This is the formula I use anytime I’m planning a full-body workout. Pick one from each category for every workout and if you have extra time throw in some accessory movements!

**Squat**

* Goblet squat
* Lunge
* Leg press

**Hip hinge**

* Glute bridge/hip thrust
* Back extensions
* Reverse hypers
* Deadlift
* Single leg deadlift
* Romanian deadlift

**Push**

* Push-up
* Bench press
* Overhead press
* Landmine press

**Pull**

* Dumbbell row
* Barbell row
* Cable row
* Landmine row
* Lat pulldown

**Core**

* Dead bug
* Plank
* Side plank
* Wood chops
* Pallof press
* Bird dog
* Loaded carries (suitcase carry, farmer’s carry, waiter’s carry, etc)

*Accessory work (single joint movements)*

* Calf raises
* Biceps curls
* Triceps pushdowns
* Pec flies
* Reverse flies
* A/Y/T’s
* Face-pulls
* Clamshells
* Skull crushers
* Leg extensions
* Hamstring curls
* Hip abduction
* Hip adduction