

The Ultimate List of 50 Best Compound Exercises

Created by: [Murshid Akram](#)

Check out [article](#) for more info

1. [Conventional Deadlift](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Quads, Back, and Posterior Chain
- **Level:** Intermediate
- **Benefits:** Increase strength and help you get big.

2. [Flat Bench Press](#)

- **Equipment needed:** Barbells, Plates, and Rack
- **Muscles worked:** Chest, Front Delt, and Triceps
- **Level:** Beginner
- **Benefits:** [Build up upper body foundational strength](#) and sizeable pecs.

3. [Sumo Deadlift](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Quads and Posterior Chain
- **Level:** Beginner
- **Benefits:** Increase your lifting strength and bolster many muscles from

4. [Barbell Back Squat](#)

- **Equipment needed:** Barbells, Plates, and Rack
- **Muscles worked:** Lower Body
- **Level:** Beginner
- **Benefits:** Level up your strength, build powerful legs, and boost the testosterone hormone.

5. [Barbell Jammers](#)

- **Equipment needed:** Barbells and Weight Plates

- **Muscles worked:** Legs, Glutes, Core, Arms, and Shoulder
- **Level:** Advanced
- **Benefits:** Build strength, endurance, and muscles.

6. [Incline DB IYT Raises](#)

- **Equipment needed:** Dumbbells and a Bench
- **Muscles worked:** Back and Shoulder
- **Level:** Intermediate
- **Benefits:** [Strengthen and tone upper body muscles](#), primarily the trapezius and shoulders.

7. [Standing DB IYT Raises](#)

- **Equipment needed:** Dumbbells
- **Muscles worked:** Shoulder and Traps
- **Level:** Intermediate
- **Benefits:** An excellent exercise to target all three delts (anterior, lateral, and rear delts) at the same time and [build rounded shoulders](#).

8. [Clean and Press](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Integrate Full Body
- **Level:** Intermediate
- **Benefits:** It is a [Crossfit exercise that helps improve strength, balance, and explosiveness](#) and build a firm physique.

9. [Dumbbell Man maker](#)

- **Equipment needed:** Dumbbells
- **Muscles worked:** Integrate Full Body
- **Level:** Intermediate
- **Benefits:** Build strength and mobility, torch significant calories, and improve body composition.

10. [Chin-ups](#)

- **Equipment needed:** Pull-up Bar
- **Muscles worked:** Back and Biceps
- **Level:** Beginner
- **Benefits:** Improve grip strength, increase biceps size, and improve back muscle definition.

11. [Pull-ups](#)

- **Equipment needed:** Pull-up Bar
- **Muscles worked:** Back and Biceps.
- **Level:** Intermediate
- **Benefits:** Helps build sturdy and broader lats and [develops a V shape back](#).

12. [Dips](#)

- **Equipment needed:** Dip Station
- **Muscles worked:** Triceps, Chest, and Anterior Delt.
- **Level:** Intermediate
- **Benefits:** Strengthen upper body muscles and [build toned arms and chest](#).

13. [Burpee](#)

- **Equipment needed:** Bodyweight
- **Muscles worked:** Integrate Full Body
- **Level:** Intermediate
- **Benefits-** Improve endurance, annihilate considerable calories compared to other exercises, and promote cardiovascular fitness.

14. [Dumbbell Pullover](#)

- **Equipment needed:** A Dumbbell and a Bench
- **Muscles worked:** Chest and Lats
- **Level:** Intermediate
- **Benefits:** Provide good stretches to the pecs and lats and develop a defined torso.

15. [Landmine Press](#)

- **Equipment needed:** Barbells and Plates
- **Muscles worked:** Shoulder, Triceps and Upper Chest
- **Level:** Intermediate
- **Benefits:** [Maximize your pushing strength](#) and [sculpt your upper chest](#) and shoulder.

16. [Push-ups](#)

- **Equipment needed:** Bodyweight
- **Muscles worked:** Chest and Triceps
- **Level:** Beginner
- **Benefits:** Enhance the fundamental upper body strength and solidify the trunk.

17. [Plank](#)

- **Equipment needed:** Bodyweight
- **Muscles worked:** Core, Arms, and Shoulder
- **Level:** Beginner
- **Benefits:** [Increase abdominal strength and help flatten the tummy.](#)

18. [Military Press](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Shoulder, Triceps, and Core
- **Level:** Beginner
- **Benefits:** Boost pressing strength and improve shoulder health.

19. [Bulgarian Split Squat](#)

- **Equipment needed:** Dumbbells and a bench
- **Muscles worked:** Legs, Hips, and Glutes
- **Level:** Intermediate
- **Benefits:** [Develop strength and mobility in your lower body.](#)

20. Hack Squat

- **Equipment needed:** Leg Press Machine
- **Muscles worked:** Quads and Hamstrings
- **Level:** Beginner
- **Benefits:** Help build solid and sizeable legs.

21. [Romanian Deadlift](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Quads, Hamstring, Glutes, and Lower Back
- **Level:** Intermediate
- **Benefits:** Strengthen posterior chain muscles and make your hips flexible.

22. [Thruster](#)

- **Equipment required:** Barbells and Weight Plates
- **Muscles worked:** Upper Body
- **Level:** Intermediate
- **Benefits:** Increase strength and speed and fire up decent calories in a short time.

23. [Clean and Jerk](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Integrate Full Body

- **Level:** Advanced
- **Benefits:** Shoot up strength, speed, and explosiveness while developing a solid physique.

24. [Dumbbell Swing Squat](#)

- **Equipment needed:** Dumbbells
- **Muscles worked:** Integrate Full Body
- **Level:** Beginner
- **Benefits:** Torch plenty of calories, [boost metabolism](#), and promote better cardiovascular health.

25. [High Pull](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Back, Shoulder, and Arms
- **Level:** Intermediate
- **Benefits:** Increase pulling strength and build a firm torso.

26. [Barbell Hip Thrust](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Posterior Chain Muscles
- **Level:** Intermediate
- **Benefits:** Buttress posterior chain muscles, including the glutes, hamstrings, and lower back.

27. [Battle Rope](#)

- **Equipment needed:** Battle Rope
- **Muscles worked:** Integrate Full Body
- **Level:** Intermediate
- **Benefits:** Increase endurance and metabolism and tone upper body muscles.

28. [Push Jerk](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Upper Body
- **Level:** Intermediate
- **Benefits:** Build strength for performing various CrossFit push exercises.

29. [Push-up to Renegade Row](#)

- **Equipment needed:** Dumbbells
- **Muscles worked:** Upper Body

- **Level:** Intermediate
- **Benefits:** Strengthen the torso, improve balance, and improve fitness.

30. [Lunges](#)

- **Equipment needed:** Dumbbells/Barbell
- **Muscles worked:** Lower Body
- **Level:** Beginner
- **Benefits:** Build strong legs and boost endurance.

31. Dumbbell Surrenders

- **Equipment needed:** Dumbbells
- **Muscles worked:** Integrate Full Body
- **Level:** Intermediate
- **Benefits:** Strengthen various muscle groups simultaneously and helps improve aerobic fitness.

32. [Elevated Plank Row](#)

- **Equipment needed:** Dumbbells
- **Muscles worked:** Back and Core
- **Level:** Intermediate
- **Benefits:** Build a strong back while toning abdominal muscles.

33. [Farmer's Walk](#)

- **Equipment needed:** Dumbbells/Plates
- **Muscles worked:** Integrate Full Body
- **Level:** Beginner
- **Benefits:** Improve total body strength and cardiovascular health.

34. [Dumbbell Cluster](#)

- **Equipment needed:** Dumbbells
- **Muscles worked:** Integrate Full Body
- **Level:** Intermediate
- **Benefits:** Improve strength and quickness and boost aerobic fitness.

35. [Sumo Deadlift High Pull](#)

- **Equipment needed:** Bodyweight
- **Muscles worked:** Integrate Full Body
- **Level:** Advanced

- **Benefits:** Bolster muscles throughout the body and help develop an aesthetic physique.

36. [Push Press](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Upper Body
- **Level:** Intermediate
- **Benefits:** Helps achieve a strong and muscular torso.

37. [Pendlay Row](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Back and Shoulder
- **Level:** Intermediate
- **Benefits:** Increase your pulling strength, helps put on muscles, and shape the torso.

38. [Overhead Squat](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Shoulder, Legs, and Core
- **Level:** Intermediate
- **Benefits:** Develop strength from upper to lower body and build an athletic physique.

39. [Dumbbell Step-Up](#)

- **Equipment needed:** Dumbbells and a bench/box
- **Muscles worked:** Legs, Glutes, and Core
- **Level:** Intermediate
- **Benefits:** Build solid legs and increase stamina and mobility.

40. [Bent-over Row](#)

- **Equipment needed:** Barbells and Weight Plates
- **Muscles worked:** Back, core, and Posterior Delt
- **Level:** Beginner
- **Benefits:** Build a muscular and broader back.

41. [Turkish Get-Up](#)

- **Equipment needed:** Kettlebells
- **Muscles worked:** Integrated Full body
- **Level:** Intermediate

- **Benefits:** Reinforce the entire muscle groups from the upper to the lower body and improve overall balance.

42. Kettlebell Swings

- **Equipment needed:** Kettlebells
- **Muscles worked:** Integrated Full body
- **Level:** Beginner
- **Benefits:** Increase strength, speed, and explosiveness and enhance cardiovascular fitness.

43. [Kettlebell Taters](#)

- **Equipment needed:** Kettlebells
- **Muscles worked:** Integrated Full Body
- **Level:** Intermediate
- **Benefits:** Burn decent calories in a short time and build stronger legs.

44. [Handstand Pushups](#)

- **Equipment needed:** Bodyweight
- **Muscles worked:** Integrated Full body
- **Level:** Advance
- **Benefits:** [Increase your pushing strength](#) and build a firm torso.

45. [Pistol Squat](#)

- **Equipment needed:** Kettlebell/Bodyweight/Kettlebell
- **Muscles worked:** Legs, Glutes, and Core
- **Level:** Intermediate
- **Benefits:** Strengthen lower body muscles and improve overall balance.

46. [Landmine Oblique Twist](#)

- **Equipment needed:** Barbell and Plates
- **Muscles worked:** Abs, Oblique, and Shoulder
- **Level:** Beginner
- **Benefits:** Bolster midsection and helps [build sculpted abs](#).

47. Bear Crawl

- **Equipment needed:** Bodyweight
- **Muscles worked:** Integrated Full body
- **Level:** Intermediate

- **Benefits:** [Increase strength and mobility in upper body muscles](#) while improving cardiovascular fitness.

48. Dragon Fly

- **Equipment needed:** Bodyweight
- **Muscles worked:** Arms and Core
- **Level:** Advance
- **Benefits:** Improve strength, balance, and flexibility, and sculpt abdominal muscles.

49. Diamond Pushup

- **Equipment needed:** Bodyweight
- **Muscles worked:** Upper body
- **Level:** Intermediate
- **Benefits:** A great way to forge [triceps using your body weight only](#).

50. [Muscle Up](#)

- **Equipment needed:** Pull-up Bar
- **Muscles worked:** Integrated Full body
- **Level:** Advance
- **Benefits:** Improve balance, muscle cooperation, speed, flexibility, and fitness level.

Compound Workout Routine

- [2 Day Compound Workout Routine](#)
- [3 Day Compound Workout Routine](#)
- [4 Day Compound Workout Routine](#)
- [5 Day Compound Workout Routine](#)

List of Other Exercises

- [List of Isolation Exercises](#)
- [List of Tabata Exercises](#)
- [List of Plyometric Exercises](#)
- [List of 82 Kettlebell Exercises](#)
- [List of Dumbbell Exercises](#)
- [List of Powerlifting Exercises](#)
- [List of CrossFit Exercises](#)
- [Barbell Exercises List By Muscle Group](#)
- [Calisthenics Workout List](#)
- [Push Pull Legs Exercises List](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)