



EXERCISE BANK

PUSH/PULL WORKOUT PROGRAM

UPPER BODY PUSH

Push-ups
Incline Dumbbell (DB) Press
Shoulder Press
Chest DB Press
Overhead Press
Bench Press
Shoulder to Shoulder Press
Single Arm (SA) Overhead DB Press
Landmine Press
SA Cable Press
DB Uppercuts

UPPER BODY PULL

Pull-ups
Wide Grip Barbell Rows
Bicep Curls
Bent Over SA DB Rows
Hammer Curls
DB Upright Row
DB Pullover
DB Lateral Raise
Inverted Rows
Half Kneeling SA Cable Row
Split Squat SA Cable Row

LOWER BODY PUSH

DB Thruster
Goblet Squat
Front Squat
Squat to Lateral Leg Lift
Back Squat
Bulgarian Split Squat
Goblet Lateral Lunge
Side Step Squat
SL Squat to Bench (chair)
Jump Squats
Alternating Jump Lunges
Squat Jacks
Squats w/ Resistance Bands
SUMO Squat DB Swing

LOWER BODY PULL

Romanian DB Deadlift
Calf Raises
Sumo Calf Raises
SA / Single Leg (SL) RDL
Glute Bridge Holds
Back Extensions
Swiss Ball Hyperextensions
SUMO Deadlift
DB Deadlift
Trap Bar Deadlift

CORE

Dead Bugs
SL Drops
Plank w/ Hip Touches
Ankle Taps
Flutter Kicks
Mtn Climber Twists
Leg Extension Crunch

Cross Crunch w Leg Lift
Russian Twist w Reach
Straight Leg Toe Taps
Side Plank Reach Through
Plank Oscillations
Plank Jacks
Hollow Holds

Leg Lift to Scissor Kick
Toe Touches
V-Ups
Bicycles
Leg Lift Circles
Candle Sticks
Plank w/ Leg Lifts