**Push Workout A – Chest, Shoulders & Triceps**

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** | **Link** |
| 1A | Barbell Bench Press / Chest Press | Chest | https://workoutlabs.com/exercise-guide/barbell-bench-press/ |
| 1B | Dumbbell Flat Bench Press | Chest | https://workoutlabs.com/exercise-guide/dumbbell-bench-press/ |
| 2A | Machine Seated Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/machine-seated-shoulder-press/ |
| 2B | Dumbbell Overhead Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/dumbbell-shoulder-press/ |
| 3 | Assisted Triceps Dip | Triceps | https://workoutlabs.com/exercise-guide/assisted-tricep-dips/ |
| 4A | Standing Cable Crossover Press / Fly | Chest | https://workoutlabs.com/exercise-guide/standing-cable-fly-press/ |
| 4B | Butterflies / Pec Deck / Seated Machine Fly | Chest | https://workoutlabs.com/exercise-guide/butterfly/ |
| 5A | Triceps Cable Rope Push /Pull Down | Triceps | https://workoutlabs.com/exercise-guide/triceps-pushdowns/ |
| 5B | Assisted / Machine Seated Triceps Dip | Triceps | https://workoutlabs.com/exercise-guide/assisted-machine-seated-tricep-dips/ |
| 6 | Seated Lateral / Side Shoulder Dumbbell Raise | Shoulders | https://workoutlabs.com/exercise-guide/seated-lateral-shoulder-dumbbell-raise/ |

**Pull Workout – Back, Traps & Biceps**

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** |  |
| 1 | Conventional Deadlift | Hamstrings |  |
| 2 | Chin Up | Lats |  |
| 3 | Incline Bench Two Arm Dumbbell Row | Upper Back |  |
| 4 | Dumbbell Shrug | Traps |  |
| 5 | Standing Barbell Curl | Biceps |  |
| 6 | Standing Cable Reverse Fly | Shoulders |  |
| **No** | **Exercise** | **Body Part** |  |
| 1 | Snatch Grip Deadlifts |  |  |
| 2 | Bent Over Row | Upper Back |  |
| 3 | Wide Grip Pull Up | Lats |  |
| 4 | One Arm Dumbbell Row | Upper Back |  |
| 5 | Incline Dumbbell Curl | Biceps |  |
| 6 | Standing Cable Reverse Fly | Shoulders |  |

**Legs Workout – Quads, Hamstrings & Calves**

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** |  |
| 1 | Barbell Back Squat | Quads |  |
| 2 | Good Mornings | Glutes |  |
| 3 | Leg Press | Quads |  |
| 4 | Hyperextension | Glutes |  |
| 5 | Leg Curl | Hamstrings |  |
| 6 | Seated Calf Raise | Calves |  |
| **No** | **Exercise** | **Body Part** |  |
| 1 | Front Squat | Quads |  |
| 2 | Romanian Deadlift | Hamstrings |  |
| 3 | Barbell Hip Thrust | Glutes |  |
| 4 | Dumbbell Lunge | Quads |  |
| 5 | Leg Extension | Quads |  |
| 6 | Hanging Leg Raise | Abs |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** |  |
| 1A | Standing Overhead Military Barbell Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/standing-overhead-military-barbell-shoulder-press/ |
| 1B | Standing Dumbbell Overhead Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/standing-overhead-dumbbell-press/ |
| 2A | Incline Barbell Bench Chest Press | Chest | https://workoutlabs.com/exercise-guide/incline-barbell-bench-chest-press/ |
| 2B | Incline Dumbbell Bench Chest Press | Chest | https://workoutlabs.com/exercise-guide/incline-dumbbell-chest-press/ |
| 3 | Close-Grip Overhand Barbell Bench Press | Triceps | https://workoutlabs.com/exercise-guide/close-grip-barbell-bench-press/ |
| 4A | Hammer Strength 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 Press / 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/ |