**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 A: Back, Traps & Biceps**

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** | **Link** |
| 1 | Barbell Deadlift | Lower Back | https://workoutlabs.com/exercise-guide/barbell-deadlifts/ |
| 2 | Close Grip Pullup / Chin-up | Lower Back | https://workoutlabs.com/exercise-guide/close-grip-pullup-chinup/ |
| 3A | Dumbbell Incline Bench Row | Lower Back, Middle Back / Lats | https://workoutlabs.com/exercise-guide/dumbbell-incline-rows/ |
| 3B | Seated Machine Back Row | Middle Back / Lats | https://workoutlabs.com/exercise-guide/seated-machine-back-row/ |
| 4A | Barbell Curl / Standing Biceps Curl | Biceps | https://workoutlabs.com/exercise-guide/barbell-curls/ |
| 4B | Standing Dumbbell 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 / Pull Down / Pullover | Lower Back, Middle Back / Lats | https://workoutlabs.com/exercise-guide/wide-grip-lat-pulldowns/ |
| 6 | Reverse Cable Fly / Crossover | Upper Back & Lower Traps | https://workoutlabs.com/exercise-guide/reverse-cable-flyesreverse-cable-crossovers/ |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** | **Link** |
| 1 | Barbell Back Squats | Glutes & Hip Flexors, Quadriceps | https://workoutlabs.com/exercise-guide/barbell-squats/ |
| 2 | Barbell Good Mornings | Lower Back | https://workoutlabs.com/exercise-guide/barbell-good-morning/ |
| 3 | Leg Press / Machine Squat Press | Glutes & Hip Flexors, Quadriceps | https://workoutlabs.com/exercise-guide/leg-press/ |
| 4 | Back Extensions / Hyperextensions | Lower Back | https://workoutlabs.com/exercise-guide/back-extensions/ |
| 5 | Seated Leg Curls | Hamstrings | https://workoutlabs.com/exercise-guide/seated-leg-curls/ |
| 6 | Seated Machine Calf Raises | Calves | https://workoutlabs.com/exercise-guide/seated-calf-raises/ |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** | **Link** |
| 1A | Incline Barbell Bench Chest Press | Chest | https://workoutlabs.com/exercise-guide/incline-barbell-bench-chest-press/ |
| 1B | Incline Dumbbell Bench Chest Press | Chest | https://workoutlabs.com/exercise-guide/incline-dumbbell-chest-press/ |
| 2A | Standing Overhead Military Barbell Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/standing-overhead-military-barbell-shoulder-press/ |
| 2B | Standing Dumbbell Overhead Shoulder Press | Shoulders | https://workoutlabs.com/exercise-guide/standing-overhead-dumbbell-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/ |

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

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Body Part** | **Link** |
| 1 | Front Barbell Squats | Glutes & Hip Flexors, Quadriceps | https://workoutlabs.com/exercise-guide/front-barbell-squats/ |
| 2 | Romanian Deadlifts | Hamstrings | https://workoutlabs.com/exercise-guide/romanian-deadlifts/ |
| 3 | Barbell Hip Thrusts | Glutes & Hip Flexors | https://workoutlabs.com/exercise-guide/barbell-hip-thrusts/ |
| 4 | Dumbbell Walking Lunges | Hamstrings, Quadriceps | https://workoutlabs.com/exercise-guide/dumbbell-walking-lunges/ |
| 5 | Seated Machine Leg Extensions | Quadriceps | https://workoutlabs.com/exercise-guide/seated-machine-leg-extensions/ |
| 6 | Captain's Chair Leg / Knee / Hip Raises | Abs | https://workoutlabs.com/exercise-guide/captains-chair-leg-knee-hip-raises/ |