

Smith Machine Exercise Chart and Routine

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Smith Machine Upper Body Workout

Chest	Back	Arms
1. Smith Machine Flat Bench Press	1. Smith Machine Inverted Row	1) Smith Machine Close Grip Bench Press
2. Smith Machine Incline Bench Press	2. Smith Machine Bent-over Row	2) Smith machine skull crushers
3. Decline Bench Press	3. Smith Machine Conventional Deadlift	3) Smith Machine Dips
4. Reverse Grip Bench Press	4. Smith Machine Single Arm Row	4) Smith machine Bicep Curl
5. Smith Machine Landmine Press		5) Smith Machine Drag Curl

Shoulder	Core
1. Smith Machine Overhead Press	1) Standing Side Bend
2. Smith Machine Lateral Raises	2) Lying Smith Machine Sit-ups
3. Smith Machine Upright Row	3) Hanging Knee Raises
4. Smith Machine Shrugs	4) Hanging Leg Raises
5. Smith Machine 45-degree Incline Row	5) Decline Crunches

Smith Machine Lower Body Workout

Quads	Hams, Glute, Calf
Back Squat	Romanian Deadlift
Front Squat	Good Mornings
Smith Machine Lunges	Reverse Lunge

Leg Press	Barbell Hip Thrust
Bulgarian Split Squat	Standing Calf Raises

Smith Machine Full Body Workout Plan

Summary

- Exercise Frequency: 5 Days a Week
- Duration: 45-60 minutes
- Workout Type: Full Body
- Level: Beginner to Intermediate
- Suitable For: Men and Women
- Rest Between Sets: 1-2 minute

Monday

Exercise	Sets	Reps
Smith Machine Back Squat	3	8-12
Flat Bench Press	3	8-12
Bent-over Row	3	8-12
Smith Machine Overhead Press	3	8-12
Standing Side Bend	2	6-10

Tuesday

Exercise	Sets	Reps
Smith Machine Lunges	3	10
Incline Bench Press	3	10
Inverted Row	3	10
Romanian Deadlift	2	10
Skull Crushers	3	10

Wednesday

Exercise	Sets	Reps
Smith Machine Deadlift	3	4-6
Smith Machine Bicep Curl	3	10
Lateral Raises	3	10
Upright Row	3	8-12
Hanging Knee Raises	2	8-12

Friday

Exercise	Sets	Reps
Decline Bench Press	3	8-12

Reverse Lunge	3	8-12
Single Arm Row	3	8-12
Standing Calf Raises	3	8-12
45-Degree Incline Row	3	6-10

Saturday

Exercise	Sets	Reps
Narrow Grip Bench Press	3	8-12
Smith Machine Shrug	3	8-12
Smith Machine Hip Thrust	3	8-12
Smith Machine Dips	3	8-12
Smith Machine Drag Curl	2	6-10

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