/exercise-guide/leg-press/ |
| 4 | Hyper Extension | Lower Back | https://workoutlabs.com/exercise-guide/back-extensions/ |
| 5 | Machine Seated Leg Curl | Hamstrings | https://workoutlabs.com/exercise-guide/seated-leg-curls/ |
| 6 | Machine Seated Calf Raise | Calves | https://workoutlabs.com/exercise-guide/seated-calf-raises/ |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Part** | **Link** |
| 1A | Barbell Inclined Bench Press | Chest | https://workoutlabs.com/exercise-guide/incline-barbell-bench-chest-press/ |
| 1B | Dumbbell Inclined Bench Press | Chest | https://workoutlabs.com/exercise-guide/incline-dumbbell-chest-press/ |
| 2A | Standing Barbell Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/standing-overhead-military-barbell-shoulder-press/ |
| 2B | Standing Dumbbell Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/standing-overhead-dumbbell-press/ |
| 3 | Barbell Close Grip Bench Press | Triceps | https://workoutlabs.com/exercise-guide/close-grip-barbell-bench-press/ |
| 4A | Machine Seated Chest Press | Chest | https://workoutlabs.com/exercise-guide/hammer-strength-machine-seated-chest-press/ |
| 4B | Dumbbell Pullover | Chest | https://workoutlabs.com/exercise-guide/dumbbell-pullovers/ |
| 5A | Seated Triceps Overhead Extension | Triceps | https://workoutlabs.com/exercise-guide/seated-tricep-press/ |
| 5B | Triceps Dumbbell Kickback | Triceps | https://workoutlabs.com/exercise-guide/tricep-dumbbell-kickbacks/ |
| 6 | Rear Delt Machine Fly | Shoulders | https://workoutlabs.com/exercise-guide/rear-delt-machine-flyes/ |

**Pull Workout B: Back, Traps & Biceps**

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Part** | **Link** |
| 1 | Dumbbell Deadlift | Lower Back | https://workoutlabs.com/exercise-guide/dumbbell-deadlifts/ |
| 2 | Machine Assisted Pull Up | Middle Back | https://workoutlabs.com/exercise-guide/machine-assisted-pull-ups-pullups/ |
| 3A | Barbell Bent Over Row | Lower Back, Middle Back | https://workoutlabs.com/exercise-guide/bent-over-barbell-rows/ |
| 3B | Dumbbell Bent Over Row | Lower Back | https://workoutlabs.com/exercise-guide/standing-two-armed-bent-over-dumbbell-rows/ |
| 4A | Dumbbell Seated Biceps Curl | Biceps | https://workoutlabs.com/exercise-guide/seated-dumbbell-bicep-curls/ |
| 4B | EZ-Bar Preacher Curl | Biceps | https://workoutlabs.com/exercise-guide/ez-bar-preacher-curls/ |
| 4C | Machine Seated Concentration Curl | Biceps | https://workoutlabs.com/exercise-guide/machine-bicep-preacher-concentration-curls/ |
| 5 | V-Bar Lat Pull Down | Middle Back | https://workoutlabs.com/exercise-guide/v-bar-triangle-bar-lat-pulldowns/ |
| 6 | Dumbbell One Arm Bench Row | Lower Back, Upper Back | https://workoutlabs.com/exercise-guide/one-arm-dumbbell-rows/ |

**Legs Workout B: Quads, Hamstrings & Calves**

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Part** | **Link** |
| 1 | Barbell Front Squat | Glutes, Quadriceps | https://workoutlabs.com/exercise-guide/front-barbell-squats/ |
| 2 | Barbell Romanian Deadlift | Hamstrings | https://workoutlabs.com/exercise-guide/romanian-deadlifts/ |
| 3 | Barbell Hip Thrust | Glutes | https://workoutlabs.com/exercise-guide/barbell-hip-thrusts/ |
| 4 | Dumbbell Lunge | Hamstrings, Quadriceps | https://workoutlabs.com/exercise-guide/dumbbell-walking-lunges/ |
| 5 | Machine Seated Leg Extensions | Quadriceps | https://workoutlabs.com/exercise-guide/seated-machine-leg-extensions/ |
| 6 | Captain's Chair Leg Raise | Abs | https://workoutlabs.com/exercise-guide/captains-chair-leg-knee-hip-raises/ |