

60-DAY PROGRAM

Bro Split

5 days/week · Mon–Fri — Jul 20 to Sep 17, 2026

The classic bodybuilding approach: one muscle group per day, hammered with high volume once per week. Chest / Back / Shoulders / Arms / Legs.

MON Chest	TUE Back	WED Shoulders	THU Arms	FRI Legs	REST Sat · Sun
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- ✓ **Weights:** pick a load you can lift for the listed reps with 1–2 clean reps left in the tank. Warm up 5 min + 1 light set of the first lift.
- ✓ **Double progression:** add reps weekly → when you hit the top of the range on ALL sets, add weight (+2.5 kg / one pin) and restart at the bottom.
- ✓ **Week 5 is a deload:** –1 set, ~70% load. It's programmed — take it.
- ✓ **Tier badges:** 🔥 volume-hungry muscles grow on reps and sets · 🏆 load-first muscles grow on progressive weight · 🦵 hamstrings want both.
- ✓ **Exercises rotate day to day** from the same library as the workout builder — swap any pick for its sibling variation freely.

DAY 1

Chest

Chest · high volume

Fitness
Program Editor



1 · CHEST · INCLINE

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



2 · CHEST · FLAT

**Cable Crossover
(High→Low)**

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



3 · CHEST · MACHINE

Incline Machine Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program Editor



4 · CHEST · FLY

Machine Chest Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program Editor



5 · CHEST · FINISHER

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ **LOAD-FIRST**

Fitness
Program Editor



6 · CORE

Russian Twist

3 × 12–20

Body

Fitness
Program Editor



7 · CORE

Cable Woodchopper

3 × 12–20

Cable

Fitness
Program Editor



8 · CALVES

Seated Calf Raise

4 × 12–20

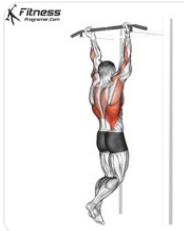
Machine

🔥 **VOLUME-HUNGRY**

DAY 2

Back

Lats · Rows · Traps



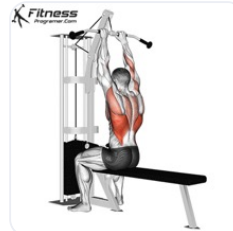
1 · BACK · PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST



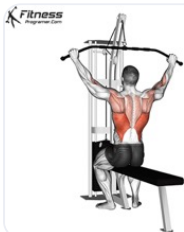
2 · BACK · VERTICAL

Neutral-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · STRAIGHT-ARM

Wide-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Single-Arm Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



5 · ROW · MACHINE

Inverted Row

3-4 x 8-12

Body

🏋️ LOAD-FIRST



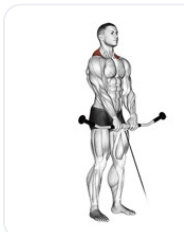
6 · ROW · CABLE

Chest-Supported Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST



7 · TRAPS

Cable Shrug

4 x 12-20

Cable

🔥 VOLUME-HUNGRY



8 · REAR DELTS

Reverse Pec Deck

4 x 15-20

Machine

🔥 VOLUME-HUNGRY

DAY 3

Shoulders

Press · Side · Rear delts

Fitness
Program Editor



1 · PRESS · HEAVY

Dumbbell Shoulder Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



2 · PRESS · SECOND

Dumbbell Front Raise

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



3 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness
Program Editor



4 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

Fitness
Program Editor



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

Fitness
Program Editor



6 · REAR DELTS

Incline Bench Rear Fly

4 × 15–20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Editor



7 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15–20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Editor



8 · TRAPS

Barbell Shrug

4 × 12–20

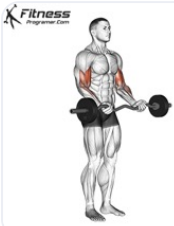
Barbell

🔥 VOLUME-HUNGRY

DAY 4

Arms

Biceps · Triceps

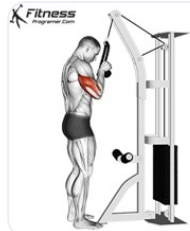


1 · BICEPS · HEAVY

EZ-Bar Curl

3 × 10–15

Barbell



2 · TRICEPS · HEAVY

Rope Pushdown

3 × 10–15

Rope



3 · BICEPS · SECOND

Concentration Curl

3 × 10–15

DB



4 · TRICEPS · SECOND

Dumbbell Kickback

3 × 10–15

DB

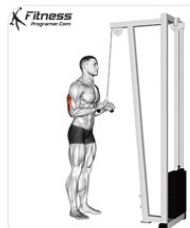


5 · BICEPS · VOLUME

Preacher Curl

3 × 10–15

Machine



6 · TRICEPS · VOLUME

V-Bar Pushdown

3 × 10–15

Cable

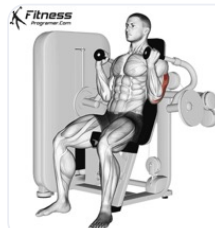


7 · BICEPS · FINISHER

Cable Curl

3 × 10–15

Cable



8 · TRICEPS · FINISHER

Machine Triceps Extension

3 × 10–15

Machine

DAY 5

Legs

Quads · Hams · Glutes · Calves

 Fitness
Programmer.com



1 · QUADS · HEAVY

Dumbbell Reverse Lunge

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness
Programmer.com



2 · QUADS · SECOND

Smith Machine Squat

3–4 × 8–12

Machine

 LOAD-FIRST

 Fitness
Programmer.com



3 · QUADS · MACHINE

Barbell Back Squat

3–4 × 8–12

Barbell

 LOAD-FIRST

 Fitness
Programmer.com



4 · HAMSTRINGS

Nordic Curl

3–4 × 8–12

Body

 HEAVY + VOLUME

 Fitness
Programmer.com



5 · HAMSTRINGS

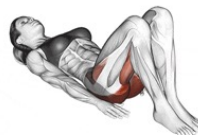
Kettlebell Deadlift

3–4 × 8–12

KB

 HEAVY + VOLUME

 Fitness
Programmer.com



6 · GLUTES

Frog Pump

3 × 10–15

Body

 LOAD-FIRST

 Fitness
Programmer.com



7 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

 VOLUME-HUNGRY

 Fitness
Programmer.com



8 · CALVES

Seated Calf Raise

4 × 12–20

Machine

 VOLUME-HUNGRY

DAY 6

Chest

Chest · high volume

Fitness
Program Editor



1 · CHEST · INCLINE

Dumbbell Pullover

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Editor



2 · CHEST · FLAT

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program Editor



3 · CHEST · MACHINE

Machine Chest Press

3-4 × 8-12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program Editor



4 · CHEST · FLY

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Editor



5 · CHEST · FINISHER

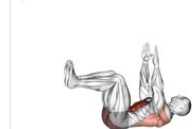
Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



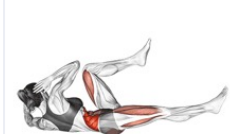
6 · CORE

Dead Bug

3 × 12-20

Body

Fitness
Program Editor



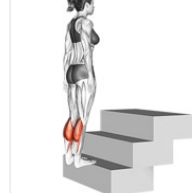
7 · CORE

Bicycle Crunch

3 × 12-20

Body

Fitness
Program Editor



8 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 **VOLUME-HUNGRY**

DAY 7

Back

Lats · Rows · Traps

Fitness



1 · BACK · PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



2 · BACK · VERTICAL

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



3 · BACK · STRAIGHT-ARM

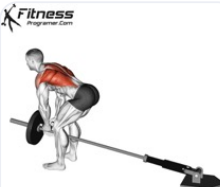
Wide-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



4 · ROW · HEAVY

T-Bar Row

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness



5 · ROW · MACHINE

Wide-Grip Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



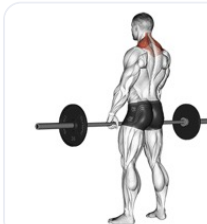
6 · ROW · CABLE

Machine Row

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



7 · TRAPS

Barbell Shrug

4 x 12-20

Barbell

🔥 VOLUME-HUNGRY

Fitness



8 · REAR DELTS

Dumbbell Rear Delt Row

4 x 15-20

DB

🔥 VOLUME-HUNGRY

DAY 8

Shoulders

Press · Side · Rear delts

Fitness
Long-term gains



1 · PRESS · HEAVY

Dumbbell Front Raise

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Long-term gains



2 · PRESS · SECOND

Dumbbell Shoulder Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Long-term gains



3 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Long-term gains



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Long-term gains



5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness
Long-term gains



6 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15–20

DB

🔥 VOLUME-HUNGRY

Fitness
Long-term gains



7 · REAR DELTS

Cable Rear Delt Fly

4 × 15–20

Cable

🔥 VOLUME-HUNGRY

Fitness
Long-term gains



8 · TRAPS

Rope Face Pull

4 × 12–20

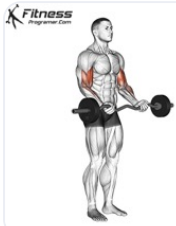
Rope

🔥 VOLUME-HUNGRY

DAY 9

Arms

Biceps · Triceps

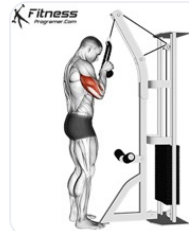


1 · BICEPS · HEAVY

EZ-Bar Curl

3 × 10–15

Barbell



2 · TRICEPS · HEAVY

Rope Pushdown

3 × 10–15

Rope

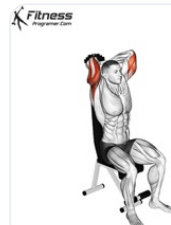


3 · BICEPS · SECOND

Reverse Curl

3 × 10–15

Barbell



4 · TRICEPS · SECOND

Dumbbell Overhead Extension

3 × 10–15

DB

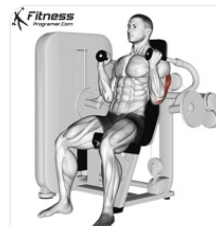


5 · BICEPS · VOLUME

Preacher Curl

3 × 10–15

Machine

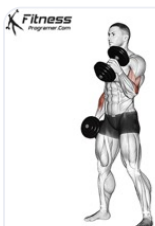


6 · TRICEPS · VOLUME

Machine Triceps Extension

3 × 10–15

Machine



7 · BICEPS · FINISHER

Dumbbell Hammer Curl

3 × 10–15

DB



8 · TRICEPS · FINISHER

Close-Grip Bench Press

3 × 10–15

Barbell

DAY 10

Legs

Quads · Hams · Glutes · Calves



1 · QUADS · HEAVY

Leg Extension

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



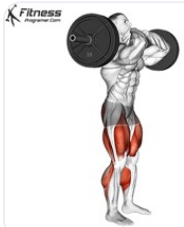
2 · QUADS · SECOND

Dumbbell Reverse Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Front Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Kettlebell Deadlift

3-4 × 8-12

KB

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Nordic Curl

3-4 × 8-12

Body

🔥 HEAVY + VOLUME



6 · GLUTES

Hip Abduction Machine

3 × 10-15

Machine

🏋️ LOAD-FIRST



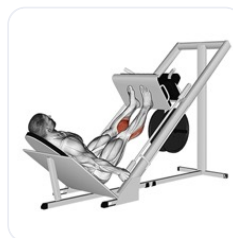
7 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



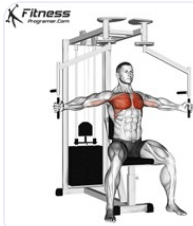
8 · CALVES

Leg Press Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



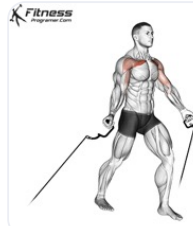
1 · CHEST · INCLINE

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · CHEST · FLAT

Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · CHEST · MACHINE

Dumbbell Pullover

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · CHEST · FLY

Incline Dumbbell Fly

3-4 × 8-12

DB

🏋️ LOAD-FIRST



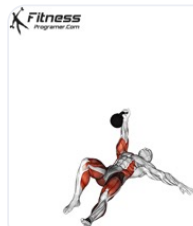
5 · CHEST · FINISHER

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



6 · CORE

Turkish Get-Up

3 × 12-20

KB



7 · CORE

Lying Leg Raise

3 × 12-20

Body



8 · CALVES

Dumbbell Calf Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

DAY 12

Back

Lats · Rows · Traps



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



2 · BACK · VERTICAL

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · BACK · STRAIGHT-ARM

Pull-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



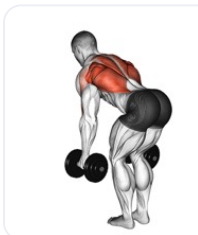
4 · ROW · HEAVY

Bent-Over Barbell Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



5 · ROW · MACHINE

Bent-Over Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



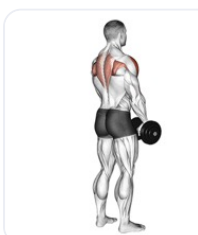
6 · ROW · CABLE

Machine Row

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



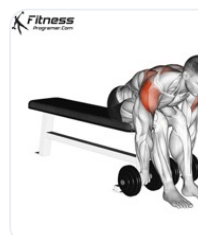
7 · TRAPS

Dumbbell Upright Row

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15–20

DB

🔥 VOLUME-HUNGRY

DAY 13

Shoulders

Press · Side · Rear delts

Fitness
Long term gains



1 · PRESS · HEAVY

Single-Arm Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Long term gains



2 · PRESS · SECOND

Machine Shoulder Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Long term gains



3 · SIDE DELTS

Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Long term gains



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Long term gains



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Long term gains



6 · REAR DELTS

Rope Face Pull

4 × 15-20

Rope

🔥 VOLUME-HUNGRY

Fitness
Long term gains



7 · REAR DELTS

Reverse Pec Deck

4 × 15-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Long term gains



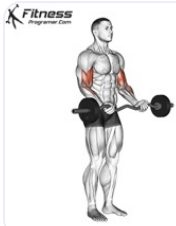
8 · TRAPS

Cable Upright Row

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



1 · BICEPS · HEAVY

EZ-Bar Curl

3 × 10–15

Barbell

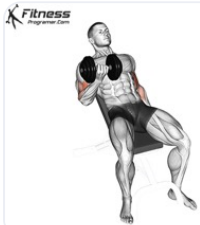


2 · TRICEPS · HEAVY

Bench Dips

3 × 10–15

Body



3 · BICEPS · SECOND

Incline Dumbbell Curl

3 × 10–15

DB

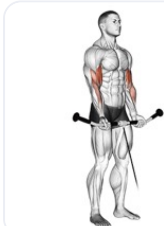


4 · TRICEPS · SECOND

Close-Grip Bench Press

3 × 10–15

Barbell

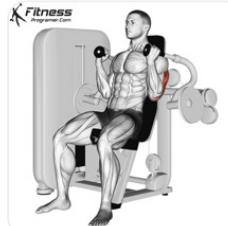


5 · BICEPS · VOLUME

Cable Curl

3 × 10–15

Cable



6 · TRICEPS · VOLUME

Machine Triceps Extension

3 × 10–15

Machine

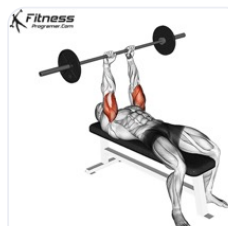


7 · BICEPS · FINISHER

Barbell Curl

3 × 10–15

Barbell



8 · TRICEPS · FINISHER

Skull Crusher

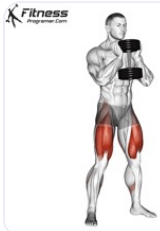
3 × 10–15

Barbell

DAY 15

Legs

Quads · Hams · Glutes · Calves

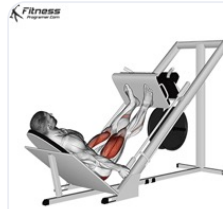


1 · QUADS · HEAVY

Goblet Squat

3–4 × 8–12 DB

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Leg Press

3–4 × 8–12 Machine

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Smith Machine Squat

3–4 × 8–12 Machine

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Stiff-Leg Deadlift

3–4 × 8–12 Barbell

🔥 HEAVY + VOLUME

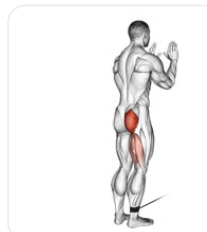


5 · HAMSTRINGS

Single-Leg RDL

3–4 × 8–12 DB

🔥 HEAVY + VOLUME

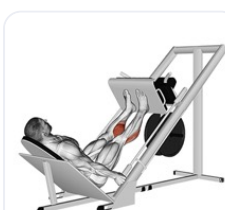


6 · GLUTES

Cable Glute Kickback

3 × 10–15 Cable

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 × 12–20 Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Standing Calf Raise

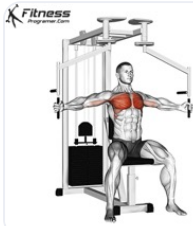
4 × 12–20 Machine

🔥 VOLUME-HUNGRY

DAY 16

Chest

Chest · high volume



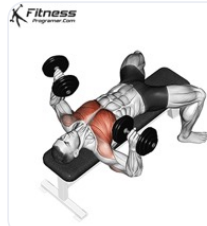
1 · CHEST · INCLINE

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · CHEST · FLAT

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · CHEST · MACHINE

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



4 · CHEST · FLY

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



5 · CHEST · FINISHER

Machine Chest Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



6 · CORE

Cable Woodchopper

3 × 12–20

Cable



7 · CORE

Kettlebell Windmill

3 × 12–20

KB



8 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

DAY 17

Back

Lats · Rows · Traps

Fitness



1 · BACK · PULLDOWN

Pull-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



2 · BACK · VERTICAL

Close-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



3 · BACK · STRAIGHT-ARM

Neutral-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



4 · ROW · HEAVY

Machine Row

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness



5 · ROW · MACHINE

Single-Arm Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



6 · ROW · CABLE

T-Bar Row

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness



7 · TRAPS

Cable Upright Row

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness



8 · REAR DELTS

Rope Face Pull

4 x 15-20

Rope

🔥 VOLUME-HUNGRY

DAY 18

Shoulders

Press · Side · Rear delts

Fitness
Programmer.com



1 · PRESS · HEAVY

Kettlebell Clean & Press

3-4 x 8-12

KB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · PRESS · SECOND

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



4 · SIDE DELTS

Machine Lateral Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



5 · SIDE DELTS

Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



6 · REAR DELTS

Dumbbell Rear Delt Row

4 x 15-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



7 · REAR DELTS

Rope Face Pull

4 x 15-20

Rope

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



8 · TRAPS

Barbell Shrug

4 x 12-20

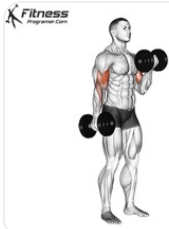
Barbell

🔥 VOLUME-HUNGRY

DAY 19

Arms

Biceps · Triceps



1 · BICEPS · HEAVY
Dumbbell Curl

3 × 10–15 DB



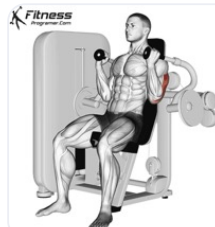
2 · TRICEPS · HEAVY
Rope Overhead Extension

3 × 10–15 Rope



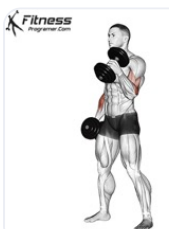
3 · BICEPS · SECOND
Preacher Curl

3 × 10–15 Machine



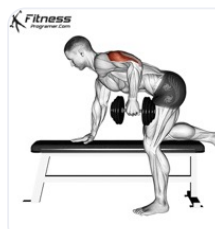
4 · TRICEPS · SECOND
Machine Triceps Extension

3 × 10–15 Machine



5 · BICEPS · VOLUME
Dumbbell Hammer Curl

3 × 10–15 DB



6 · TRICEPS · VOLUME
Dumbbell Kickback

3 × 10–15 DB



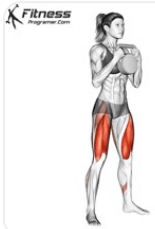
7 · BICEPS · FINISHER
Barbell Curl

3 × 10–15 Barbell



8 · TRICEPS · FINISHER
Skull Crusher

3 × 10–15 Barbell



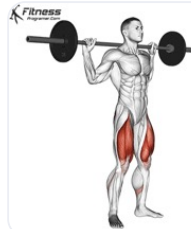
1 · QUADS · HEAVY

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Dumbbell Step-Up

3–4 × 8–12

DB

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



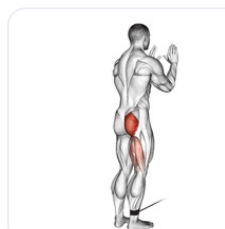
5 · HAMSTRINGS

Barbell RDL

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



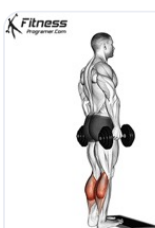
6 · GLUTES

Cable Glute Kickback

3 × 10–15

Cable

🏋️ LOAD-FIRST



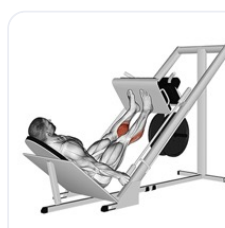
7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness



1 · CHEST · INCLINE

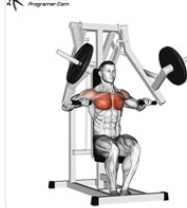
Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness



2 · CHEST · FLAT

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness



3 · CHEST · MACHINE

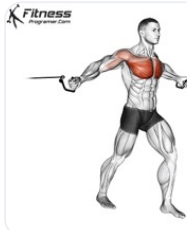
Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST

Fitness



4 · CHEST · FLY

Cable Crossover
(High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness



5 · CHEST · FINISHER

Decline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness



6 · CORE

Cable Rope Crunch

3 × 12-20

Rope

Fitness



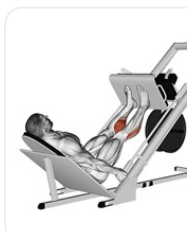
7 · CORE

Hanging Leg Raise

3 × 12-20

Body

Fitness



8 · CALVES

Leg Press Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



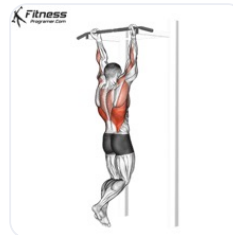
1 · BACK · PULLDOWN

Assisted Pull-Up

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



2 · BACK · VERTICAL

Chin-Up

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**



3 · BACK · STRAIGHT-ARM

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



4 · ROW · HEAVY

Inverted Row

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**



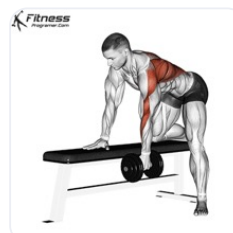
5 · ROW · MACHINE

Bent-Over Dumbbell Row

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



6 · ROW · CABLE

One-Arm Dumbbell Row

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



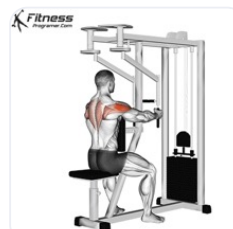
7 · TRAPS

Dumbbell Upright Row

4 × 12–20

DB

🔥 **VOLUME-HUNGRY**



8 · REAR DELTS

Reverse Pec Deck

4 × 15–20

Machine

🔥 **VOLUME-HUNGRY**



1 · PRESS · HEAVY

Machine Shoulder Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



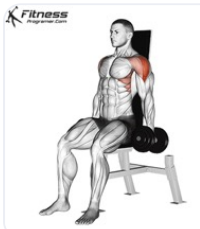
2 · PRESS · SECOND

Kettlebell Clean & Press

3-4 × 8-12

KB

🏋️ LOAD-FIRST



3 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY



6 · REAR DELTS

Rope Face Pull

4 × 15-20

Rope

🔥 VOLUME-HUNGRY



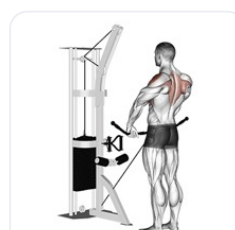
7 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15-20

DB

🔥 VOLUME-HUNGRY



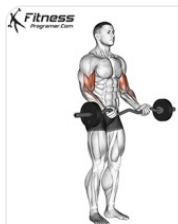
8 · TRAPS

Cable Upright Row

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



1 · BICEPS · HEAVY

EZ-Bar Curl

3 × 10–15

Barbell

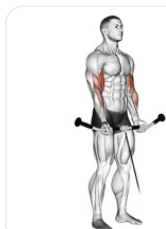


2 · TRICEPS · HEAVY

Close-Grip Bench Press

3 × 10–15

Barbell



3 · BICEPS · SECOND

Cable Curl

3 × 10–15

Cable



4 · TRICEPS · SECOND

Straight-Bar Pushdown

3 × 10–15

Cable

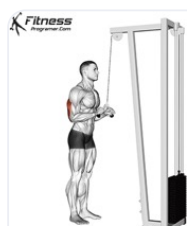


5 · BICEPS · VOLUME

Reverse Curl

3 × 10–15

Barbell



6 · TRICEPS · VOLUME

V-Bar Pushdown

3 × 10–15

Cable



7 · BICEPS · FINISHER

Preacher Curl

3 × 10–15

Machine



8 · TRICEPS · FINISHER

Bench Dips

3 × 10–15

Body

DAY 25

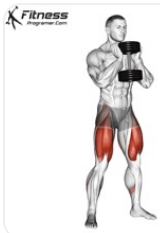
Friday, Aug 21, 2026 · Week 5 · Bro Split

Legs

Quads · Hams · Glutes · Calves

⚡ DELOAD

–1 set · ~70% load · RIR 3+



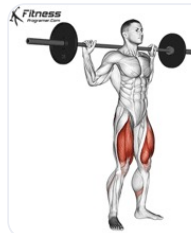
1 · QUADS · HEAVY

Goblet Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



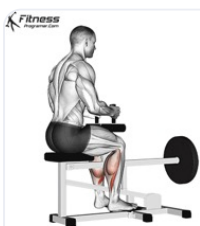
6 · GLUTES

Frog Pump

3 × 10–15

Body

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Big lifts: rest 2–3 min, RIR 1–2 · machines/isolation: 60–90 s, RIR 0–1 · tempo ~2 s down, controlled up

DAY 26

Chest

Chest · high volume

Fitness
Program Editor Cam



1 · CHEST · INCLINE

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Editor Cam



2 · CHEST · FLAT

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Editor Cam



3 · CHEST · MACHINE

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program Editor Cam



4 · CHEST · FLY

Incline Machine Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program Editor Cam



5 · CHEST · FINISHER

Dumbbell Pullover

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Editor Cam



6 · CORE

Kettlebell Windmill

3 × 12–20

KB

Fitness
Program Editor Cam



7 · CORE

Dumbbell Side Bend

3 × 12–20

DB

Fitness
Program Editor Cam



8 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 **VOLUME-HUNGRY**

DAY 27

Back

Lats · Rows · Traps



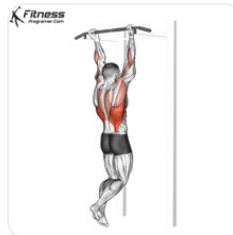
1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3-4 × 8-12

Rope

🏋️ LOAD-FIRST



2 · BACK · VERTICAL

Chin-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



3 · BACK · STRAIGHT-ARM

Wide-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Bent-Over Barbell Row

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



5 · ROW · MACHINE

Inverted Row

3-4 × 8-12

Body

🏋️ LOAD-FIRST



6 · ROW · CABLE

Single-Arm Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



7 · TRAPS

Cable Upright Row

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



8 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15-20

DB

🔥 VOLUME-HUNGRY

DAY 28

Shoulders

Press · Side · Rear delts



1 · PRESS · HEAVY

Barbell Overhead Press

3-4 x 8-12

Barbell

LOAD-FIRST



2 · PRESS · SECOND

Single-Arm Dumbbell Press

3-4 x 8-12

DB

LOAD-FIRST



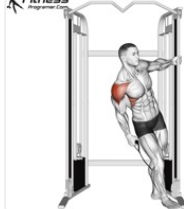
3 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 x 12-20

DB

VOLUME-HUNGRY



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 x 12-20

Cable

VOLUME-HUNGRY



5 · SIDE DELTS

Dumbbell Lateral Raise

4 x 12-20

DB

VOLUME-HUNGRY



6 · REAR DELTS

Rope Face Pull

4 x 15-20

Rope

VOLUME-HUNGRY



7 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 x 15-20

DB

VOLUME-HUNGRY



8 · TRAPS

Rope High Row

4 x 12-20

Rope

VOLUME-HUNGRY

Fitness
Program Editor



1 · BICEPS · HEAVY

Reverse Curl

3 × 10–15

Barbell

Fitness
Program Editor



2 · TRICEPS · HEAVY

V-Bar Pushdown

3 × 10–15

Cable

Fitness
Program Editor



3 · BICEPS · SECOND

Barbell Curl

3 × 10–15

Barbell

Fitness
Program Editor



4 · TRICEPS · SECOND

Rope Overhead Extension

3 × 10–15

Rope

Fitness
Program Editor



5 · BICEPS · VOLUME

Dumbbell Hammer Curl

3 × 10–15

DB

Fitness
Program Editor



6 · TRICEPS · VOLUME

Straight-Bar Pushdown

3 × 10–15

Cable

Fitness
Program Editor



7 · BICEPS · FINISHER

Dumbbell Curl

3 × 10–15

DB

Fitness
Program Editor



8 · TRICEPS · FINISHER

Skull Crusher

3 × 10–15

Barbell

Fitness
Program Card

1 · QUADS · HEAVY

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness
Program Card

2 · QUADS · SECOND

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card

3 · QUADS · MACHINE

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Card

4 · HAMSTRINGS

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME

Fitness
Program Card

5 · HAMSTRINGS

Barbell RDL

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME

Fitness
Program Card

6 · GLUTES

Frog Pump

3 × 10–15

Body

🏋️ LOAD-FIRST

Fitness
Program Card

7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Card

8 · CALVES

Leg Press Calf Raise

4 × 12–20

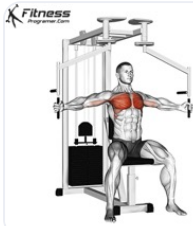
Machine

🔥 VOLUME-HUNGRY

DAY 31

Chest

Chest · high volume



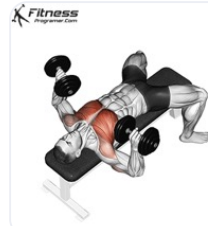
1 · CHEST · INCLINE

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · CHEST · FLAT

Flat Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · CHEST · MACHINE

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · CHEST · FLY

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



5 · CHEST · FINISHER

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



6 · CORE

Kettlebell Windmill

3 × 12-20

KB



7 · CORE

Bicycle Crunch

3 × 12-20

Body



8 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3-4 × 8-12

Rope

🏋️ LOAD-FIRST



2 · BACK · VERTICAL

Close-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · STRAIGHT-ARM

Lat Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Bent-Over Barbell Row

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



5 · ROW · MACHINE

Chest-Supported Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



6 · ROW · CABLE

One-Arm Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



7 · TRAPS

Rope Face Pull

4 × 12-20

Rope

🔥 VOLUME-HUNGRY



8 · REAR DELTS

Cable Rear Delt Fly

4 × 15-20

Cable

🔥 VOLUME-HUNGRY

DAY 33

Shoulders

Press · Side · Rear delts

Fitness
Program Editor



1 · PRESS · HEAVY

Dumbbell Front Raise

3–4 × 8–12

DB

LOAD-FIRST

Fitness
Program Editor



2 · PRESS · SECOND

Dumbbell Shoulder Press

3–4 × 8–12

DB

LOAD-FIRST

Fitness
Program Editor



3 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Program Editor



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Program Editor



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



6 · REAR DELTS

Rope Face Pull

4 × 15–20

Rope

VOLUME-HUNGRY

Fitness
Program Editor



7 · REAR DELTS

Reverse Pec Deck

4 × 15–20

Machine

VOLUME-HUNGRY

Fitness
Program Editor



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

VOLUME-HUNGRY

DAY 34

Arms

Biceps · Triceps



1 · BICEPS · HEAVY

Barbell Curl

3 × 10–15

Barbell



2 · TRICEPS · HEAVY

Dumbbell Overhead Extension

3 × 10–15

DB



3 · BICEPS · SECOND

Reverse Curl

3 × 10–15

Barbell



4 · TRICEPS · SECOND

V-Bar Pushdown

3 × 10–15

Cable



5 · BICEPS · VOLUME

Dumbbell Hammer Curl

3 × 10–15

DB



6 · TRICEPS · VOLUME

Rope Overhead Extension

3 × 10–15

Rope



7 · BICEPS · FINISHER

Dumbbell Curl

3 × 10–15

DB



8 · TRICEPS · FINISHER

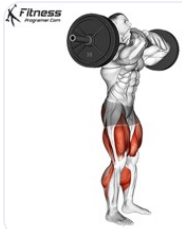
Skull Crusher

3 × 10–15

Barbell

Legs

Quads · Hams · Glutes · Calves



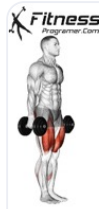
1 · QUADS · HEAVY

Front Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



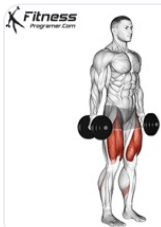
2 · QUADS · SECOND

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



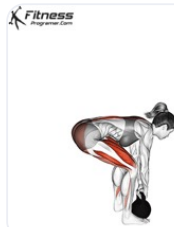
3 · QUADS · MACHINE

Dumbbell Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



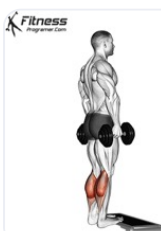
6 · GLUTES

Cable Pull Through

3 × 10–15

Cable

🏋️ LOAD-FIRST



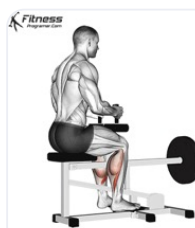
7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CALVES

Seated Calf Raise

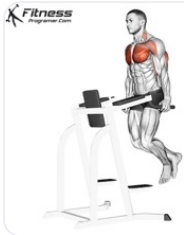
4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Chest

Chest · high volume



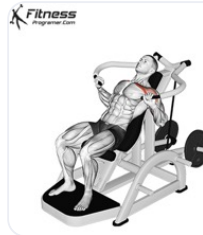
1 · CHEST · INCLINE

Chest Dip

3–4 × 8–12

Body

🏋️ LOAD-FIRST



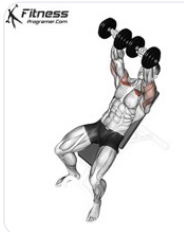
2 · CHEST · FLAT

Incline Machine Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



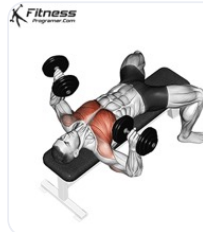
3 · CHEST · MACHINE

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



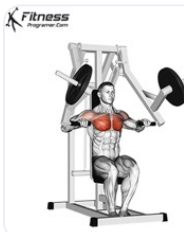
4 · CHEST · FLY

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



5 · CHEST · FINISHER

Machine Chest Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



6 · CORE

Ab Wheel Rollout

3 × 12–20

Body



7 · CORE

Cable Woodchopper

3 × 12–20

Cable



8 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

DAY 37

Back

Lats · Rows · Traps

Fitness



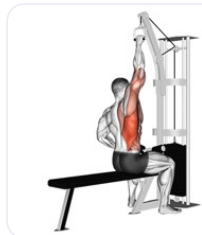
1 · BACK · PULLDOWN

Pull-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



2 · BACK · VERTICAL

Single-Arm Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness



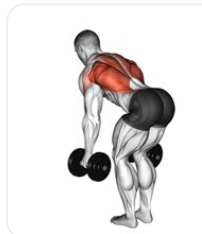
3 · BACK · STRAIGHT-ARM

Lat Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness



5 · ROW · MACHINE

Seated Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness



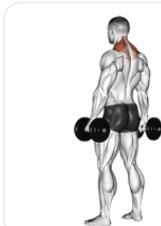
6 · ROW · CABLE

Inverted Row

3-4 × 8-12

Body

🏋️ LOAD-FIRST



7 · TRAPS

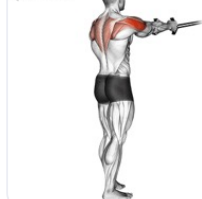
Dumbbell Shrug

4 × 12-20

DB

🔥 VOLUME-HUNGRY

Fitness



8 · REAR DELTS

Cable Rear Delt Fly

4 × 15-20

Cable

🔥 VOLUME-HUNGRY

DAY 38

Shoulders

Press · Side · Rear delts

Fitness
Program Editor



1 · PRESS · HEAVY

Barbell Overhead Press

3–4 × 8–12

Barbell

LOAD-FIRST

Fitness
Program Editor



2 · PRESS · SECOND

Arnold Press

3–4 × 8–12

DB

LOAD-FIRST

Fitness
Program Editor



3 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Program Editor



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

VOLUME-HUNGRY

Fitness
Program Editor



6 · REAR DELTS

Rope Face Pull

4 × 15–20

Rope

VOLUME-HUNGRY

Fitness
Program Editor



7 · REAR DELTS

Reverse Pec Deck

4 × 15–20

Machine

VOLUME-HUNGRY

Fitness
Program Editor



8 · TRAPS

Cable Shrug

4 × 12–20

Cable

VOLUME-HUNGRY



1 · BICEPS · HEAVY

Dumbbell Hammer Curl

3 × 10–15

DB



2 · TRICEPS · HEAVY

Dumbbell Overhead Extension

3 × 10–15

DB



3 · BICEPS · SECOND

Barbell Curl

3 × 10–15

Barbell



4 · TRICEPS · SECOND

Dumbbell Kickback

3 × 10–15

DB



5 · BICEPS · VOLUME

Reverse Curl

3 × 10–15

Barbell



6 · TRICEPS · VOLUME

Single-Arm Pushdown

3 × 10–15

Cable

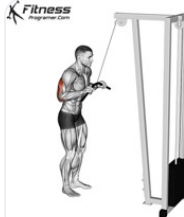


7 · BICEPS · FINISHER

Concentration Curl

3 × 10–15

DB



8 · TRICEPS · FINISHER

Straight-Bar Pushdown

3 × 10–15

Cable

DAY 40

Legs

Quads · Hams · Glutes · Calves

Fitness
Program Card

1 · QUADS · HEAVY

Dumbbell Reverse Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card

2 · QUADS · SECOND

Bulgarian Split Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card

3 · QUADS · MACHINE

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card

4 · HAMSTRINGS

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME

Fitness
Program Card

5 · HAMSTRINGS

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME

Fitness
Program Card

6 · GLUTES

Single-Leg Hip Thrust

3 × 10–15

Barbell

🏋️ LOAD-FIRST

Fitness
Program Card

7 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness
Program Card

8 · CALVES

Seated Calf Raise

4 × 12–20

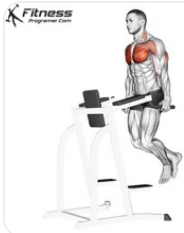
Machine

🔥 VOLUME-HUNGRY

DAY 41

Chest

Chest · high volume



1 · CHEST · INCLINE

Chest Dip

3-4 x 8-12

Body

🏋️ LOAD-FIRST



2 · CHEST · FLAT

Flat Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · CHEST · MACHINE

Dumbbell Pullover

3-4 x 8-12

DB

🏋️ LOAD-FIRST



4 · CHEST · FLY

Barbell Incline Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



5 · CHEST · FINISHER

Incline Dumbbell Fly

3-4 x 8-12

DB

🏋️ LOAD-FIRST

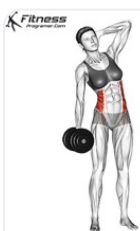


6 · CORE

Cable Rope Crunch

3 x 12-20

Rope

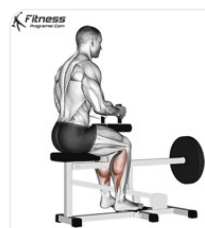


7 · CORE

Dumbbell Side Bend

3 x 12-20

DB



8 · CALVES

Seated Calf Raise

4 x 12-20

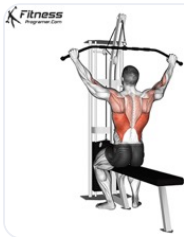
Machine

🔥 VOLUME-HUNGRY

DAY 42

Back

Lats · Rows · Traps



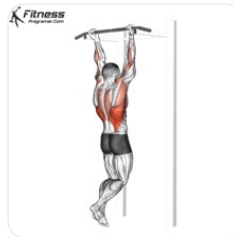
1 · BACK · PULLDOWN

Wide-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



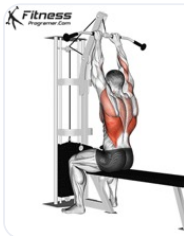
2 · BACK · VERTICAL

Chin-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



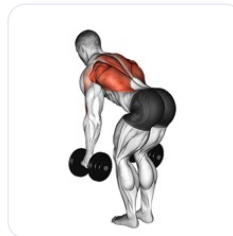
3 · BACK · STRAIGHT-ARM

Neutral-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



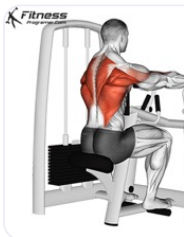
4 · ROW · HEAVY

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



5 · ROW · MACHINE

Machine Row

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



6 · ROW · CABLE

Single-Arm Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



7 · TRAPS

Rope Face Pull

4 × 12-20

Rope

🔥 VOLUME-HUNGRY



8 · REAR DELTS

Cable Rear Delt Fly

4 × 15-20

Cable

🔥 VOLUME-HUNGRY

DAY 43

Shoulders

Press · Side · Rear delts

Fitness
Programmer.Com



1 · PRESS · HEAVY

Dumbbell Front Raise

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



2 · PRESS · SECOND

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.Com



3 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



4 · SIDE DELTS

Cable Lateral Raise

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



6 · REAR DELTS

Rope Face Pull

4 x 15-20

Rope

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



7 · REAR DELTS

Reverse Pec Deck

4 x 15-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



8 · TRAPS

Cable Shrug

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Arms

Biceps · Triceps

Fitness
Program Editor



1 · BICEPS · HEAVY

Reverse Curl

3 × 10–15

Barbell

Fitness
Program Editor



2 · TRICEPS · HEAVY

Dumbbell Overhead Extension

3 × 10–15

DB

Fitness
Program Editor



3 · BICEPS · SECOND

EZ-Bar Curl

3 × 10–15

Barbell

Fitness
Program Editor

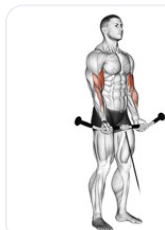


4 · TRICEPS · SECOND

V-Bar Pushdown

3 × 10–15

Cable



5 · BICEPS · VOLUME

Cable Curl

3 × 10–15

Cable

Fitness
Program Editor



6 · TRICEPS · VOLUME

Close-Grip Bench Press

3 × 10–15

Barbell

Fitness
Program Editor



7 · BICEPS · FINISHER

Rope Hammer Curl

3 × 10–15

Rope

Fitness
Program Editor



8 · TRICEPS · FINISHER

Machine Triceps Extension

3 × 10–15

Machine