

60-DAY PROGRAM

Full Body

3 days/week · Mon Wed Fri — Jul 20 to Sep 17, 2026

Every session hits the whole body. Higher frequency per muscle — ideal for beginners and naturals, with a rest day after every session.

MON
Full Body

WED
Full Body

FRI
Full Body

REST
Tue · Thu · Sat · Sun

- ✓ **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

Full Body

A bit of everything



1 · LEGS · SQUAT

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · CHEST

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · BACK · ROW

Bent-Over Barbell Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



4 · SHOULDERS

Kneeling Landmine Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



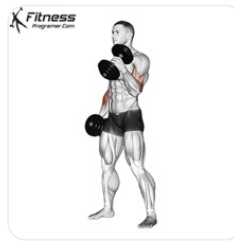
5 · HAMSTRINGS

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🏋️ HEAVY + VOLUME



6 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

DB



7 · TRICEPS

Machine Triceps Extension

3 × 10–15

Machine



8 · CORE

Dead Bug

3 × 12–20

Body

DAY 2

Full Body

A bit of everything

Fitness
Program Card



1 · LEGS · SQUAT

Dumbbell Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · CHEST

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



3 · BACK · ROW

Inverted Row

3–4 × 8–12

Body

🏋️ LOAD-FIRST

Fitness
Program Card



4 · SHOULDERS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



5 · HAMSTRINGS

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🏋️ HEAVY + VOLUME

Fitness
Program Card



6 · BICEPS

Cable Curl

3 × 10–15

Cable

Fitness
Program Card



7 · TRICEPS

Bench Dips

3 × 10–15

Body

Fitness
Program Card



8 · CORE

Ab Wheel Rollout

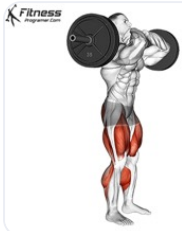
3 × 12–20

Body

DAY 3

Full Body

A bit of everything



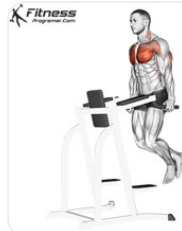
1 · LEGS · SQUAT

Front Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



2 · CHEST

Chest Dip

3-4 × 8-12

Body

🏋️ LOAD-FIRST



3 · BACK · ROW

Inverted Row

3-4 × 8-12

Body

🏋️ LOAD-FIRST



4 · SHOULDERS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



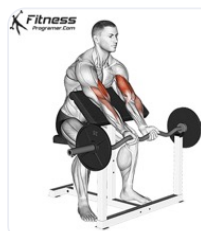
5 · HAMSTRINGS

Nordic Curl

3-4 × 8-12

Body

🏋️ HEAVY + VOLUME



6 · BICEPS

Preacher Curl

3 × 10-15

Machine

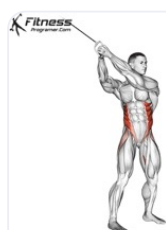


7 · TRICEPS

Dumbbell Kickback

3 × 10-15

DB



8 · CORE

Cable Woodchopper

3 × 12-20

Cable

DAY 4

Full Body

A bit of everything



1 · LEGS · SQUAT

Hack Squat

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



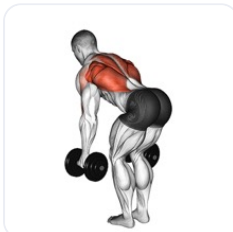
2 · CHEST

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · ROW

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · SHOULDERS

Kettlebell Clean & Press

3-4 × 8-12

KB

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🏋️ HEAVY + VOLUME



6 · BICEPS

EZ-Bar Curl

3 × 10-15

Barbell



7 · TRICEPS

Close-Grip Bench Press

3 × 10-15

Barbell



8 · CORE

Bird Dog

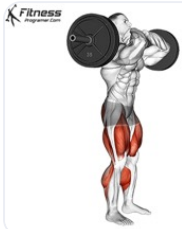
3 × 12-20

Body

DAY 5

Full Body

A bit of everything



1 · LEGS · SQUAT

Front Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



2 · CHEST

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · ROW

Wide-Grip Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS

Kneeling Landmine Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



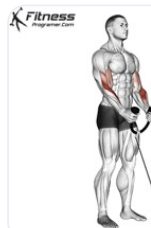
5 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🏋️ HEAVY + VOLUME



6 · BICEPS

Rope Hammer Curl

3 × 10-15

Rope



7 · TRICEPS

Rope Overhead Extension

3 × 10-15

Rope



8 · CORE

Hanging Leg Raise

3 × 12-20

Body

DAY 6

Full Body

A bit of everything

Fitness
Program Editor



1 · LEGS · SQUAT

Dumbbell Step-Up

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



2 · CHEST

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · BACK · ROW

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



4 · SHOULDERS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Editor



5 · HAMSTRINGS

Kettlebell Deadlift

3-4 × 8-12

KB

🏋️ HEAVY + VOLUME

Fitness
Program Editor



6 · BICEPS

Barbell Curl

3 × 10-15

Barbell

Fitness
Program Editor



7 · TRICEPS

Rope Pushdown

3 × 10-15

Rope

Fitness
Program Editor



8 · CORE

Russian Twist

3 × 12-20

Body

DAY 7

Full Body

A bit of everything

Fitness
Programmer.com



1 · LEGS · SQUAT

Kettlebell Thruster

3-4 × 8-12

KB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · CHEST

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · BACK · ROW

Wide-Grip Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com



4 · SHOULDERS

Dumbbell Front Raise

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



5 · HAMSTRINGS

Single-Leg RDL

3-4 × 8-12

DB

🏋️ HEAVY + VOLUME

Fitness
Programmer.com



6 · BICEPS

Incline Dumbbell Curl

3 × 10-15

DB

Fitness
Programmer.com



7 · TRICEPS

V-Bar Pushdown

3 × 10-15

Cable

Fitness
Programmer.com



8 · CORE

Cable Rope Crunch

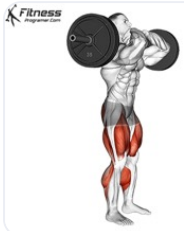
3 × 12-20

Rope

DAY 8

Full Body

A bit of everything



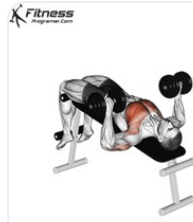
1 · LEGS · SQUAT

Front Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



2 · CHEST

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



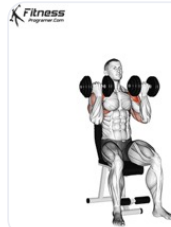
3 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



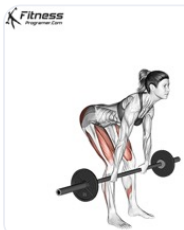
4 · SHOULDERS

Arnold Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



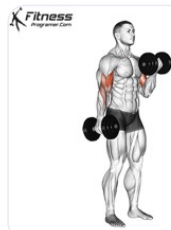
5 · HAMSTRINGS

Barbell RDL

3–4 × 8–12

Barbell

🏋️ HEAVY + VOLUME



6 · BICEPS

Dumbbell Curl

3 × 10–15

DB



7 · TRICEPS

Dumbbell Kickback

3 × 10–15

DB



8 · CORE

Lying Leg Raise

3 × 12–20

Body

DAY 9

Full Body

A bit of everything

Fitness
Program Editor



1 · LEGS · SQUAT

Dumbbell Step-Up

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Program Editor



2 · CHEST

Incline Machine Press

3-4 × 8-12

Machine

LOAD-FIRST

Fitness
Program Editor



3 · BACK · ROW

Chest-Supported Dumbbell Row

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Program Editor



4 · SHOULDERS

Kneeling Landmine Press

3-4 × 8-12

Barbell

LOAD-FIRST

Fitness
Program Editor



5 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

HEAVY + VOLUME

Fitness
Program Editor



6 · BICEPS

Barbell Curl

3 × 10-15

Barbell

Fitness
Program Editor



7 · TRICEPS

Single-Arm Pushdown

3 × 10-15

Cable

Fitness
Program Editor



8 · CORE

Plank

3 × 12-20

Body

Fitness
Program Editor



1 · LEGS · SQUAT

Goblet Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



2 · CHEST

Flat Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



3 · BACK · ROW

One-Arm Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



4 · SHOULDERS

Dumbbell Shoulder Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



5 · HAMSTRINGS

Lying Leg Curl

3-4 × 8-12

Machine

🏋️ HEAVY + VOLUME

Fitness
Program Editor



6 · BICEPS

Dumbbell Curl

3 × 10-15

DB

Fitness
Program Editor



7 · TRICEPS

Skull Crusher

3 × 10-15

Barbell

Fitness
Program Editor



8 · CORE

Russian Twist

3 × 12-20

Body

DAY 11

Full Body

A bit of everything

Fitness
Programs.com



1 · LEGS · SQUAT

Kettlebell Thruster

3-4 × 8-12

KB

🏋️ LOAD-FIRST

Fitness
Programs.com



2 · CHEST

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programs.com



3 · BACK · ROW

Single-Arm Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness
Programs.com



4 · SHOULDERS

Arnold Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



5 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🏋️ HEAVY + VOLUME

Fitness
Programs.com



6 · BICEPS

Dumbbell Curl

3 × 10-15

DB

Fitness
Programs.com



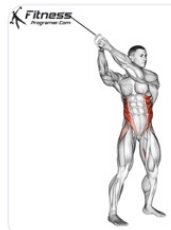
7 · TRICEPS

Rope Pushdown

3 × 10-15

Rope

Fitness
Programs.com



8 · CORE

Cable Woodchopper

3 × 12-20

Cable

DAY 12

Full Body

A bit of everything



1 · LEGS · SQUAT

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · CHEST

Flat Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · BACK · ROW

Seated Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



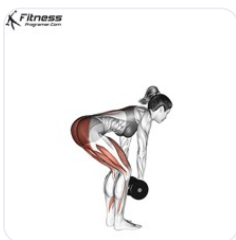
4 · SHOULDERS

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Dumbbell Romanian Deadlift

3-4 x 8-12

DB

🏋️ HEAVY + VOLUME

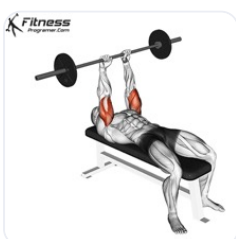


6 · BICEPS

Dumbbell Curl

3 x 10-15

DB



7 · TRICEPS

Skull Crusher

3 x 10-15

Barbell



8 · CORE

Lying Leg Raise

3 x 12-20

Body



1 · LEGS · SQUAT

Bulgarian Split Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · BACK · ROW

Wide-Grip Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



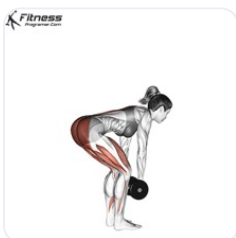
4 · SHOULDERS

Dumbbell Front Raise

3-4 × 8-12

DB

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Dumbbell Romanian Deadlift

3-4 × 8-12

DB

🏋️ HEAVY + VOLUME



6 · BICEPS

Rope Hammer Curl

3 × 10-15

Rope



7 · TRICEPS

Skull Crusher

3 × 10-15

Barbell



8 · CORE

Bird Dog

3 × 12-20

Body



1 · LEGS · SQUAT

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST

Incline Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · BACK · ROW

Seated Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Dumbbell Romanian Deadlift

3-4 x 8-12

DB

🏋️ HEAVY + VOLUME



6 · BICEPS

Dumbbell Curl

3 x 10-15

DB



7 · TRICEPS

Close-Grip Bench Press

3 x 10-15

Barbell



8 · CORE

Dead Bug

3 x 12-20

Body



1 · LEGS · SQUAT

Dumbbell Reverse Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST

Flat Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · BACK · ROW

Chest-Supported Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · SHOULDERS

Machine Shoulder Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Seated Leg Curl

3-4 × 8-12

Machine

🏋️ HEAVY + VOLUME



6 · BICEPS

Cable Curl

3 × 10-15

Cable



7 · TRICEPS

Close-Grip Bench Press

3 × 10-15

Barbell



8 · CORE

Lying Leg Raise

3 × 12-20

Body

DAY 16

Full Body

A bit of everything



1 · LEGS · SQUAT

Leg Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



2 · CHEST

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



3 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



4 · SHOULDERS

Dumbbell Front Raise

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



5 · HAMSTRINGS

Lying Leg Curl

3–4 × 8–12

Machine

🏋️ **HEAVY + VOLUME**



6 · BICEPS

Dumbbell Curl

3 × 10–15

DB



7 · TRICEPS

Single-Arm Pushdown

3 × 10–15

Cable



8 · CORE

Kettlebell Windmill

3 × 12–20

KB

DAY 17

Full Body

A bit of everything

Fitness
Programs and more



1 · LEGS · SQUAT

Kettlebell Thruster

3-4 × 8-12

KB

🏋️ **LOAD-FIRST**

Fitness
Programs and more



2 · CHEST

Chest Dip

3-4 × 8-12

Body

🏋️ **LOAD-FIRST**

Fitness
Programs and more



3 · BACK · ROW

Inverted Row

3-4 × 8-12

Body

🏋️ **LOAD-FIRST**

Fitness
Programs and more



4 · SHOULDERS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ **LOAD-FIRST**

Fitness
Programs and more



5 · HAMSTRINGS

Barbell RDL

3-4 × 8-12

Barbell

🏋️ **HEAVY + VOLUME**

Fitness
Programs and more



6 · BICEPS

Reverse Curl

3 × 10-15

Barbell

Fitness
Programs and more



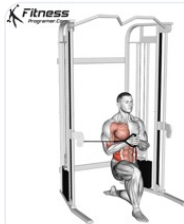
7 · TRICEPS

Single-Arm Pushdown

3 × 10-15

Cable

Fitness
Programs and more



8 · CORE

Cable Pallof Press

3 × 12-20

Cable

DAY 18

Full Body

A bit of everything

Fitness
Programmer Card



1 · LEGS · SQUAT

Kettlebell Thruster

3-4 × 8-12

KB

LOAD-FIRST

Fitness
Programmer Card



2 · CHEST

Decline Dumbbell Press

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Programmer Card



3 · BACK · ROW

Seated Cable Row

3-4 × 8-12

Cable

LOAD-FIRST

Fitness
Programmer Card



4 · SHOULDERS

Dumbbell Shoulder Press

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Programmer Card



5 · HAMSTRINGS

Lying Leg Curl

3-4 × 8-12

Machine

HEAVY + VOLUME

Fitness
Programmer Card



6 · BICEPS

Barbell Curl

3 × 10-15

Barbell

Fitness
Programmer Card



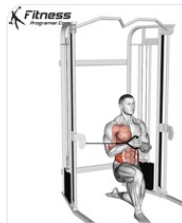
7 · TRICEPS

Dumbbell Overhead Extension

3 × 10-15

DB

Fitness
Programmer Card

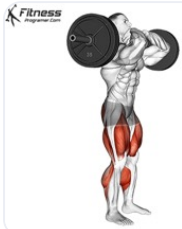


8 · CORE

Cable Pallof Press

3 × 12-20

Cable



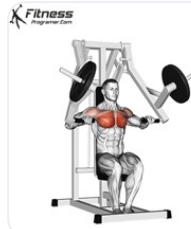
1 · LEGS · SQUAT

Front Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



2 · CHEST

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · BACK · ROW

Single-Arm Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



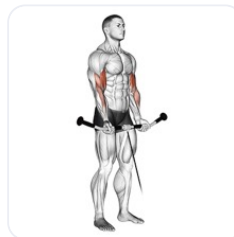
5 · HAMSTRINGS

Nordic Curl

3-4 × 8-12

Body

🏋️ HEAVY + VOLUME

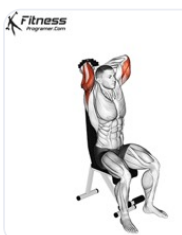


6 · BICEPS

Cable Curl

3 × 10-15

Cable

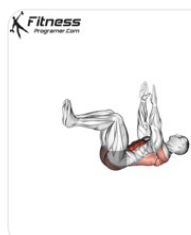


7 · TRICEPS

Dumbbell Overhead Extension

3 × 10-15

DB



8 · CORE

Dead Bug

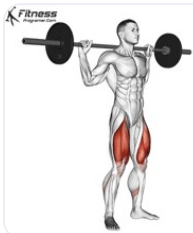
3 × 12-20

Body

DAY 20

Full Body

A bit of everything



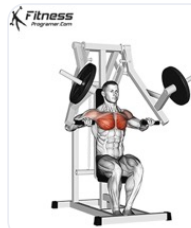
1 · LEGS · SQUAT

Barbell Back Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



2 · CHEST

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



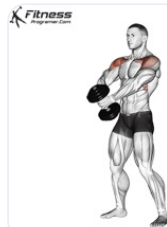
3 · BACK · ROW

Machine Row

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



4 · SHOULDERS

Dumbbell Front Raise

3-4 × 8-12

DB

🏋️ LOAD-FIRST



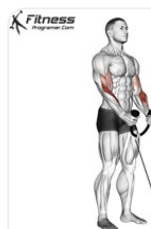
5 · HAMSTRINGS

Nordic Curl

3-4 × 8-12

Body

🏋️ HEAVY + VOLUME



6 · BICEPS

Rope Hammer Curl

3 × 10-15

Rope



7 · TRICEPS

Rope Overhead Extension

3 × 10-15

Rope



8 · CORE

Cable Pallof Press

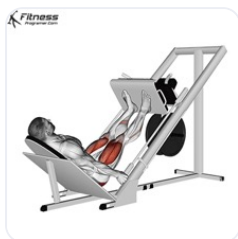
3 × 12-20

Cable

DAY 21

Full Body

A bit of everything



1 · LEGS · SQUAT

Leg Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · CHEST

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · BACK · ROW

Single-Arm Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS

Dumbbell Front Raise

3-4 × 8-12

DB

🏋️ LOAD-FIRST



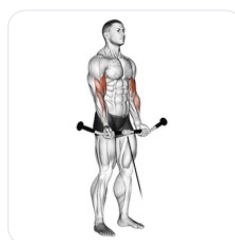
5 · HAMSTRINGS

Seated Leg Curl

3-4 × 8-12

Machine

🏋️ HEAVY + VOLUME



6 · BICEPS

Cable Curl

3 × 10-15

Cable



7 · TRICEPS

V-Bar Pushdown

3 × 10-15

Cable



8 · CORE

Russian Twist

3 × 12-20

Body



1 · LEGS · SQUAT

Dumbbell Step-Up

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST

Flat Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · BACK · ROW

Wide-Grip Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



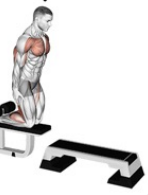
4 · SHOULDERS

Dumbbell Shoulder Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Nordic Curl

3-4 × 8-12

Body

🏋️ HEAVY + VOLUME



6 · BICEPS

EZ-Bar Curl

3 × 10-15

Barbell



7 · TRICEPS

Bench Dips

3 × 10-15

Body



8 · CORE

Plank

3 × 12-20

Body



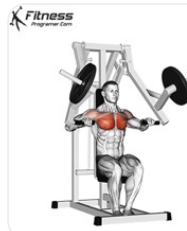
1 · LEGS · SQUAT

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST



2 · CHEST

Machine Chest Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



3 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Lying Leg Curl

3–4 × 8–12

Machine

🏋️ HEAVY + VOLUME



6 · BICEPS

Concentration Curl

3 × 10–15

DB

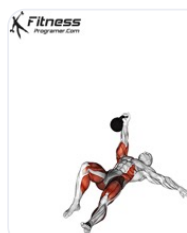


7 · TRICEPS

Rope Pushdown

3 × 10–15

Rope



8 · CORE

Turkish Get-Up

3 × 12–20

KB



1 · LEGS · SQUAT

Dumbbell Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · ROW

Inverted Row

3-4 × 8-12

Body

🏋️ LOAD-FIRST



4 · SHOULDERS

Single-Arm Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



5 · HAMSTRINGS

Barbell RDL

3-4 × 8-12

Barbell

🏋️ HEAVY + VOLUME



6 · BICEPS

Cable Curl

3 × 10-15

Cable



7 · TRICEPS

Single-Arm Pushdown

3 × 10-15

Cable



8 · CORE

Russian Twist

3 × 12-20

Body

Fitness
Program Card



1 · LEGS · SQUAT

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · CHEST

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Card



3 · BACK · ROW

Chest-Supported Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



4 · SHOULDERS

Dumbbell Shoulder Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



5 · HAMSTRINGS

Barbell RDL

3–4 × 8–12

Barbell

🏋️ HEAVY + VOLUME

Fitness
Program Card



6 · BICEPS

Dumbbell Curl

3 × 10–15

DB

Fitness
Program Card



7 · TRICEPS

Dumbbell Overhead Extension

3 × 10–15

DB

Fitness
Program Card



8 · CORE

Kettlebell Windmill

3 × 12–20

KB

DAY 26

Full Body

A bit of everything

Fitness
Programmer.com



1 · LEGS · SQUAT

Goblet Squat

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Programmer.com



2 · CHEST

Low Cable Fly (Low→High)

3-4 × 8-12

Cable

LOAD-FIRST

Fitness
Programmer.com



3 · BACK · ROW

Chest-Supported Dumbbell Row

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Programmer.com



4 · SHOULDERS

Barbell Overhead Press

3-4 × 8-12

Barbell

LOAD-FIRST

Fitness
Programmer.com



5 · HAMSTRINGS

Barbell RDL

3-4 × 8-12

Barbell

HEAVY + VOLUME

Fitness
Programmer.com



6 · BICEPS

Barbell Curl

3 × 10-15

Barbell

Fitness
Programmer.com



7 · TRICEPS

Dumbbell Kickback

3 × 10-15

DB

Fitness
Programmer.com



8 · CORE

Dumbbell Side Bend

3 × 12-20

DB