

60-DAY PROGRAM

Hybrid • PPL + Upper/Lower

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

Push / Pull / Legs early in the week, Upper / Lower at the end — every muscle twice a week with a built-in second leg day. The customizable template advanced lifters build specialization on.

MON Push	TUE Pull	WED Legs	THU Upper	FRI Lower	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

Push

Chest · Delts · Triceps



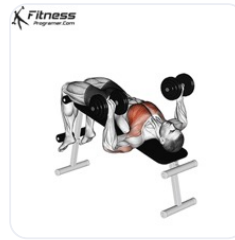
1 · CHEST · INCLINE

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Kettlebell Clean & Press

3–4 × 8–12

KB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

Chest Dip

3–4 × 8–12

Body

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Machine Triceps Extension

3 × 10–15

Machine



7 · TRICEPS · EXTENSION

Dumbbell Overhead Extension

3 × 10–15

DB



8 · CORE

Cable Pallof Press

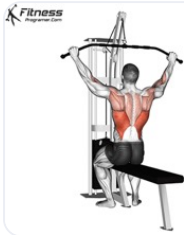
3 × 12–20

Cable

DAY 2

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Wide-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



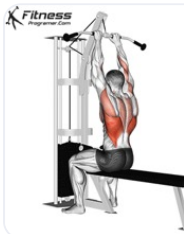
2 · BACK · ROW

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



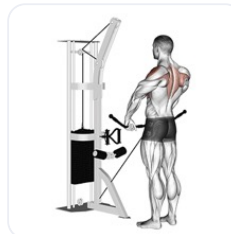
3 · BACK · WIDE PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Cable Upright Row

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Rope Face Pull

4 × 15–20

Rope

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

EZ-Bar Curl

3 × 10–15

Barbell



7 · BICEPS · CABLE/ROPE

Barbell Curl

3 × 10–15

Barbell



8 · CORE

Russian Twist

3 × 12–20

Body

DAY 3

Legs

Quads · Hams · Glutes

Fitness
Program Card



1 · QUADS · SQUAT

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · QUADS · MACHINE

Barbell Back Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Card



3 · HAMSTRINGS · HINGE

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Program Card



4 · HAMSTRINGS · CURL

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Program Card



5 · GLUTES

Cable Pull Through

3 x 10-15

Cable

🏋️ LOAD-FIRST

Fitness
Program Card



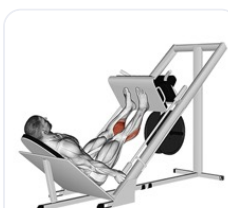
6 · QUADS · EXTENSION

Smith Machine Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Program Card



8 · CORE

Bird Dog

3 x 12-20

Body

DAY 4

Upper

Whole upper body

 Fitness
Program Card



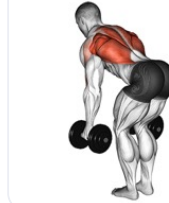
1 · CHEST

Decline Dumbbell Press

3–4 × 8–12

DB

 LOAD-FIRST



2 · BACK · ROW

Bent-Over Dumbbell Row

3–4 × 8–12

DB

 LOAD-FIRST



3 · BACK · PULLDOWN

Assisted Pull-Up

3–4 × 8–12

Machine

 LOAD-FIRST

 Fitness
Program Card



4 · SHOULDERS · PRESS

Arnold Press

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness
Program Card



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

 VOLUME-HUNGRY

 Fitness
Program Card



6 · TRICEPS

Machine Triceps Extension

3 × 10–15

Machine

 Fitness
Program Card



7 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

DB

 Fitness
Program Card



8 · CORE

Dumbbell Side Bend

3 × 12–20

DB

DAY 5

Lower

Quads · Hams · Glutes

Fitness
Programmer.com



1 · QUADS · SQUAT

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · QUADS · MACHINE

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · HAMSTRINGS · HINGE

Barbell Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer.com



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer.com



5 · GLUTES

Kettlebell Swing

3 × 10–15

KB

🏋️ LOAD-FIRST

Fitness
Programmer.com



6 · QUADS · EXTENSION

Dumbbell Reverse Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



7 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



8 · CORE

Plank

3 × 12–20

Body

DAY 6

Push

Chest · Delts · Triceps



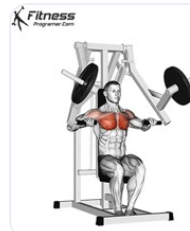
1 · CHEST · INCLINE

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



4 · SIDE DELTS

Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



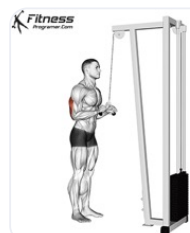
5 · CHEST · FLY

Chest Dip

3-4 × 8-12

Body

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

V-Bar Pushdown

3 × 10-15

Cable



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10-15

Body



8 · CORE

Turkish Get-Up

3 × 12-20

KB

DAY 7

Pull

Back · Rear Delts · Biceps

Fitness



1 · BACK · PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



2 · BACK · ROW

One-Arm Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



3 · BACK · WIDE PULLDOWN

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Cable Upright Row

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness



5 · REAR DELTS

Reverse Pec Deck

4 x 15-20

Machine

🔥 VOLUME-HUNGRY

Fitness



6 · BICEPS · DUMBBELL

Barbell Curl

3 x 10-15

Barbell

Fitness



7 · BICEPS · CABLE/ROPE

Concentration Curl

3 x 10-15

DB

Fitness



8 · CORE

Ab Wheel Rollout

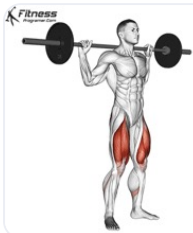
3 x 12-20

Body

DAY 8

Legs

Quads · Hams · Glutes



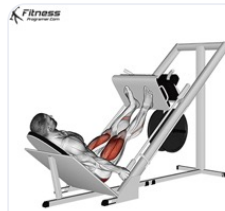
1 · QUADS · SQUAT

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME



5 · GLUTES

Hip Abduction Machine

3 × 10–15

Machine

🏋️ LOAD-FIRST



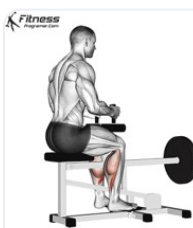
6 · QUADS · EXTENSION

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST



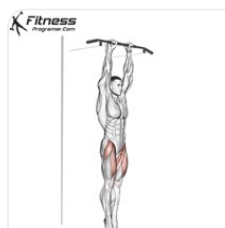
7 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Hanging Leg Raise

3 × 12–20

Body

DAY 9

Upper

Whole upper body



1 · CHEST

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ LOAD-FIRST



2 · BACK · ROW

Seated Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



6 · TRICEPS

Single-Arm Pushdown

3 × 10–15

Cable

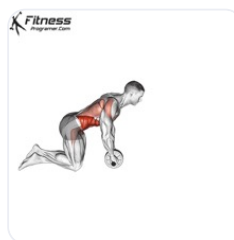


7 · BICEPS

Barbell Curl

3 × 10–15

Barbell



8 · CORE

Ab Wheel Rollout

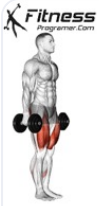
3 × 12–20

Body

DAY 10

Lower

Quads · Hams · Glutes



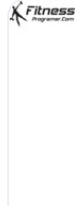
1 · QUADS · SQUAT

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Nordic Curl

3–4 × 8–12

Body

🔥 HEAVY + VOLUME



5 · GLUTES

Glute Bridge

3 × 10–15

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Dumbbell Reverse Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Ab Wheel Rollout

3 × 12–20

Body

DAY 11

Push

Chest · Delts · Triceps

Fitness
Programmer Cam



1 · CHEST · INCLINE

Flat Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Cam



2 · CHEST · PRESS

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Cam



3 · SHOULDERS · PRESS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer Cam



4 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Cam



5 · CHEST · FLY

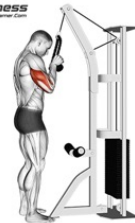
Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Cam



6 · TRICEPS · PUSHDOWN

Rope Pushdown

3 × 10-15

Rope

Fitness
Programmer Cam



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10-15

Body

Fitness
Programmer Cam



8 · CORE

Ab Wheel Rollout

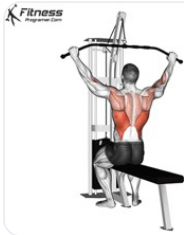
3 × 12-20

Body

DAY 12

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Lat Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

Inverted Row

3–4 × 8–12

Body

🏋️ LOAD-FIRST



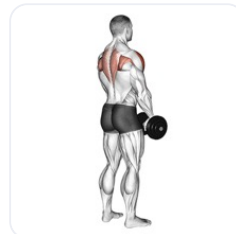
3 · BACK · WIDE PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Dumbbell Upright Row

4 × 12–20

DB

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Incline Bench Rear Fly

4 × 15–20

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

EZ-Bar Curl

3 × 10–15

Barbell



7 · BICEPS · CABLE/ROPE

Dumbbell Curl

3 × 10–15

DB



8 · CORE

Russian Twist

3 × 12–20

Body

DAY 13

Legs

Quads · Hams · Glutes

Fitness
Programmer Card



1 · QUADS · SQUAT

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness
Programmer Card



2 · QUADS · MACHINE

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



3 · HAMSTRINGS · HINGE

Nordic Curl

3–4 × 8–12

Body

🔥 HEAVY + VOLUME

Fitness
Programmer Card



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer Card



5 · GLUTES

Bulgarian Split Squat

3 × 10–15

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



6 · QUADS · EXTENSION

Dumbbell Reverse Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



7 · CALVES

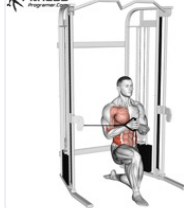
Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Card



8 · CORE

Cable Pallof Press

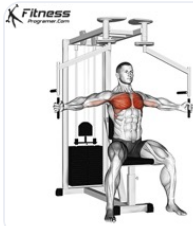
3 × 12–20

Cable

DAY 14

Upper

Whole upper body



1 · CHEST

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Inverted Row

3–4 × 8–12

Body

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Chin-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



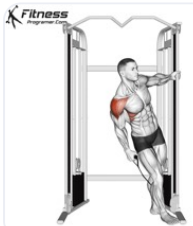
4 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



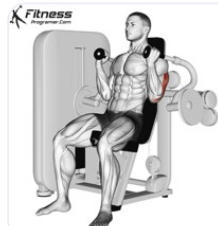
5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



6 · TRICEPS

Machine Triceps Extension

3 × 10–15

Machine



7 · BICEPS

Rope Hammer Curl

3 × 10–15

Rope



8 · CORE

Cable Rope Crunch

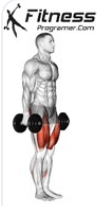
3 × 12–20

Rope

DAY 15

Lower

Quads · Hams · Glutes



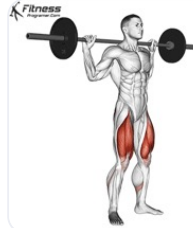
1 · QUADS · SQUAT

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



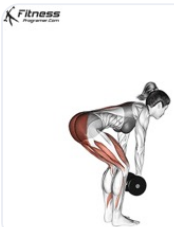
2 · QUADS · MACHINE

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



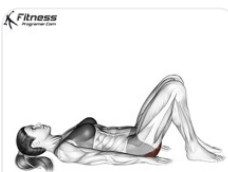
4 · HAMSTRINGS · CURL

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



5 · GLUTES

Glute Bridge

3 × 10–15

Body

🏋️ LOAD-FIRST



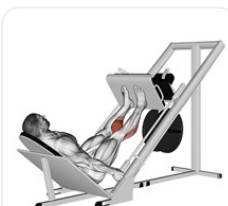
6 · QUADS · EXTENSION

Bulgarian Split Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 × 12–20

Body

DAY 16

Push

Chest · Delts · Triceps



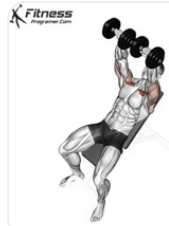
1 · CHEST · INCLINE

Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



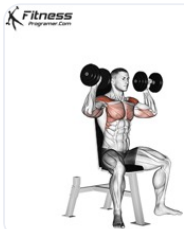
2 · CHEST · PRESS

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Dumbbell Shoulder Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



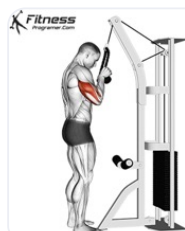
5 · CHEST · FLY

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

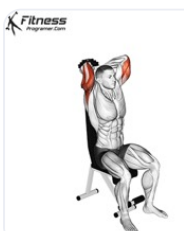


6 · TRICEPS · PUSHDOWN

Rope Pushdown

3 × 10-15

Rope

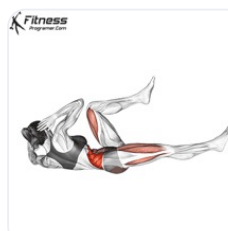


7 · TRICEPS · EXTENSION

Dumbbell Overhead Extension

3 × 10-15

DB



8 · CORE

Bicycle Crunch

3 × 12-20

Body

DAY 17

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Single-Arm Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

Chest-Supported Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST



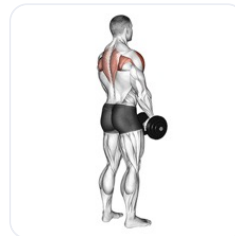
3 · BACK · WIDE PULLDOWN

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Dumbbell Upright Row

4 x 12-20

DB

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Rope Face Pull

4 x 15-20

Rope

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Reverse Curl

3 x 10-15

Barbell



7 · BICEPS · CABLE/ROPE

Preacher Curl

3 x 10-15

Machine



8 · CORE

Cable Woodchopper

3 x 12-20

Cable

DAY 18

Legs

Quads · Hams · Glutes

Fitness
Programmer.Com



1 · QUADS · SQUAT

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



2 · QUADS · MACHINE

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



3 · HAMSTRINGS · HINGE

Seated Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME

Fitness
Programmer.Com



4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

3-4 x 8-12

DB

🔥 HEAVY + VOLUME



5 · GLUTES

Cable Glute Kickback

3 x 10-15

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.Com



6 · QUADS · EXTENSION

Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



7 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



8 · CORE

Kettlebell Windmill

3 x 12-20

KB

DAY 19

Upper

Whole upper body



1 · CHEST

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



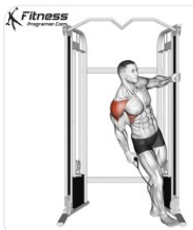
4 · SHOULDERS · PRESS

Kneeling Landmine Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



6 · TRICEPS

Close-Grip Bench Press

3 × 10–15

Barbell



7 · BICEPS

Rope Hammer Curl

3 × 10–15

Rope



8 · CORE

Cable Woodchopper

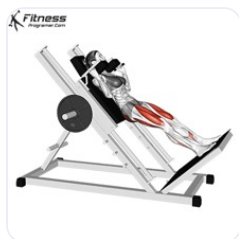
3 × 12–20

Cable

DAY 20

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



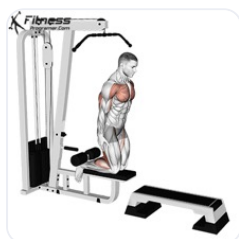
2 · QUADS · MACHINE

Bulgarian Split Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Nordic Curl

3–4 × 8–12

Body

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



5 · GLUTES

Hip Abduction Machine

3 × 10–15

Machine

🏋️ LOAD-FIRST



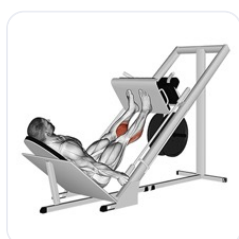
6 · QUADS · EXTENSION

Front Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Cable Pallof Press

3 × 12–20

Cable

DAY 21

Monday, Aug 17, 2026 · Week 5 · Hybrid · PPL + Upper/Lower

Push

Chest · Delts · Triceps

⚡ DELOAD

–1 set · ~70% load · RIR 3+

Fitness



1 · CHEST · INCLINE

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness



2 · CHEST · PRESS

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness



3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness



4 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness



5 · CHEST · FLY

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness



6 · TRICEPS · PUSHDOWN

Skull Crusher

3 × 10–15

Barbell

Fitness



7 · TRICEPS · EXTENSION

Rope Overhead Extension

3 × 10–15

Rope

Fitness



8 · CORE

Bird Dog

3 × 12–20

Body



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 × 8-12 Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Machine Row

3-4 × 8-12 Machine

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Neutral-Grip Pulldown

3-4 × 8-12 Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Cable Upright Row

4 × 12-20 Cable

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15-20 DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Dumbbell Curl

3 × 10-15 DB



7 · BICEPS · CABLE/ROPE

Concentration Curl

3 × 10-15 DB



8 · CORE

Hanging Leg Raise

3 × 12-20 Body

DAY 23

Legs

Quads · Hams · Glutes

⚡ **DELOAD**

~1 set · ~70% load · RIR 3+

Fitness



1 · QUADS · SQUAT

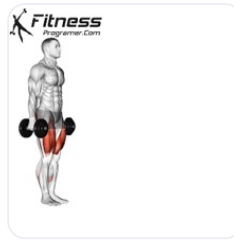
Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ **LOAD-FIRST**

Fitness



2 · QUADS · MACHINE

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ **LOAD-FIRST**

Fitness



3 · HAMSTRINGS · HINGE

Barbell RDL

3-4 x 8-12

Barbell

🔥 **HEAVY + VOLUME**

Fitness



4 · HAMSTRINGS · CURL

Lying Leg Curl

3-4 x 8-12

Machine

🔥 **HEAVY + VOLUME**

Fitness



5 · GLUTES

Cable Pull Through

3 x 10-15

Cable

🏋️ **LOAD-FIRST**

Fitness



6 · QUADS · EXTENSION

Dumbbell Squat

3-4 x 8-12

DB

🏋️ **LOAD-FIRST**

Fitness



7 · CALVES

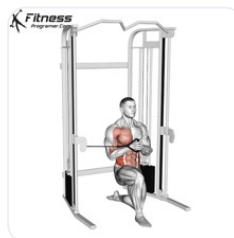
Dumbbell Calf Raise

4 x 12-20

DB

🔥 **VOLUME-HUNGRY**

Fitness



8 · CORE

Cable Pallof Press

3 x 12-20

Cable

DAY 24

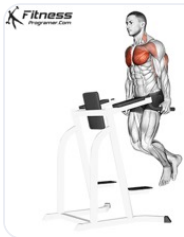
Thursday, Aug 20, 2026 · Week 5 · Hybrid · PPL + Upper/Lower

Upper

Whole upper body

⚡ DELOAD

–1 set · ~70% load · RIR 3+



1 · CHEST

Chest Dip

3–4 × 8–12

Body

🦾 LOAD-FIRST



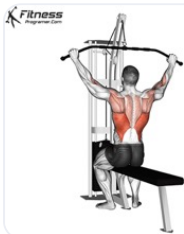
2 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🦾 LOAD-FIRST



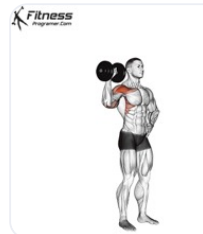
3 · BACK · PULLDOWN

Wide-Grip Pulldown

3–4 × 8–12

Cable

🦾 LOAD-FIRST



4 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🦾 LOAD-FIRST



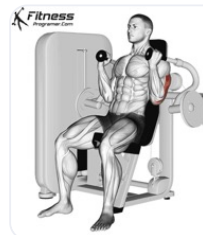
5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



6 · TRICEPS

Machine Triceps Extension

3 × 10–15

Machine



7 · BICEPS

EZ-Bar Curl

3 × 10–15

Barbell



8 · CORE

Dumbbell Side Bend

3 × 12–20

DB

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

DAY 25

Friday, Aug 21, 2026 · Week 5 · Hybrid · PPL + Upper/Lower

Lower

Quads · Hams · Glutes

⚡ DELOAD

–1 set · ~70% load · RIR 3+

Fitness
Programmer Card



1 · QUADS · SQUAT

Dumbbell Step-Up

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



2 · QUADS · MACHINE

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Card



3 · HAMSTRINGS · HINGE

Barbell RDL

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer Card



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME

Fitness
Programmer Card



5 · GLUTES

Hip Abduction Machine

3 × 10–15

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Card



6 · QUADS · EXTENSION

Leg Extension

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Card



7 · CALVES

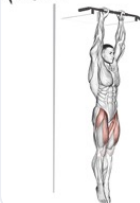
Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer Card



8 · CORE

Hanging Leg Raise

3 × 12–20

Body

DAY 26

Push

Chest · Delts · Triceps

 Fitness
Programmer.com



1 · CHEST · INCLINE

Flat Dumbbell Press

3-4 × 8-12

DB

 LOAD-FIRST

 Fitness
Programmer.com



2 · CHEST · PRESS

Low Cable Fly (Low→High)

3-4 × 8-12

Cable

 LOAD-FIRST

 Fitness
Programmer.com



3 · SHOULDERS · PRESS

Kneeling Landmine Press

3-4 × 8-12

Barbell

 LOAD-FIRST

 Fitness
Programmer.com



4 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

DB

 VOLUME-HUNGRY

 Fitness
Programmer.com



5 · CHEST · FLY

Machine Chest Press

3-4 × 8-12

Machine

 LOAD-FIRST

 Fitness
Programmer.com



6 · TRICEPS · PUSHDOWN

Dumbbell Overhead Extension

3 × 10-15

DB

 Fitness
Programmer.com



7 · TRICEPS · EXTENSION

Rope Overhead Extension

3 × 10-15

Rope

 Fitness
Programmer.com



8 · CORE

Plank

3 × 12-20

Body

DAY 27

Pull

Back · Rear Delts · Biceps

Fitness
Program Card



1 · BACK · PULLDOWN

Pull-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



2 · BACK · ROW

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



3 · BACK · WIDE PULLDOWN

Neutral-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness
Program Card



4 · UPPER BACK · TRAPS

Rope High Row

4 × 12-20

Rope

🔥 VOLUME-HUNGRY

Fitness
Program Card



5 · REAR DELTS

Cable Rear Delt Fly

4 × 15-20

Cable

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Cable Curl

3 × 10-15

Cable

Fitness
Program Card



7 · BICEPS · CABLE/ROPE

Concentration Curl

3 × 10-15

DB

Fitness
Program Card



8 · CORE

Dead Bug

3 × 12-20

Body

DAY 28

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



5 · GLUTES

Frog Pump

3 × 10–15

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Leg Extension

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



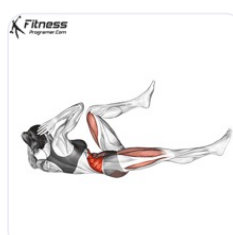
7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Bicycle Crunch

3 × 12–20

Body

DAY 29

Upper

Whole upper body

Fitness



1 · CHEST

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness



2 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness



3 · BACK · PULLDOWN

Wide-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness



4 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

Fitness



6 · TRICEPS

Single-Arm Pushdown

3 × 10–15

Cable

Fitness



7 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

DB

Fitness



8 · CORE

Ab Wheel Rollout

3 × 12–20

Body

DAY 30

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Smith Machine Squat

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Reverse Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST



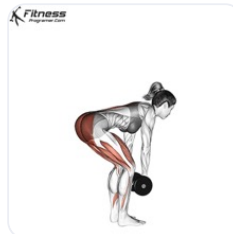
3 · HAMSTRINGS · HINGE

Stiff-Leg Deadlift

3-4 × 8-12

Barbell

🏋️ HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

3-4 × 8-12

DB

🏋️ HEAVY + VOLUME



5 · GLUTES

Frog Pump

3 × 10-15

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Dumbbell Step-Up

3-4 × 8-12

DB

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Plank

3 × 12-20

Body

DAY 31

Push

Chest · Delts · Triceps

Fitness
Empower Your Core



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Empower Your Core



2 · CHEST · PRESS

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness
Empower Your Core



3 · SHOULDERS · PRESS

Dumbbell Shoulder Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Empower Your Core



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Empower Your Core



5 · CHEST · FLY

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Empower Your Core



6 · TRICEPS · PUSHDOWN

Single-Arm Pushdown

3 × 10-15

Cable

Fitness
Empower Your Core



7 · TRICEPS · EXTENSION

Close-Grip Bench Press

3 × 10-15

Barbell

Fitness
Empower Your Core



8 · CORE

Hanging Leg Raise

3 × 12-20

Body

DAY 32

Pull

Back · Rear Delts · Biceps

Fitness



1 · BACK · PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



2 · BACK · ROW

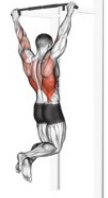
One-Arm Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



3 · BACK · WIDE PULLDOWN

Pull-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



4 · UPPER BACK · TRAPS

Cable Upright Row

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness



5 · REAR DELTS

Rope Face Pull

4 x 15-20

Rope

🔥 VOLUME-HUNGRY

Fitness



6 · BICEPS · DUMBBELL

Incline Dumbbell Curl

3 x 10-15

DB

Fitness



7 · BICEPS · CABLE/ROPE

Dumbbell Hammer Curl

3 x 10-15

DB

Fitness



8 · CORE

Cable Rope Crunch

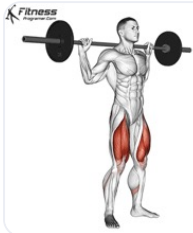
3 x 12-20

Rope

DAY 33

Legs

Quads · Hams · Glutes



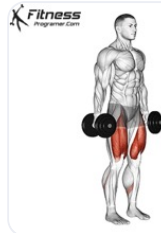
1 · QUADS · SQUAT

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME



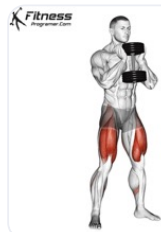
5 · GLUTES

Glute Bridge

3 × 10–15

Body

🏋️ LOAD-FIRST



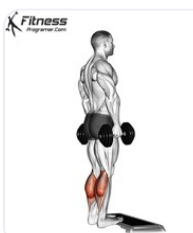
6 · QUADS · EXTENSION

Goblet Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



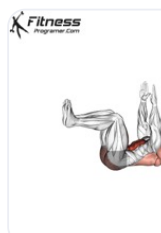
7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 × 12–20

Body

DAY 34

Upper

Whole upper body



1 · CHEST

Incline Dumbbell Fly

3–4 × 8–12

DB

🐛 LOAD-FIRST



2 · BACK · ROW

Machine Row

3–4 × 8–12

Machine

🐛 LOAD-FIRST



3 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🐛 LOAD-FIRST



4 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🐛 LOAD-FIRST



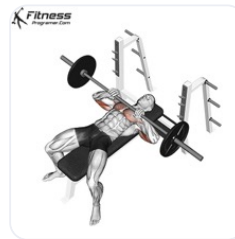
5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

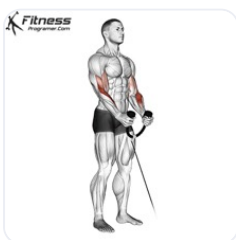


6 · TRICEPS

Close-Grip Bench Press

3 × 10–15

Barbell



7 · BICEPS

Rope Hammer Curl

3 × 10–15

Rope



8 · CORE

Cable Rope Crunch

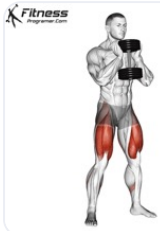
3 × 12–20

Rope

DAY 35

Lower

Quads · Hams · Glutes



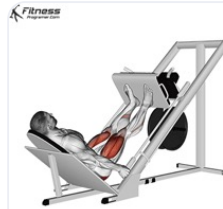
1 · QUADS · SQUAT

Goblet Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



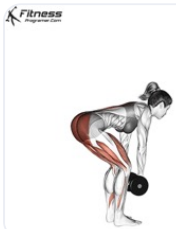
2 · QUADS · MACHINE

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



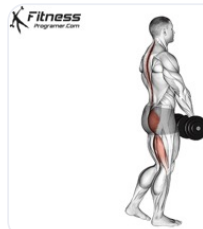
3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



5 · GLUTES

Single-Leg Hip Thrust

3 × 10–15

Barbell

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Kettlebell Windmill

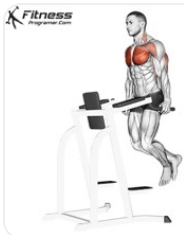
3 × 12–20

KB

DAY 36

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Chest Dip

3-4 × 8-12

Body

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



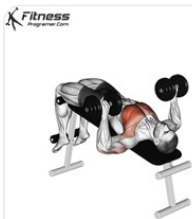
4 · SIDE DELTS

Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

Decline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Close-Grip Bench Press

3 × 10-15

Barbell



7 · TRICEPS · EXTENSION

Machine Triceps Extension

3 × 10-15

Machine



8 · CORE

Plank

3 × 12-20

Body

DAY 37

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Single-Arm Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

Machine Row

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Lat Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Rope High Row

4 × 12-20

Rope

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15-20

DB

🔥 VOLUME-HUNGRY

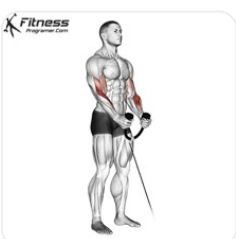


6 · BICEPS · DUMBBELL

Concentration Curl

3 × 10-15

DB

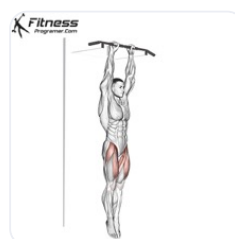


7 · BICEPS · CABLE/ROPE

Rope Hammer Curl

3 × 10-15

Rope



8 · CORE

Hanging Leg Raise

3 × 12-20

Body

DAY 38

Legs

Quads · Hams · Glutes

Fitness
Programmer Card



1 · QUADS · SQUAT

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



2 · QUADS · MACHINE

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



3 · HAMSTRINGS · HINGE

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME

Fitness
Programmer Card



4 · HAMSTRINGS · CURL

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer Card



5 · GLUTES

Cable Pull Through

3 x 10-15

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Card



6 · QUADS · EXTENSION

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Card



7 · CALVES

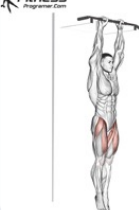
Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Card



8 · CORE

Hanging Leg Raise

3 x 12-20

Body

DAY 39

Upper

Whole upper body

Fitness
Hybrid gym



1 · CHEST

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Hybrid gym



2 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Hybrid gym



3 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Hybrid gym



4 · SHOULDERS · PRESS

Kettlebell Clean & Press

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness
Hybrid gym



5 · SIDE DELTS

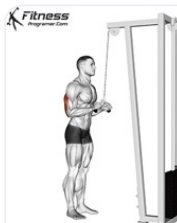
Seated Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Hybrid gym



6 · TRICEPS

V-Bar Pushdown

3 × 10–15

Cable

Fitness
Hybrid gym



7 · BICEPS

EZ-Bar Curl

3 × 10–15

Barbell

Fitness
Hybrid gym



8 · CORE

Plank

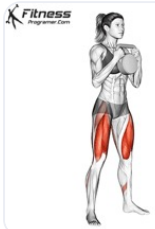
3 × 12–20

Body

DAY 40

Lower

Quads · Hams · Glutes



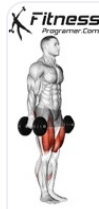
1 · QUADS · SQUAT

Kettlebell Goblet Squat

3-4 × 8-12

KB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Seated Leg Curl

3-4 × 8-12

Machine

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Single-Leg RDL

3-4 × 8-12

DB

🔥 HEAVY + VOLUME



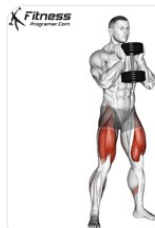
5 · GLUTES

Frog Pump

3 × 10-15

Body

🏋️ LOAD-FIRST



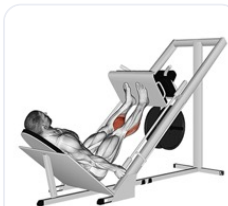
6 · QUADS · EXTENSION

Goblet Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 × 12-20

Body

DAY 41

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · CHEST · PRESS Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS Arnold Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



5 · CHEST · FLY Flat Dumbbell Press

3-4 × 8-12

DB

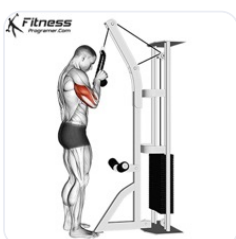
🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN Machine Triceps Extension

3 × 10-15

Machine



7 · TRICEPS · EXTENSION Rope Pushdown

3 × 10-15

Rope



8 · CORE Dead Bug

3 × 12-20

Body

DAY 42

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3-4 × 8-12

Rope

🏋️ LOAD-FIRST



2 · BACK · ROW

Seated Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Lat Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Rope High Row

4 × 12-20

Rope

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Reverse Pec Deck

4 × 15-20

Machine

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Concentration Curl

3 × 10-15

DB



7 · BICEPS · CABLE/ROPE

Barbell Curl

3 × 10-15

Barbell



8 · CORE

Ab Wheel Rollout

3 × 12-20

Body

DAY 43

Legs

Quads · Hams · Glutes

Fitness
Programmer.com



1 · QUADS · SQUAT

Dumbbell Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · QUADS · MACHINE

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · HAMSTRINGS · HINGE

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer.com



4 · HAMSTRINGS · CURL

Seated Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME

Fitness
Programmer.com



5 · GLUTES

Single-Leg Hip Thrust

3 x 10-15

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com



6 · QUADS · EXTENSION

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



7 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



8 · CORE

Russian Twist

3 x 12-20

Body

DAY 44

Upper

Whole upper body



1 · CHEST

Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



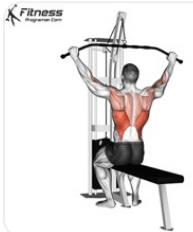
2 · BACK · ROW

One-Arm Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Lat Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



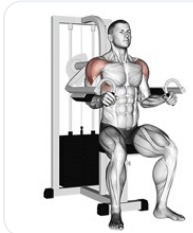
4 · SHOULDERS · PRESS

Dumbbell Front Raise

3-4 × 8-12

DB

🏋️ LOAD-FIRST



5 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY

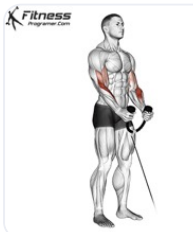


6 · TRICEPS

Skull Crusher

3 × 10-15

Barbell



7 · BICEPS

Rope Hammer Curl

3 × 10-15

Rope



8 · CORE

Plank

3 × 12-20

Body