

60-DAY PROGRAM · UPPER / LOWER × 6

HARD ROCK SPLIT.

Aug 17 – Oct 15, 2026 · 52 sessions · Mon–Sat, Sunday off · every exercise picked from the anatomy reference — hypertrophy killers only

MON Upper · Push	TUE Lower · Squat	WED Upper · Pull	THU Lower · Hinge	FRI Upper · Chest + Arms	SAT Lower · Volume
SUN Rest					

MUSCLE	HARD SESSIONS	GAP	RECOVERY CHECK
Chest	Mon hard · Fri hard	96 h / 72 h	needs 48–72 h ✓
Back / lats	Wed hard · Fri light touch	7 d hard-to-hard	needs 48–72 h ✓
Spinal erectors	Thu RDL only	7 days	needs 72–96 h ✓
Quads	Tue hard · Thu moderate · Sat volume	48 h floors	needs 48–72 h ✓
Hamstrings	Tue curls · Thu hinge · Sat short-head	48 h, different angles	needs 48–72 h ✓
Glutes	Tue · Thu · Sat, different patterns	48 h	needs 48–72 h ✓
Front delts / triceps	Mon · Fri	96 h / 72 h	needs ~48 h ✓
Biceps	Wed · Fri	48 h	needs 24–48 h ✓
Side & rear delts, calves, abs	sprinkled through the week	24–48 h	fast recoverers ✓

Rules of the rock: last set of every machine/isolation lift to RIR 0–1 — barbell lifts stop at RIR 1–2. Double progression: top of the rep range on ALL sets → add 2.5 kg (or drop 5 kg of assist) and restart. **Month 2 (from Day 27)** all weights step up as printed. **Week 5 is a deload** — –1 set, ~70 % load, RIR 3+. Assisted pull-ups/dips: progress = LESS assist, the goal is bodyweight by Day 60. Sleep and protein are half this program.

DAY 1

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

Barbell Incline Press

4 × 6–10

45 kg

Barbell

🔥 *clavicular pec + front delt — the upper-chest builder*



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 25–30 kg

Machine

🔥 *sternocostal pec at deep stretch — lean forward*



3 OF 6

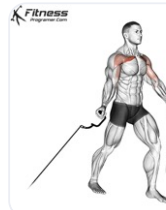
Barbell Overhead Press

3 × 6–10

35 kg

Barbell

🔥 *anterior delt + triceps — press, don't shrug*



4 OF 6

Low-to-High Cable Fly

3 × 12–15

10–15 kg

Cable

🔥 *clavicular fibers under constant tension*



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5 kg

Cable

🔥 *side delt — tension at the bottom, lean away*



6 OF 6

Overhead Rope Extension

3 × 10–15

20 kg

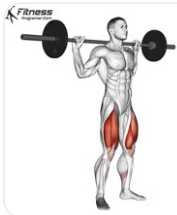
Rope

🔥 *triceps long head only fully stretches overhead*

DAY 2

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

45 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

bodyweight

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

25 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

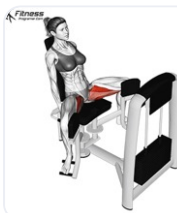
Seated Leg Curl

4 × 10–15

25 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

Hip Adduction

3 × 12–15

20 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

20 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

bodyweight

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 3

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 30–25 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

45 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

Chest-Supported Row

3 × 8–12

35 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

20 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

10–15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

25 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

10–12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 4

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

45 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~30 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

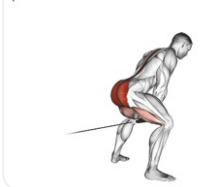
3 × 5–8

bodyweight ecc.

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

20 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

15–20 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

20 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

20 kg

Machine

🔥 glute med — pelvic stability on every step

DAY 5

UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

Fitness
Programmer Card

1 OF 8

Flat DB Press

4 × 8–12

20 kg/hand

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness
Programmer Card

2 OF 8

Lat Pulldown

3 × 10–12

35 kg

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness
Programmer Card

3 OF 8

Seated DB Shoulder Press

3 × 8–12

15 kg/hand

Dumbbell

🔥 front delts — fresh at 96 h

Fitness
Programmer Card

4 OF 8

Pec Deck

3 × 12–15

10–15 kg

Machine

🔥 pec stretch-fly under constant tension

Fitness
Programmer Card

5 OF 8

DB Lateral Raise

4 × 12–20

7.5 kg

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness
Programmer Card

6 OF 8

Close-Grip Bench Press

3 × 8–12

35–40 kg

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness
Programmer Card

7 OF 8

Preacher Curl

3 × 10–15

15–20 kg

Machine

🔥 biceps short head, dead strict

Fitness
Programmer Card

8 OF 8

Reverse Pec Deck

3 × 15–20

10–15 kg

Machine

🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 6

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps

Fitness
Programmer.Com

1 OF 7

Leg Press — deep & wide

4 × 8–12

70 kg

Machine

🔥 vasti + adductor magnus — feet high and wide

Fitness
Programmer.Com

2 OF 7

DB Walking Lunge

3 × 10 /leg

2×10 kg

Dumbbell

🔥 quads + glutes stretched under load

Fitness
Programmer.Com

3 OF 7

Lying Leg Curl

4 × 10–15

25 kg

Machine

🔥 BF short head — hinges skip it, only curls reach it

Fitness
Programmer.Com

4 OF 7

Single-Leg Hip Thrust

3 × 12–15 /leg

bodyweight

Body

🔥 glute max lockout with zero spine load

Fitness
Programmer.Com

5 OF 7

Calf Press on Leg Press

4 × 12–20

40 kg

Machine

🔥 gastroc + soleus through the deepest stretch

Fitness
Programmer.Com

6 OF 7

Barbell Shrug

3 × 10–15

40 kg

Barbell

🔥 upper traps + grip — straight up, 1-s hold

Fitness
Programmer.Com

7 OF 7

Ab Wheel Rollout

3 × 8–12

bodyweight

Body

🔥 anti-extension core — TVA + rectus together

DAY 7

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

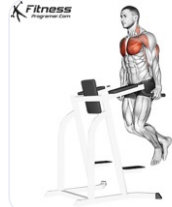
Barbell Incline Press

4 × 6–10

45 kg

Barbell

🔥 *clavicular pec + front delt — the upper-chest builder*



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 25–30 kg

Machine

🔥 *sternocostal pec at deep stretch — lean forward*



3 OF 6

Barbell Overhead Press

3 × 6–10

35 kg

Barbell

🔥 *anterior delt + triceps — press, don't shrug*



4 OF 6

Low-to-High Cable Fly

3 × 12–15

10–15 kg

Cable

🔥 *clavicular fibers under constant tension*



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5 kg

Cable

🔥 *side delt — tension at the bottom, lean away*



6 OF 6

Overhead Rope Extension

3 × 10–15

20 kg

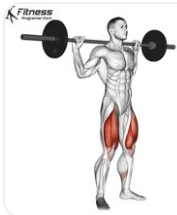
Rope

🔥 *triceps long head only fully stretches overhead*

DAY 8

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

45 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

bodyweight

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

25 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

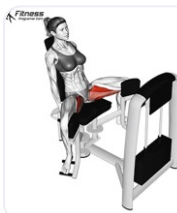
Seated Leg Curl

4 × 10–15

25 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

Hip Adduction

3 × 12–15

20 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

20 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

bodyweight

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 9

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 30–25 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

45 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

Chest-Supported Row

3 × 8–12

35 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

20 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

10–15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

25 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

10–12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 10

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

45 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~30 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

bodyweight ecc.

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

20 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

15–20 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

20 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

20 kg

Machine

🔥 glute med — pelvic stability on every step

DAY 11

UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

Fitness
Program Card

1 OF 8

Flat DB Press

4 × 8–12

20 kg/hand

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness
Program Card

2 OF 8

Lat Pulldown

3 × 10–12

35 kg

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness
Program Card

3 OF 8

Seated DB Shoulder Press

3 × 8–12

15 kg/hand

Dumbbell

🔥 front delts — fresh at 96 h

Fitness
Program Card

4 OF 8

Pec Deck

3 × 12–15

10–15 kg

Machine

🔥 pec stretch-fly under constant tension

Fitness
Program Card

5 OF 8

DB Lateral Raise

4 × 12–20

7.5 kg

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness
Program Card

6 OF 8

Close-Grip Bench Press

3 × 8–12

35–40 kg

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness
Program Card

7 OF 8

Preacher Curl

3 × 10–15

15–20 kg

Machine

🔥 biceps short head, dead strict

Fitness
Program Card

8 OF 8

Reverse Pec Deck

3 × 15–20

10–15 kg

Machine

🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 12

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps

Fitness
Programmer.Com

1 OF 7

Leg Press — deep & wide

4 × 8–12

70 kg

Machine

🔥 vasti + adductor magnus — feet high and wide

Fitness
Programmer.Com

2 OF 7

DB Walking Lunge

3 × 10 /leg

2×10 kg

Dumbbell

🔥 quads + glutes stretched under load

Fitness
Programmer.Com

3 OF 7

Lying Leg Curl

4 × 10–15

25 kg

Machine

🔥 BF short head — hinges skip it, only curls reach it

Fitness
Programmer.Com

4 OF 7

Single-Leg Hip Thrust

3 × 12–15 /leg

bodyweight

Body

🔥 glute max lockout with zero spine load

Fitness
Programmer.Com

5 OF 7

Calf Press on Leg Press

4 × 12–20

40 kg

Machine

🔥 gastroc + soleus through the deepest stretch

Fitness
Programmer.Com

6 OF 7

Barbell Shrug

3 × 10–15

40 kg

Barbell

🔥 upper traps + grip — straight up, 1-s hold

Fitness
Programmer.Com

7 OF 7

Ab Wheel Rollout

3 × 8–12

bodyweight

Body

🔥 anti-extension core — TVA + rectus together

DAY 13

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

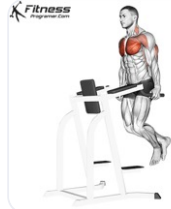
Barbell Incline Press

4 × 6–10

45 kg

Barbell

🔥 *clavicular pec + front delt — the upper-chest builder*



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 25–30 kg

Machine

🔥 *sternocostal pec at deep stretch — lean forward*



3 OF 6

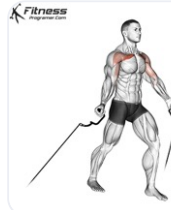
Barbell Overhead Press

3 × 6–10

35 kg

Barbell

🔥 *anterior delt + triceps — press, don't shrug*



4 OF 6

Low-to-High Cable Fly

3 × 12–15

10–15 kg

Cable

🔥 *clavicular fibers under constant tension*



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5 kg

Cable

🔥 *side delt — tension at the bottom, lean away*



6 OF 6

Overhead Rope Extension

3 × 10–15

20 kg

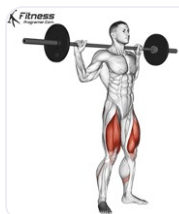
Rope

🔥 *triceps long head only fully stretches overhead*

DAY 14

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

45 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

bodyweight

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

25 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

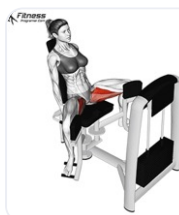
Seated Leg Curl

4 × 10–15

25 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

Hip Adduction

3 × 12–15

20 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

20 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

bodyweight

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 15

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 30–25 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

45 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

Chest-Supported Row

3 × 8–12

35 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

20 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

10–15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

25 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

10–12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 16

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

45 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~30 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

bodyweight ecc.

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

20 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

15–20 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

20 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

20 kg

Machine

🔥 glute med — pelvic stability on every step

DAY 17

UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

Fitness



1 OF 8

Flat DB Press

4 × 8–12

20 kg/hand

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness



2 OF 8

Lat Pulldown

3 × 10–12

35 kg

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness



3 OF 8

Seated DB Shoulder Press

3 × 8–12

15 kg/hand

Dumbbell

🔥 front delts — fresh at 96 h

Fitness



4 OF 8

Pec Deck

3 × 12–15

10–15 kg

Machine

🔥 pec stretch-fly under constant tension

Fitness



5 OF 8

DB Lateral Raise

4 × 12–20

7.5 kg

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness



6 OF 8

Close-Grip Bench Press

3 × 8–12

35–40 kg

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness



7 OF 8

Preacher Curl

3 × 10–15

15–20 kg

Machine

🔥 biceps short head, dead strict

Fitness



8 OF 8

Reverse Pec Deck

3 × 15–20

10–15 kg

Machine

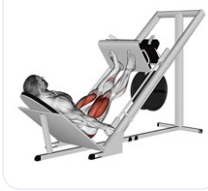
🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 18

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps

Fitness



1 OF 7

Leg Press — deep & wide

4 × 8–12

70 kg

Machine

🔥 vasti + adductor magnus — feet high and wide

Fitness



2 OF 7

DB Walking Lunge

3 × 10 /leg

2×10 kg

Dumbbell

🔥 quads + glutes stretched under load

Fitness



3 OF 7

Lying Leg Curl

4 × 10–15

25 kg

Machine

🔥 BF short head — hinges skip it, only curls reach it

Fitness



4 OF 7

Single-Leg Hip Thrust

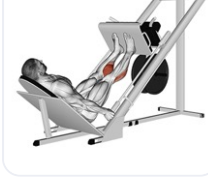
3 × 12–15 /leg

bodyweight

Body

🔥 glute max lockout with zero spine load

Fitness



5 OF 7

Calf Press on Leg Press

4 × 12–20

40 kg

Machine

🔥 gastroc + soleus through the deepest stretch

Fitness



6 OF 7

Barbell Shrug

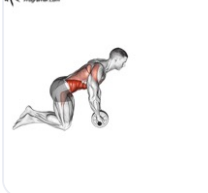
3 × 10–15

40 kg

Barbell

🔥 upper traps + grip — straight up, 1-s hold

Fitness



7 OF 7

Ab Wheel Rollout

3 × 8–12

bodyweight

Body

🔥 anti-extension core — TVA + rectus together

DAY 19

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

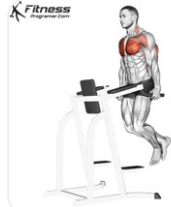
Barbell Incline Press

4 × 6–10

45 kg

Barbell

🔥 clavicular pec + front delt — the upper-chest builder



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 25–30 kg

Machine

🔥 sternocostal pec at deep stretch — lean forward



3 OF 6

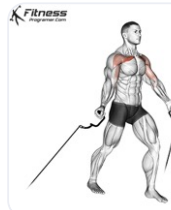
Barbell Overhead Press

3 × 6–10

35 kg

Barbell

🔥 anterior delt + triceps — press, don't shrug



4 OF 6

Low-to-High Cable Fly

3 × 12–15

10–15 kg

Cable

🔥 clavicular fibers under constant tension



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5 kg

Cable

🔥 side delt — tension at the bottom, lean away



6 OF 6

Overhead Rope Extension

3 × 10–15

20 kg

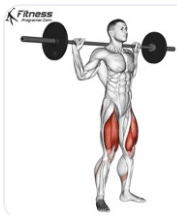
Rope

🔥 triceps long head only fully stretches overhead

DAY 20

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

45 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

bodyweight

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

25 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

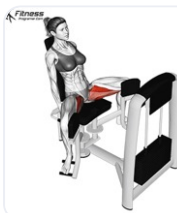
Seated Leg Curl

4 × 10–15

25 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

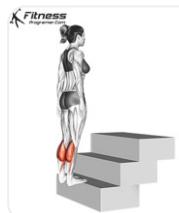
Hip Adduction

3 × 12–15

20 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

20 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

bodyweight

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 21

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 30–25 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

45 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

Chest-Supported Row

3 × 8–12

35 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

20 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

10–15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

25 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

10–12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 22

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

45 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~30 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

bodyweight ecc.

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

20 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

15–20 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

20 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

20 kg

Machine

🔥 glute med — pelvic stability on every step

DAY 23

UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

Fitness
Program Card

1 OF 8

Flat DB Press

4 × 8–12

20 kg/hand

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness
Program Card

2 OF 8

Lat Pulldown

3 × 10–12

35 kg

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness
Program Card

3 OF 8

Seated DB Shoulder Press

3 × 8–12

15 kg/hand

Dumbbell

🔥 front delts — fresh at 96 h

Fitness
Program Card

4 OF 8

Pec Deck

3 × 12–15

10–15 kg

Machine

🔥 pec stretch-fly under constant tension

Fitness
Program Card

5 OF 8

DB Lateral Raise

4 × 12–20

7.5 kg

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness
Program Card

6 OF 8

Close-Grip Bench Press

3 × 8–12

35–40 kg

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness
Program Card

7 OF 8

Preacher Curl

3 × 10–15

15–20 kg

Machine

🔥 biceps short head, dead strict

Fitness
Program Card

8 OF 8

Reverse Pec Deck

3 × 15–20

10–15 kg

Machine

🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 24

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps

Fitness
Programmer.Com



1 OF 7

Leg Press — deep & wide

4 × 8–12

70 kg

Machine

🔥 vasti + adductor magnus — feet high and wide

Fitness
Programmer.Com



2 OF 7

DB Walking Lunge

3 × 10 /leg

2×10 kg

Dumbbell

🔥 quads + glutes stretched under load

Fitness
Programmer.Com



3 OF 7

Lying Leg Curl

4 × 10–15

25 kg

Machine

🔥 BF short head — hinges skip it, only curls reach it

Fitness
Programmer.Com



4 OF 7

Single-Leg Hip Thrust

3 × 12–15 /leg

bodyweight

Body

🔥 glute max lockout with zero spine load

Fitness
Programmer.Com



5 OF 7

Calf Press on Leg Press

4 × 12–20

40 kg

Machine

🔥 gastroc + soleus through the deepest stretch

Fitness
Programmer.Com



6 OF 7

Barbell Shrug

3 × 10–15

40 kg

Barbell

🔥 upper traps + grip — straight up, 1-s hold

Fitness
Programmer.Com



7 OF 7

Ab Wheel Rollout

3 × 8–12

bodyweight

Body

🔥 anti-extension core — TVA + rectus together

DAY 25

UPPER · PUSH

Chest · Shoulders · Triceps

⚡ DELOAD

-1 set · ~70% load · RIR 3+



1 OF 6

Barbell Incline Press

4 × 6–10

~70% · easy

Barbell

🔥 clavicular pec + front delt — the upper-chest builder



2 OF 6

Assisted Chest Dip

3 × 8–12

~70% · easy

Machine

🔥 sternocostal pec at deep stretch — lean forward



3 OF 6

Barbell Overhead Press

3 × 6–10

~70% · easy

Barbell

🔥 anterior delt + triceps — press, don't shrug



4 OF 6

Low-to-High Cable Fly

3 × 12–15

~70% · easy

Cable

🔥 clavicular fibers under constant tension



5 OF 6

Cable Lateral Raise

4 × 12–20

~70% · easy

Cable

🔥 side delt — tension at the bottom, lean away



6 OF 6

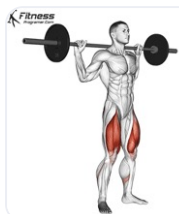
Overhead Rope Extension

3 × 10–15

~70% · easy

Rope

🔥 triceps long head only fully stretches overhead



1 OF 7

Barbell Back Squat

4 × 6–10

~70% · easy

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

~70% · easy

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

~70% · easy

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

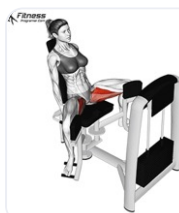
Seated Leg Curl

4 × 10–15

~70% · easy

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

Hip Adduction

3 × 12–15

~70% · easy

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

~70% · easy

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

~70% · easy

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 27

UPPER · PULL

Back · Rear Delts · Biceps

⚡ DELOAD

~1 set · ~70% load · RIR 3+



1 OF 7

Assisted Pull-Up

4 x 6–10

~70% · easy

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 x 6–10

~70% · easy

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

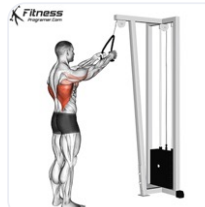
Chest-Supported Row

3 x 8–12

~70% · easy

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 x 12–15

~70% · easy

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 x 15–20

~70% · easy

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 x 8–12

~70% · easy

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 x 10–15

~70% · easy

Dumbbell

🔥 biceps long head at maximum stretch

DAY 28

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

⚡ DELOAD

-1 set · ~70% load · RIR 3+

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

~70% · easy

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~70% · easy

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

~70% · easy

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

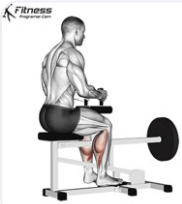
3 × 10–15

~70% · easy

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

~70% · easy

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

~70% · easy

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

~70% · easy

Machine

🔥 glute med — pelvic stability on every step

DAY 29

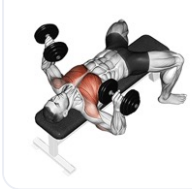
UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

⚡ DELOAD

~1 set · ~70% load · RIR 3+

Fitness



1 OF 8

Flat DB Press

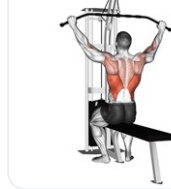
4 × 8–12

~70% · easy

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness



2 OF 8

Lat Pulldown

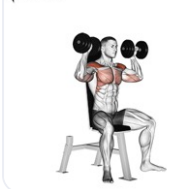
3 × 10–12

~70% · easy

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness



3 OF 8

Seated DB Shoulder Press

3 × 8–12

~70% · easy

Dumbbell

🔥 front delts — fresh at 96 h

Fitness



4 OF 8

Pec Deck

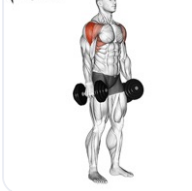
3 × 12–15

~70% · easy

Machine

🔥 pec stretch-fly under constant tension

Fitness



5 OF 8

DB Lateral Raise

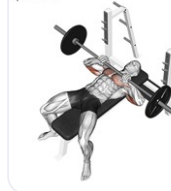
4 × 12–20

~70% · easy

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness



6 OF 8

Close-Grip Bench Press

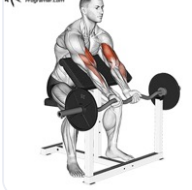
3 × 8–12

~70% · easy

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness



7 OF 8

Preacher Curl

3 × 10–15

~70% · easy

Machine

🔥 biceps short head, dead strict

Fitness



8 OF 8

Reverse Pec Deck

3 × 15–20

~70% · easy

Machine

🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 30

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps

⚡ DELOAD

~1 set · ~70% load · RIR 3+

Fitness



1 OF 7

Leg Press — deep & wide

4 × 8–12

~70% · easy

Machine

🔗 vasti + adductor magnus — feet high and wide

Fitness



2 OF 7

DB Walking Lunge

3 × 10 /leg

~70% · easy

Dumbbell

🔗 quads + glutes stretched under load

Fitness



3 OF 7

Lying Leg Curl

4 × 10–15

~70% · easy

Machine

🔗 BF short head — hinges skip it, only curls reach it

Fitness



4 OF 7

Single-Leg Hip Thrust

3 × 12–15 /leg

~70% · easy

Body

🔗 glute max lockout with zero spine load

Fitness



5 OF 7

Calf Press on Leg Press

4 × 12–20

~70% · easy

Machine

🔗 gastroc + soleus through the deepest stretch



6 OF 7

Barbell Shrug

3 × 10–15

~70% · easy

Barbell

🔗 upper traps + grip — straight up, 1-s hold

Fitness



7 OF 7

Ab Wheel Rollout

3 × 8–12

~70% · easy

Body

🔗 anti-extension core — TVA + rectus together

DAY 31

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

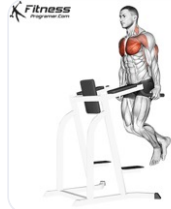
Barbell Incline Press

4 × 6–10

50 kg

Barbell

🔥 *clavicular pec + front delt — the upper-chest builder*



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 15–20 kg

Machine

🔥 *sternocostal pec at deep stretch — lean forward*



3 OF 6

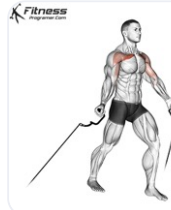
Barbell Overhead Press

3 × 6–10

37.5–40 kg

Barbell

🔥 *anterior delt + triceps — press, don't shrug*



4 OF 6

Low-to-High Cable Fly

3 × 12–15

15 kg

Cable

🔥 *clavicular fibers under constant tension*



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5–10 kg

Cable

🔥 *side delt — tension at the bottom, lean away*



6 OF 6

Overhead Rope Extension

3 × 10–15

22.5 kg

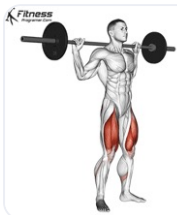
Rope

🔥 *triceps long head only fully stretches overhead*

DAY 32

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

50 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

+2×8–10 kg

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

30 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

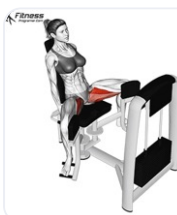
Seated Leg Curl

4 × 10–15

30 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

Hip Adduction

3 × 12–15

25 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

25 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

slower reps

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 33

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 20–15 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

50 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

Chest-Supported Row

3 × 8–12

40 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

22.5 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

27.5 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 34

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

50–55 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~35 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

slower eccentric

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

25 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

20–25 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

22.5 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

25 kg

Machine

🔥 glute med — pelvic stability on every step

DAY 35

UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

Fitness
Program Card

1 OF 8

Flat DB Press

4 × 8–12

22.5 kg/hand

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness
Program Card

2 OF 8

Lat Pulldown

3 × 10–12

40 kg

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness
Program Card

3 OF 8

Seated DB Shoulder Press

3 × 8–12

17.5 kg/hand

Dumbbell

🔥 front delts — fresh at 96 h

Fitness
Program Card

4 OF 8

Pec Deck

3 × 12–15

15–17.5 kg

Machine

🔥 pec stretch-fly under constant tension

Fitness
Program Card

5 OF 8

DB Lateral Raise

4 × 12–20

7.5–10 kg

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness
Program Card

6 OF 8

Close-Grip Bench Press

3 × 8–12

40–45 kg

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness
Program Card

7 OF 8

Preacher Curl

3 × 10–15

20 kg

Machine

🔥 biceps short head, dead strict

Fitness
Program Card

8 OF 8

Reverse Pec Deck

3 × 15–20

15 kg

Machine

🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 36

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps

Fitness
Programmer.Com

1 OF 7

Leg Press — deep & wide

4 × 8–12

80 kg

Machine

⚙️ vasti + adductor magnus — feet high and wide

Fitness
Programmer.Com

2 OF 7

DB Walking Lunge

3 × 10 /leg

2×12.5 kg

Dumbbell

⚙️ quads + glutes stretched under load

Fitness
Programmer.Com

3 OF 7

Lying Leg Curl

4 × 10–15

30 kg

Machine

⚙️ BF short head — hinges skip it, only curls reach it

Fitness
Programmer.Com

4 OF 7

Single-Leg Hip Thrust

3 × 12–15 /leg

+10 kg DB

Body

⚙️ glute max lockout with zero spine load

Fitness
Programmer.Com

5 OF 7

Calf Press on Leg Press

4 × 12–20

50 kg

Machine

⚙️ gastroc + soleus through the deepest stretch

Fitness
Programmer.Com

6 OF 7

Barbell Shrug

3 × 10–15

45 kg

Barbell

⚙️ upper traps + grip — straight up, 1-s hold

Fitness
Programmer.Com

7 OF 7

Ab Wheel Rollout

3 × 8–12

reach further

Body

⚙️ anti-extension core — TVA + rectus together

DAY 37

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

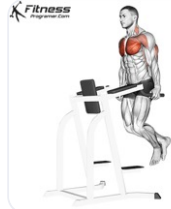
Barbell Incline Press

4 × 6–10

50 kg

Barbell

🔥 *clavicular pec + front delt — the upper-chest builder*



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 15–20 kg

Machine

🔥 *sternocostal pec at deep stretch — lean forward*



3 OF 6

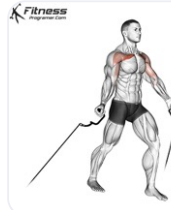
Barbell Overhead Press

3 × 6–10

37.5–40 kg

Barbell

🔥 *anterior delt + triceps — press, don't shrug*



4 OF 6

Low-to-High Cable Fly

3 × 12–15

15 kg

Cable

🔥 *clavicular fibers under constant tension*



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5–10 kg

Cable

🔥 *side delt — tension at the bottom, lean away*



6 OF 6

Overhead Rope Extension

3 × 10–15

22.5 kg

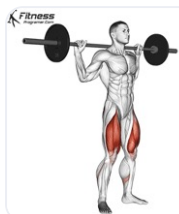
Rope

🔥 *triceps long head only fully stretches overhead*

DAY 38

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

50 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

+2×8–10 kg

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

30 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

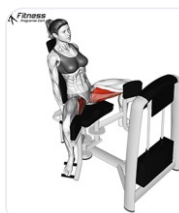
Seated Leg Curl

4 × 10–15

30 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

Hip Adduction

3 × 12–15

25 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

25 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

slower reps

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 39

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 20–15 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

50 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

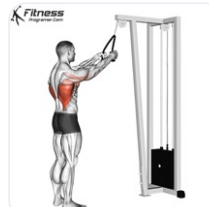
Chest-Supported Row

3 × 8–12

40 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

22.5 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

27.5 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 40

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

50–55 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~35 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

slower eccentric

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

25 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

20–25 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

22.5 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

25 kg

Machine

🔥 glute med — pelvic stability on every step

DAY 41

UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

Fitness
Program Card

1 OF 8

Flat DB Press

4 × 8–12

22.5 kg/hand

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness
Program Card

2 OF 8

Lat Pulldown

3 × 10–12

40 kg

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness
Program Card

3 OF 8

Seated DB Shoulder Press

3 × 8–12

17.5 kg/hand

Dumbbell

🔥 front delts — fresh at 96 h

Fitness
Program Card

4 OF 8

Pec Deck

3 × 12–15

15–17.5 kg

Machine

🔥 pec stretch-fly under constant tension

Fitness
Program Card

5 OF 8

DB Lateral Raise

4 × 12–20

7.5–10 kg

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness
Program Card

6 OF 8

Close-Grip Bench Press

3 × 8–12

40–45 kg

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness
Program Card

7 OF 8

Preacher Curl

3 × 10–15

20 kg

Machine

🔥 biceps short head, dead strict

Fitness
Program Card

8 OF 8

Reverse Pec Deck

3 × 15–20

15 kg

Machine

🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 42

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps



1 OF 7

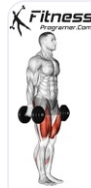
Leg Press — deep & wide

4 × 8–12

80 kg

Machine

🔗 vasti + adductor magnus — feet high and wide



2 OF 7

DB Walking Lunge

3 × 10 /leg

2×12.5 kg

Dumbbell

🔗 quads + glutes stretched under load



3 OF 7

Lying Leg Curl

4 × 10–15

30 kg

Machine

🔗 BF short head — hinges skip it, only curls reach it



4 OF 7

Single-Leg Hip Thrust

3 × 12–15 /leg

+10 kg DB

Body

🔗 glute max lockout with zero spine load



5 OF 7

Calf Press on Leg Press

4 × 12–20

50 kg

Machine

🔗 gastroc + soleus through the deepest stretch



6 OF 7

Barbell Shrug

3 × 10–15

45 kg

Barbell

🔗 upper traps + grip — straight up, 1-s hold



7 OF 7

Ab Wheel Rollout

3 × 8–12

reach further

Body

🔗 anti-extension core — TVA + rectus together

DAY 43

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

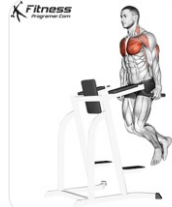
Barbell Incline Press

4 × 6–10

50 kg

Barbell

🔥 clavicular pec + front delt — the upper-chest builder



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 15–20 kg

Machine

🔥 sternocostal pec at deep stretch — lean forward



3 OF 6

Barbell Overhead Press

3 × 6–10

37.5–40 kg

Barbell

🔥 anterior delt + triceps — press, don't shrug



4 OF 6

Low-to-High Cable Fly

3 × 12–15

15 kg

Cable

🔥 clavicular fibers under constant tension



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5–10 kg

Cable

🔥 side delt — tension at the bottom, lean away



6 OF 6

Overhead Rope Extension

3 × 10–15

22.5 kg

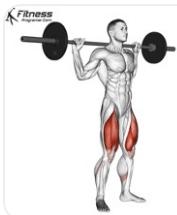
Rope

🔥 triceps long head only fully stretches overhead

DAY 44

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

50 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

+2×8–10 kg

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

30 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

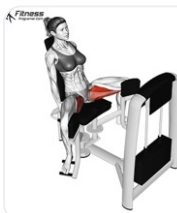
Seated Leg Curl

4 × 10–15

30 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

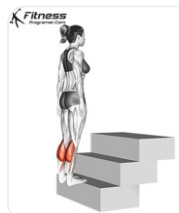
Hip Adduction

3 × 12–15

25 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

25 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

slower reps

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 45

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 20–15 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

50 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

Chest-Supported Row

3 × 8–12

40 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

22.5 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

27.5 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 46

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

50–55 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~35 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

slower eccentric

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

25 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

20–25 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

22.5 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

25 kg

Machine

🔥 glute med — pelvic stability on every step

DAY 47

UPPER · CHEST + ARMS

Chest · Delts · Arms (back touch)

Fitness
Program Card

1 OF 8

Flat DB Press

4 × 8–12

22.5 kg/hand

Dumbbell

🔥 sternocostal pec — deep dumbbell stretch, 96 h after Monday

Fitness
Program Card

2 OF 8

Lat Pulldown

3 × 10–12

40 kg

Cable

🔥 back's light 48 h touch — strict, no grinding

Fitness
Program Card

3 OF 8

Seated DB Shoulder Press

3 × 8–12

17.5 kg/hand

Dumbbell

🔥 front delts — fresh at 96 h

Fitness
Program Card

4 OF 8

Pec Deck

3 × 12–15

15–17.5 kg

Machine

🔥 pec stretch-fly under constant tension

Fitness
Program Card

5 OF 8

DB Lateral Raise

4 × 12–20

7.5–10 kg

Dumbbell

🔥 side delts — volume-hungry, twice a week

Fitness
Program Card

6 OF 8

Close-Grip Bench Press

3 × 8–12

40–45 kg

Barbell

🔥 triceps lateral + medial heads, heavy

Fitness
Program Card

7 OF 8

Preacher Curl

3 × 10–15

20 kg

Machine

🔥 biceps short head, dead strict

Fitness
Program Card

8 OF 8

Reverse Pec Deck

3 × 15–20

15 kg

Machine

🔥 rear delts — second weekly hit, they recover in 24–48 h

DAY 48

LOWER · VOLUME

Quads · Short-Head Hams · Glutes · Traps

Fitness
Programmer.Com

1 OF 7

Leg Press — deep & wide

4 × 8–12

80 kg

Machine

🔗 vasti + adductor magnus — feet high and wide

Fitness
Programmer.Com

2 OF 7

DB Walking Lunge

3 × 10 /leg

2×12.5 kg

Dumbbell

🔗 quads + glutes stretched under load

Fitness
Programmer.Com

3 OF 7

Lying Leg Curl

4 × 10–15

30 kg

Machine

🔗 BF short head — hinges skip it, only curls reach it

Fitness
Programmer.Com

4 OF 7

Single-Leg Hip Thrust

3 × 12–15 /leg

+10 kg DB

Body

🔗 glute max lockout with zero spine load

Fitness
Programmer.Com

5 OF 7

Calf Press on Leg Press

4 × 12–20

50 kg

Machine

🔗 gastroc + soleus through the deepest stretch

Fitness
Programmer.Com

6 OF 7

Barbell Shrug

3 × 10–15

45 kg

Barbell

🔗 upper traps + grip — straight up, 1-s hold

Fitness
Programmer.Com

7 OF 7

Ab Wheel Rollout

3 × 8–12

reach further

Body

🔗 anti-extension core — TVA + rectus together

DAY 49

UPPER · PUSH

Chest · Shoulders · Triceps



1 OF 6

Barbell Incline Press

4 × 6–10

50 kg

Barbell

🔥 *clavicular pec + front delt — the upper-chest builder*



2 OF 6

Assisted Chest Dip

3 × 8–12

assist 15–20 kg

Machine

🔥 *sternocostal pec at deep stretch — lean forward*



3 OF 6

Barbell Overhead Press

3 × 6–10

37.5–40 kg

Barbell

🔥 *anterior delt + triceps — press, don't shrug*



4 OF 6

Low-to-High Cable Fly

3 × 12–15

15 kg

Cable

🔥 *clavicular fibers under constant tension*



5 OF 6

Cable Lateral Raise

4 × 12–20

7.5–10 kg

Cable

🔥 *side delt — tension at the bottom, lean away*



6 OF 6

Overhead Rope Extension

3 × 10–15

22.5 kg

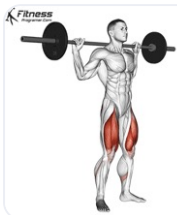
Rope

🔥 *triceps long head only fully stretches overhead*

DAY 50

LOWER · SQUAT

Quads · Hams · Adductors · Calves



1 OF 7

Barbell Back Squat

4 × 6–10

50 kg

Barbell

🔥 vasti + glutes + adductor magnus — deep, knees out



2 OF 7

Bulgarian Split Squat

3 × 8–12 /leg

+2×8–10 kg

Dumbbell

🔥 quads + glute max — the brutal single-leg killer



3 OF 7

Leg Extension

3 × 12–15

30 kg

Machine

🔥 rectus femoris — only extensions train it fully



4 OF 7

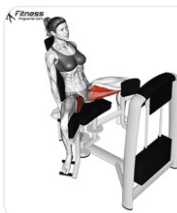
Seated Leg Curl

4 × 10–15

30 kg

Machine

🔥 hamstrings at long muscle length — the top growth pick



5 OF 7

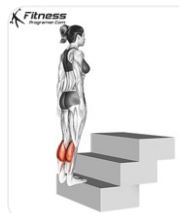
Hip Adduction

3 × 12–15

25 kg

Machine

🔥 adductors are a big chunk of thigh size



6 OF 7

Standing Calf Raise

4 × 12–20

25 kg

Machine

🔥 gastrocnemius — straight knee, pause the stretch



7 OF 7

Hanging Leg Raise

3 × 10–15

slower reps

Body

🔥 hip flexors + abs — curl the pelvis at the top

DAY 51

UPPER · PULL

Back · Rear Delts · Biceps



1 OF 7

Assisted Pull-Up

4 × 6–10

assist 20–15 kg

Machine

🔥 lats + teres major — full hang, chest to bar



2 OF 7

Barbell Bent-Over Row

4 × 6–10

50 kg

Barbell

🔥 lats + mid-back — elbows tucked = lats



3 OF 7

Chest-Supported Row

3 × 8–12

40 kg

Machine

🔥 mid traps + rhomboids with zero momentum



4 OF 7

Straight-Arm Pulldown

3 × 12–15

22.5 kg

Cable

🔥 lats isolated + lower traps



5 OF 7

Face Pull

3 × 15–20

15 kg

Rope

🔥 rear delts + rotator cuff insurance



6 OF 7

Barbell Curl

3 × 8–12

27.5 kg

Barbell

🔥 biceps both heads — heavy and strict



7 OF 7

Incline DB Curl

3 × 10–15

12.5 kg

Dumbbell

🔥 biceps long head at maximum stretch

DAY 52

LOWER · HINGE

Hams · Glutes · Erectors · Soleus

Fitness



1 OF 7

Barbell Romanian Deadlift

4 × 6–10

50–55 kg

Barbell

🔥 hams long head + glutes + erectors — their ONLY heavy day (72–96 h recovery)

Fitness



2 OF 7

Hack Squat

3 × 10–12

~35 kg

Machine

🔥 quads at their 48 h floor — moderate on purpose

Fitness



3 OF 7

Nordic Curl

3 × 5–8

slower eccentric

Body

🔥 semitendinosus — the eccentric monster

Fitness



4 OF 7

Cable Pull-Through

3 × 10–15

25 kg

Cable

🔥 glute max hinge lockout, spine-friendly

Fitness



5 OF 7

Seated Calf Raise

4 × 15–20

20–25 kg

Machine

🔥 soleus — bent knee isolates it

Fitness



6 OF 7

Rope Cable Crunch

3 × 10–15

22.5 kg

Rope

🔥 rectus abdominis — weighted spinal flexion

Fitness



7 OF 7

Hip Abduction

3 × 12–15

25 kg

Machine

🔥 glute med — pelvic stability on every step