

General Workout Exercises:

<https://www.livestrong.com/article/457453-the-weight-of-a-standard-weightlifting-bar/>

<https://www.muscleandstrength.com/workout-routines>

Weight Loss Specific Exercises/Plans:

<https://www.bodybuilding.com/fun/wotw12.htm>

<https://www.mensfitness.com/training/workout-routines/10-best-workouts-weight-loss>

<https://www.self.com/story/10-insanely-effective-workouts-for-weight-loss>

Muscle Gain Specific Exercises/Plans:

<https://www.bodybuilding.com/fun/5-best-bodybuilding-programs.htm>

<https://www.muscleandfitness.com/workouts/workout-routines/gain-10-pounds-muscle-4-weeks-1>