

Workout Master

Aa Exercise	☰ Workout Type	☰ Target	☰ Trait	☰ Locations	⌵ Complexity	☰ Secondary
<u>1 Leg KB RDL</u>	Legs	Glutes Hamstrings Hip Abductors Hip Adductors Spinal Erectors	Mobility Balance Control Fortification Technique	Anytime Fitness Home Office Pure Gym	Medium	Core
<u>Advanced Tuck Planche Holds</u>	Core Pull Push	Biceps Tendons Shoulders	Control Skills	Anytime Fitness Home Office Outdoors Pure Gym	High	
<u>Arched Pull Ups</u>	Pull	Lats	Control Strength	Anytime Fitness Office Outdoors Pure Gym	Low	Rhomboids Traps
<u>ATG Split Squats</u>	Legs Mobility	Knee Tendons	Mobility Fortification Strength	Anytime Fitness Office Pure Gym	Low	Glutes Hamstrings Quadriceps
<u>Back Squat (Light)</u>	Legs	Glutes Hamstrings Quadriceps	Fortification Strength Technique	Anytime Fitness Pure Gym	Medium	Core
<u>Barbell Hip Thrusts</u>	Legs	Glutes	Explosiveness Fortification Strength	Anytime Fitness Pure Gym	Low	
<u>Battle Ropes</u>	Cardio	Shoulders	Cardio Hypertrophy Strength Endurance	Pure Gym	Low	Core
<u>Bench Press (Heavy)</u>	Push	Pecs	Hypertrophy Strength	Anytime Fitness Pure Gym	High	Shoulders Triceps
<u>Biceps Gauntlet Set</u>	Pull	Biceps	Hypertrophy Strength	Anytime Fitness Office Pure Gym	Medium	
<u>Bodyweight Rows</u>	Pull	Lats Rhomboids Traps	Hypertrophy Strength Endurance	Anytime Fitness Office Outdoors Pure Gym	Low	Core Spinal Erectors
<u>Box Jumps</u>	Legs	Calves Glutes Hamstrings Quadriceps	Explosiveness	Anytime Fitness Outdoors Pure Gym	High	

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<u>Bridge Press</u>	Core Mobility	Shoulders Spinal Erectors Thoracic	Mobility Control Fortification Skills	Anytime Fitness Home Office Outdoors Pure Gym	Medium	Triceps
<u>Cable Rotation</u>	Core Pull	Core Obliques	Strength Strength Endurance	Anytime Fitness Pure Gym	Low	Glutes Hip Abductors Hip Adductors Lats Shoulders
<u>Cable Rows</u>	Pull	Lats	Hypertrophy Strength	Anytime Fitness Pure Gym	Medium	Biceps Rear Delts Rhomboids Shoulders
<u>Controlled Chin Ups</u>	Pull	Biceps	Strength	Anytime Fitness Office Outdoors Pure Gym	Low	Lats
<u>Cossack Squat</u>	Legs Mobility	Hip Abductors Hip Adductors	Mobility Control Strength	Anytime Fitness Home Office Outdoors Pure Gym	Medium	Glutes Hamstrings
<u>Crab/Crab Reach</u>	Core Mobility	Core Obliques Spinal Erectors	Mobility Skills	Anytime Fitness Home Office Outdoors Pure Gym	Low	Shoulders
<u>Dead Hangs</u>	Mobility Pull	Shoulders	Mobility Skills Strength Endurance	Anytime Fitness Office Outdoors Pure Gym	Low	Forearms (Grip)
<u>Deadlift (Light)</u>	Core Legs Pull	Glutes Hamstrings Spinal Erectors	Mobility Fortification Strength Technique	Anytime Fitness Pure Gym	Medium	Forearms (Grip) Lats
<u>Deep Squat</u>	Legs Mobility	Hip Abductors Hip Adductors	Mobility Fortification	Anytime Fitness Home Office Outdoors Pure Gym	Low	Glutes Hamstrings Quadriceps
<u>Dips</u>	Push	Pecs	Hypertrophy Strength	Anytime Fitness Office Pure Gym	Low	Shoulders Triceps

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<u>Dragon Flag</u>	Core	Core Rectus Abdominis Transverse Abdominis	Hypertrophy Skills Strength	Anytime Fitness Office Outdoors Pure Gym	Medium	Hip Flexors
<u>Dumbbell Press</u>	Push	Pecs	Hypertrophy Strength	Anytime Fitness Office Pure Gym	Medium	Shoulders Triceps
<u>Dumbbell Runners</u>	Pull Push	Biceps Triceps	Hypertrophy Strength Strength Endurance	Anytime Fitness Home Office Pure Gym	Medium	Shoulders
<u>Handstand Practice</u>	Push	Shoulders	Skills Strength	Anytime Fitness Home Office Outdoors Pure Gym	High	Core Pecs Triceps
<u>Heavy Bag</u>	Cardio Push	Pecs Shoulders Triceps	Mobility Cardio Skills Strength Endurance	Anytime Fitness Home Office Outdoors Pure Gym	Low	Core Hip Abductors Hip Adductors
<u>Heavy Bag</u>	Cardio	Pecs Shoulders Triceps	Mobility Cardio Skills Strength Endurance	Anytime Fitness Home Office Outdoors Pure Gym	Low	Core Hip Abductors Hip Adductors
<u>High Rep Push Ups</u>	Push	Pecs	Hypertrophy Strength Endurance	Anytime Fitness Home Office Outdoors Pure Gym	Low	Shoulders Triceps
<u>Hindu Squats</u>	Legs	Quadriceps	Hypertrophy Strength Endurance	Anytime Fitness Home Office Outdoors Pure Gym	Low	Knee Tendons
<u>Hollow Body</u>	Core	Core	Control Fortification Skills	Anytime Fitness Home Office Outdoors Pure Gym	Low	
<u>Ice Cream Makers</u>	Core Pull	Lats	Control Skills Strength	Anytime Fitness Outdoors Pure Gym	High	Core

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<u>Jog</u>	Pull	Calves Glutes Hamstrings Hip Abductors Hip Adductors	Strength Endurance Weightloss	Pure Gym	Medium	Core
<u>Jump Squats/Weighted</u>	Legs	Calves Glutes Hamstrings Quadriceps	Explosiveness Hypertrophy Strength Endurance	Anytime Fitness Office Pure Gym	Medium	Core
<u>KB Swings</u>	Legs	Glutes	Explosiveness	Anytime Fitness Home Office Pure Gym	Medium	Spinal Erectors
<u>L-Sit Hold</u>	Core Mobility	Rectus Abdominis	Mobility Skills Strength Strength Endurance	Anytime Fitness Home Office Outdoors Pure Gym	Medium	Triceps
<u>L-Sit to Handstand Press</u>	Core Push	Core Shoulders Traps Triceps	Mobility Control Skills Strength	Anytime Fitness Home Office Outdoors Pure Gym	High	Compression Strength
<u>Lizard Crawls</u>	Core Push	Core Pecs	Control Hypertrophy Strength Endurance	Anytime Fitness Outdoors Pure Gym	Medium	Shoulders Triceps
<u>One Arm Push Ups</u>	Push	Obliques Pecs	Control Skills Strength	Anytime Fitness Home Office Outdoors Pure Gym	High	Core Shoulders Triceps
<u>Pancake Stretch</u>	Core Legs Mobility	Core Hamstrings	Mobility Fortification Skills	Anytime Fitness Home Office Outdoors Pure Gym	Low	
<u>Pec Cable Flys</u>	Push	Pecs	Mobility Hypertrophy	Anytime Fitness Pure Gym	Low	Shoulders Triceps
<u>Pike Pulses</u>	Core	Compression Strength	Mobility Control Skills	Anytime Fitness Home Office Outdoors Pure Gym	Low	Hip Flexors
<u>Pike Pushups</u>	Push	Shoulders	Control Skills Strength	Anytime Fitness Home Office Outdoors Pure Gym	Low	Pecs Triceps

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<u>Pullovers</u>	Pull	Lats	Mobility Hypertrophy	Anytime Fitness Office Pure Gym	Medium	Shoulders
<u>Running</u>	Cardio Legs	Calves Glutes Quadriceps	Cardio Fortification Technique	Outdoors	Medium	Hip Abductors Hip Adductors
<u>Seated Good Morning</u>	Core Legs	Spinal Erectors	Mobility Fortification Technique	Anytime Fitness Pure Gym	Low	Glutes
<u>Shadow Boxing</u>	Cardio	Pecs Shoulders Triceps	Mobility Cardio Skills Strength Endurance	Anytime Fitness Home Office Outdoors Pure Gym	Low	Core Hip Abductors Hip Adductors
<u>Shoulder Press (Mid)</u>	Push	Shoulders	Hypertrophy Skills Strength	Anytime Fitness Office Pure Gym	Medium	Pecs Triceps
<u>Sissy Squats</u>	Legs	Quadriceps	Balance Control Fortification Strength	Anytime Fitness Home Office Outdoors Pure Gym	High	Knee Tendons
<u>Straddle Pancake Stretch</u>	Legs Mobility	Calves Glutes Hamstrings	Mobility	Anytime Fitness Home Office Outdoors Pure Gym	Low	Core
<u>Tibialis Raises</u>	Legs		Anterior Tibialis	Anytime Fitness Home Office Outdoors Pure Gym	Low	
<u>Tricep Push Down</u>	Push	Triceps	Hypertrophy	Anytime Fitness Pure Gym	Low	