

List of Compound Exercises

List of All Compound Exercises (60 Workouts)

The compound exercises I've included in this list are based on research and studies and will help you achieve your fitness goal.

This compound exercise list also helps you create your workout routine according to your fitness goal.

1. [Barbell Deadlift](#)
2. Flat Bench Press
3. [Sumo Deadlift](#)
4. Barbell Back Squat
5. Chin-ups
6. Pull-ups
7. [Dips](#)
8. Close Grip Bench Press
9. [Dumbbell IYT Raises](#)
10. [Dumbbell Press](#)
11. Burpee
12. Hack Squat
13. [Dumbbell Pullover](#)
14. Landmine Press
15. Barbell Drag Curl
16. Squat Thrust
17. Barbell Upright Row
18. Single-Arm Dumbbell Row
19. Face Pull
20. [Dumbbell Push-ups](#)
21. [Plank](#)
22. Lat Pull-down
23. Dumbbell Arnold Press

24. [Barbell Overhead Press](#)
25. Bulgarian Split Squat
26. [Clean and Press](#)
27. [Romanian Deadlift](#)
28. Hanging Knee Raise
29. Barbell Front Raises
30. Dumbbell Squeeze Press
31. Incline Bench Press
32. Dumbbell Squat to Overhead Press
33. Inverted Row
34. [Dumbbell Squat to Swing](#)
35. Dumbbell Deadlift to Upright Row
36. Barbell Hip Thrust
37. Weighted Glutes Bridges
38. Preacher Curl
39. Barbell Jammers
40. Incline Triceps Rope Extension
41. Barbell Front Squat to Overhead Press
42. Hang Clean
43. Kneeling Wood Chop
44. Battle rope Waves
45. Cable Pull to Press
46. Push Jerk
47. Dumbbell Push-up to Renegade Row
48. Weighted Pull-ups
49. The Barbell Lunge
50. Dumbbell Man maker
51. Dumbbell Surrenders
52. Diamond Push-Ups
53. Dumbbell Bent-Over Reverse Fly
54. Barbell Skull Crusher

55. Dumbbell Crossover Curl
56. [Dumbbell ZottomanCurl](#)
57. Ab wheel Rollout/Barbell Rollout
58. Cable Crunches
59. Mountain Climber
60. [Dumbbell Floor Press](#)

List of Compound Exercises for Each Body Part

Leg/Lower Body

- Barbell Deadlift
- Barbell Squats
- Hack Squat
- Barbell Jammers
- Weighted Glutes Bridges
- Dumbbell Squat to Swing
- Barbell Romanian Deadlift
- Bulgarian Split Squat
- Squat Thrust
- Barbell Hip Thrust
- The Barbell Lunge
- Dumbbell Deadlift to Upright Row
- Barbell Front Squat to Overhead Press

Related: [An Ultimate Guide to the Dumbbell Leg Exercises](#)

Chest

- Bench Press
- Chest Dips
- Dumbbell Press
- Dumbbell Pullover
- Landmine Press
- Push-ups

- Incline Bench Press
 - Dumbbell Squeeze Press
 - Barbell Jammers
-

Back

- Barbell Deadlift
- Pull-ups
- Dumbbell Rowing
- Lat Pulldown
- Chinups
- Inverted Rows
- Barbell Bent Over Row
- Barbell T Bar Row
- Dumbbell IYT Raises
- Barbell Upright Row
- Face Pull
- Dumbbell Bent Over Reverse Fly

You may also like: [Top 7 Back workout for mass gain](#)

Shoulder

- Dumbbell Arnold Press
- Barbell Overhead Press
- Barbell Front Raises
- Dumbbell IYT Raises
- Barbell Upright Row
- Face Pull
- Dumbbell Squat to Overhead Press
- Dumbbell Deadlift to Upright Row
- Dumbbell Bent-Over Reverse Fly

Also read: [The Top 10 Dumbbell Exercises For Shoulders](#)

Triceps

- Dips
- Close Grip Bench Press
- Incline Triceps Rope Extension
- Dumbbell Squeeze Press
- Diamond Push-Ups
- Barbell Skull Crusher
- Dumbbell Floor Press

Also check out: [10 Best Dumbbell Triceps Exercises For Bigger Arms](#)

Biceps

- Chin-ups
- Barbell Drag Curl
- Preacher Curl
- Dumbbell Crossover Curl
- Dumbbell Zottoman Curl

Related: [The 10 Best Dumbbell Biceps Workout for Stronger Arms](#)

Abs and Oblique

- Planks
- Hanging Raise (Knee and Leg)
- Kneeling Wood Chop
- Ab wheel Rollout/Barbell Rollout
- Cable Crunches
- Mountain Climber
- Windshield Wiper

Also read: [Best Pull-up bar ab workout](#)

Full Body/Integrated Compound Workout List

- Burpee
- Clean and Press
- Hang Clean

- Battle rope Waves
- Cable pull to press
- Push Jerk
- Dumbbell Push-up to Renegade Row
- Barbell Push Press

List of Bodyweight Compound Exercises to do at Home

- Burpee
- Squat Thrust
- Push-ups
- Chair Dips
- Pistol Squat
- Goblet Squat
- Diamond Push-Ups
- Mountain Climber
- Windshield Wiper