

60-DAY PROGRAM

Push / Pull / Legs x2

6 days/week · Mon–Sat — Jul 20 to Sep 17, 2026

Push (chest, shoulders, triceps), Pull (back, biceps, rear delts), Legs (quads, hams, glutes, calves) — run twice per week for twice-weekly frequency. The most popular split among serious lifters today.

MON Push	TUE Pull	WED Legs	THU Push	FRI Pull	SAT Legs	REST Sun
-------------	-------------	-------------	-------------	-------------	-------------	-------------

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

DAY 1

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



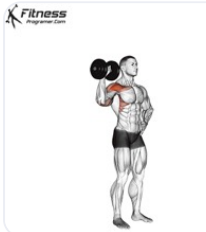
2 · CHEST · PRESS

Incline Machine Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



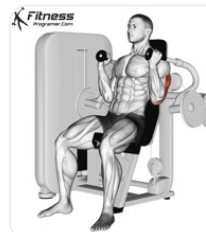
5 · CHEST · FLY

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Machine Triceps Extension

3 × 10–15

Machine

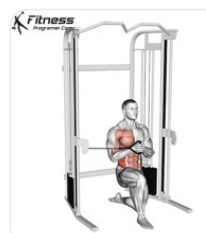


7 · TRICEPS · EXTENSION

Rope Overhead Extension

3 × 10–15

Rope



8 · CORE

Cable Pallof Press

3 × 12–20

Cable

DAY 2

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



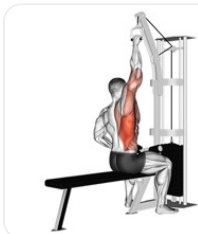
2 · BACK · ROW

Bent-Over Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Single-Arm 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

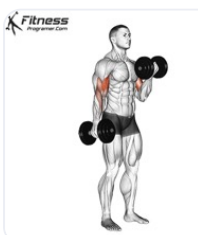


6 · BICEPS · DUMBBELL

Incline Dumbbell Curl

3 × 10–15

DB



7 · BICEPS · CABLE/ROPE

Dumbbell Curl

3 × 10–15

DB



8 · CORE

Dead Bug

3 × 12–20

Body

DAY 3

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



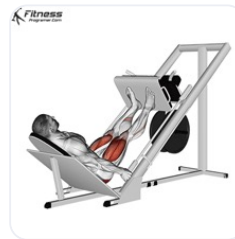
5 · GLUTES

Glute Bridge

3 x 10-15

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Leg Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Russian Twist

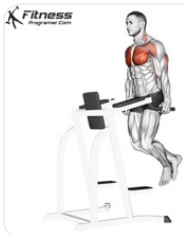
3 x 12-20

Body

DAY 4

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Chest Dip

3-4 x 8-12

Body

🏋️ LOAD-FIRST



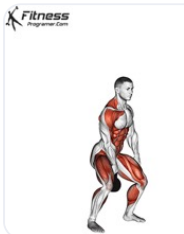
2 · CHEST · PRESS

Dumbbell Pullover

3-4 x 8-12

DB

🏋️ LOAD-FIRST



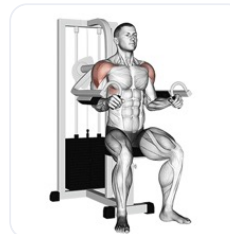
3 · SHOULDERS · PRESS

Kettlebell Clean & Press

3-4 x 8-12

KB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Machine Lateral Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

Incline Dumbbell Fly

3-4 x 8-12

DB

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Single-Arm Pushdown

3 x 10-15

Cable

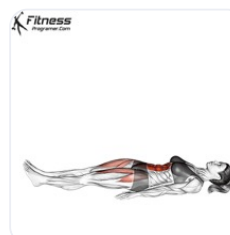


7 · TRICEPS · EXTENSION

Machine Triceps Extension

3 x 10-15

Machine



8 · CORE

Lying Leg Raise

3 x 12-20

Body

DAY 5

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Single-Arm Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

Bent-Over Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST



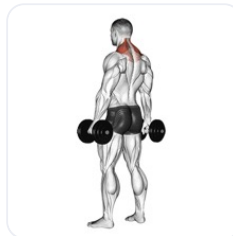
3 · BACK · WIDE PULLDOWN

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Dumbbell Shrug

4 x 12-20

DB

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Incline Bench Rear Fly

4 x 15-20

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Reverse Curl

3 x 10-15

Barbell



7 · BICEPS · CABLE/ROPE

EZ-Bar Curl

3 x 10-15

Barbell



8 · CORE

Cable Rope Crunch

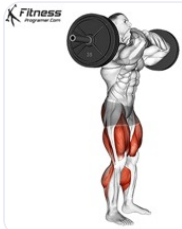
3 x 12-20

Rope

DAY 6

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Front Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Leg Extension

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



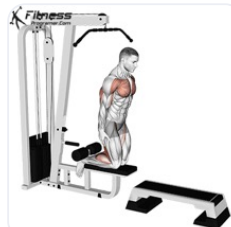
3 · HAMSTRINGS · HINGE

Lying Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME



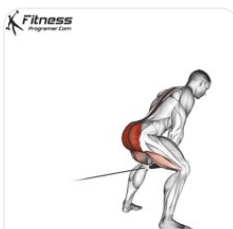
4 · HAMSTRINGS · CURL

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME



5 · GLUTES

Cable Pull Through

3 x 10-15

Cable

🏋️ LOAD-FIRST



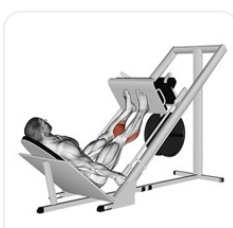
6 · QUADS · EXTENSION

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Plank

3 x 12-20

Body

DAY 7

Push

Chest · Delts · Triceps

Fitness
Program Editor



1 · CHEST · INCLINE

Machine Chest Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Program Editor



2 · CHEST · PRESS

Cable Crossover (High→Low)

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness
Program Editor



3 · SHOULDERS · PRESS

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Editor



4 · SIDE DELTS

Cable Lateral Raise

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Program Editor



5 · CHEST · FLY

Barbell Incline Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Editor



6 · TRICEPS · PUSHDOWN

V-Bar Pushdown

3 x 10-15

Cable

Fitness
Program Editor



7 · TRICEPS · EXTENSION

Close-Grip Bench Press

3 x 10-15

Barbell

Fitness
Program Editor



8 · CORE

Plank

3 x 12-20

Body

DAY 8

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Machine Row

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Single-Arm Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Cable Upright Row

4 x 12-20

Cable

🔥 VOLUME-HUNGRY



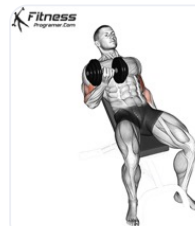
5 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 x 15-20

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Incline Dumbbell Curl

3 x 10-15

DB



7 · BICEPS · CABLE/ROPE

Barbell Curl

3 x 10-15

Barbell



8 · CORE

Bird Dog

3 x 12-20

Body

DAY 9

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Leg Extension

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



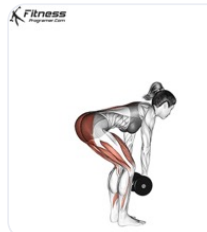
3 · HAMSTRINGS · HINGE

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

Bulgarian Split Squat

3 × 10–15

DB

🏋️ LOAD-FIRST



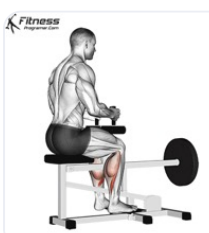
6 · QUADS · EXTENSION

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



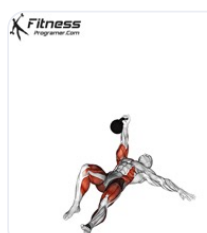
7 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Turkish Get-Up

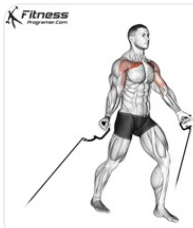
3 × 12–20

KB

DAY 10

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



2 · CHEST · PRESS

Incline Machine Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



3 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



4 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 **VOLUME-HUNGRY**



5 · CHEST · FLY

Machine Chest Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN

Bench Dips

3 × 10–15

Body



7 · TRICEPS · EXTENSION

Rope Overhead Extension

3 × 10–15

Rope



8 · CORE

Ab Wheel Rollout

3 × 12–20

Body

DAY 11

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



2 · BACK · ROW

T-Bar Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



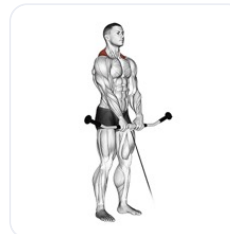
3 · BACK · WIDE PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Cable Shrug

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Cable Rear Delt Fly

4 × 15–20

Cable

🔥 VOLUME-HUNGRY

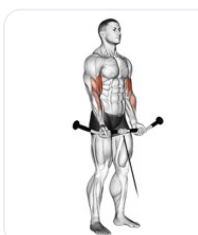


6 · BICEPS · DUMBBELL

Reverse Curl

3 × 10–15

Barbell



7 · BICEPS · CABLE/ROPE

Cable Curl

3 × 10–15

Cable



8 · CORE

Cable Pallof Press

3 × 12–20

Cable

DAY 12

Legs

Quads · Hams · Glutes

Fitness
Program Editor



1 · QUADS · SQUAT

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST

Fitness
Program Editor



3 · HAMSTRINGS · HINGE

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Program Editor



4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

3-4 x 8-12

DB

🔥 HEAVY + VOLUME

Fitness
Program Editor



5 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



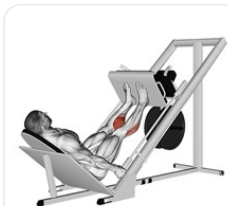
6 · QUADS · EXTENSION

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 Editor



8 · CORE

Russian Twist

3 x 12-20

Body

DAY 13

Push

Chest · Delts · Triceps

Fitness
Programmer.com



1 · CHEST · INCLINE

Flat Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · CHEST · PRESS

Incline Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · SHOULDERS · PRESS

Arnold Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



5 · CHEST · FLY

Incline Dumbbell Fly

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



6 · TRICEPS · PUSHDOWN

Close-Grip Bench Press

3 x 10-15

Barbell

Fitness
Programmer.com



7 · TRICEPS · EXTENSION

Dumbbell Overhead Extension

3 x 10-15

DB

Fitness
Programmer.com



8 · CORE

Turkish Get-Up

3 x 12-20

KB

DAY 14

Pull

Back · Rear Delts · Biceps

Fitness



1 · BACK · PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



2 · BACK · ROW

T-Bar Row

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness



3 · BACK · WIDE PULLDOWN

Single-Arm Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



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

EZ-Bar Curl

3 x 10-15

Barbell

Fitness



7 · BICEPS · CABLE/ROPE

Incline Dumbbell Curl

3 x 10-15

DB

Fitness



8 · CORE

Dead Bug

3 x 12-20

Body

DAY 15

Legs

Quads · Hams · Glutes



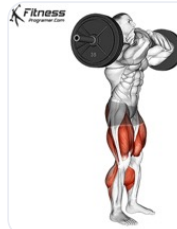
1 · QUADS · SQUAT

Leg Extension

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Front Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



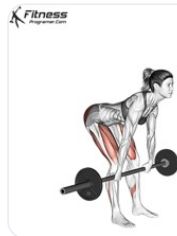
3 · HAMSTRINGS · HINGE

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



5 · GLUTES

Kettlebell Swing

3 x 10-15

KB

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



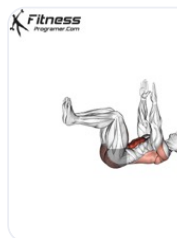
7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 x 12-20

Body

DAY 16

Push

Chest · Delts · Triceps

Fitness
Program Card



1 · CHEST · INCLINE

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Card



2 · CHEST · PRESS

Chest Dip

3-4 × 8-12

Body

🏋️ **LOAD-FIRST**

Fitness
Program Card



3 · SHOULDERS · PRESS

Arnold Press

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Card



4 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

DB

🔥 **VOLUME-HUNGRY**

Fitness
Program Card



5 · CHEST · FLY

Incline Dumbbell Fly

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Card



6 · TRICEPS · PUSHDOWN

Single-Arm Pushdown

3 × 10-15

Cable

Fitness
Program Card



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10-15

Body

Fitness
Program Card



8 · CORE

Hanging Leg Raise

3 × 12-20

Body

DAY 17

Pull

Back · Rear Delts · Biceps

Fitness
Program Card



1 · BACK · PULLDOWN

Pull-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness
Program Card



2 · BACK · ROW

Machine Row

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card



3 · BACK · WIDE PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Dumbbell Upright Row

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Card



5 · REAR DELTS

Rope Face Pull

4 x 15-20

Rope

🔥 VOLUME-HUNGRY

Fitness
Program Card



6 · BICEPS · DUMBBELL

Preacher Curl

3 x 10-15

Machine

Fitness
Program Card



7 · BICEPS · CABLE/ROPE

Barbell Curl

3 x 10-15

Barbell

Fitness
Program Card



8 · CORE

Cable Rope Crunch

3 x 12-20

Rope

DAY 18

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Smith Machine Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST



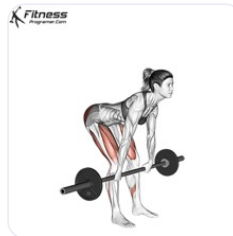
3 · HAMSTRINGS · HINGE

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



5 · GLUTES

Cable Glute Kickback

3 x 10-15

Cable

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST



7 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

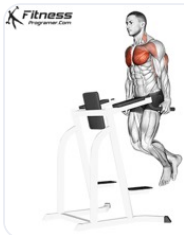
3 x 12-20

Body

DAY 19

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Chest Dip

3-4 x 8-12

Body

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Barbell Incline Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



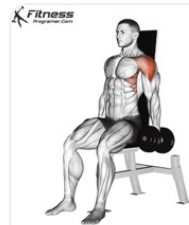
3 · SHOULDERS · PRESS

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

Flat Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Dumbbell Kickback

3 x 10-15

DB



7 · TRICEPS · EXTENSION

Close-Grip Bench Press

3 x 10-15

Barbell



8 · CORE

Bird Dog

3 x 12-20

Body

DAY 20

Pull

Back · Rear Delts · Biceps



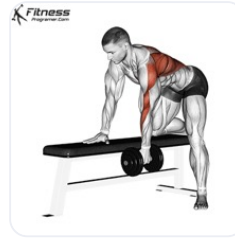
1 · BACK · PULLDOWN

Single-Arm Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

One-Arm Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST



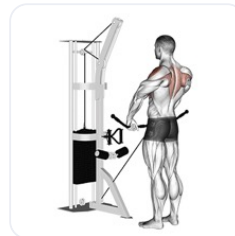
3 · BACK · WIDE PULLDOWN

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Cable Upright Row

4 x 12-20

Cable

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Cable Rear Delt Fly

4 x 15-20

Cable

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Concentration Curl

3 x 10-15

DB



7 · BICEPS · CABLE/ROPE

EZ-Bar Curl

3 x 10-15

Barbell



8 · CORE

Hanging Leg Raise

3 x 12-20

Body

DAY 21

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST



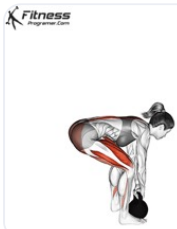
2 · QUADS · MACHINE

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



5 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Bicycle Crunch

3 x 12-20

Body

DAY 22

Push

Chest · Delts · Triceps

Fitness
Long term gains



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Long term gains



2 · CHEST · PRESS

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness
Long term gains



3 · SHOULDERS · PRESS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Long term gains



4 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Long term gains



5 · CHEST · FLY

Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Long term gains



6 · TRICEPS · PUSHDOWN

Dumbbell Overhead Extension

3 × 10-15

DB

Fitness
Long term gains



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10-15

Body

Fitness
Long term gains



8 · CORE

Dumbbell Side Bend

3 × 12-20

DB

DAY 23

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**



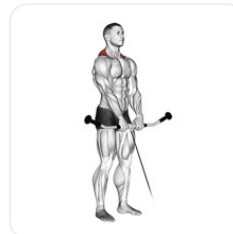
3 · BACK · WIDE PULLDOWN

Chin-Up

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**



4 · UPPER BACK · TRAPS

Cable Shrug

4 × 12–20

Cable

🔥 **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

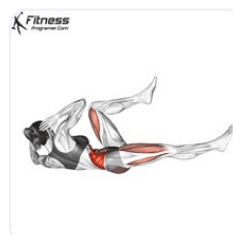


7 · BICEPS · CABLE/ROPE

Incline Dumbbell Curl

3 × 10–15

DB



8 · CORE

Bicycle Crunch

3 × 12–20

Body

DAY 24

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Leg Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST



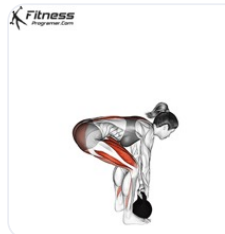
3 · HAMSTRINGS · HINGE

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME



5 · GLUTES

Hip Abduction Machine

3 x 10-15

Machine

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Kettlebell Thruster

3-4 x 8-12

KB

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Cable Rope Crunch

3 x 12-20

Rope



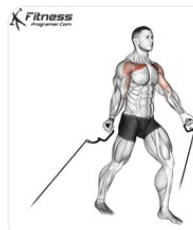
1 · CHEST · INCLINE

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ **LOAD-FIRST**



2 · CHEST · PRESS

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



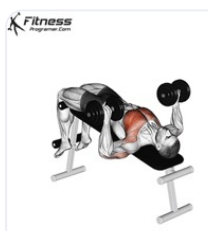
4 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 **VOLUME-HUNGRY**



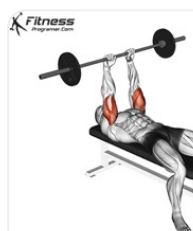
5 · CHEST · FLY

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN

Skull Crusher

3 × 10–15

Barbell



7 · TRICEPS · EXTENSION

Rope Pushdown

3 × 10–15

Rope



8 · CORE

Dumbbell Side Bend

3 × 12–20

DB

DAY 26

Tuesday, Aug 18, 2026 · Week 5 · Push / Pull / Legs x2

Pull

Back · Rear Delts · Biceps

⚡ DELOAD

—1 set · ~70% load · RIR 3+



1 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

T-Bar Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Pull-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Cable Shrug

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

Cable Curl

3 × 10–15

Cable



8 · CORE

Lying Leg Raise

3 × 12–20

Body

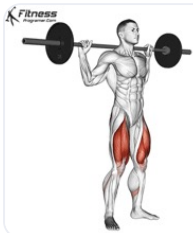
DAY 27

Legs

Quads · Hams · Glutes

⚡ **DELOAD**

~1 set · ~70% load · RIR 3+



1 · QUADS · SQUAT

Barbell Back Squat

3-4 x 8-12

Barbell

🏋️ **LOAD-FIRST**



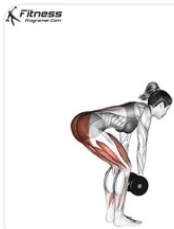
2 · QUADS · MACHINE

Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ **LOAD-FIRST**



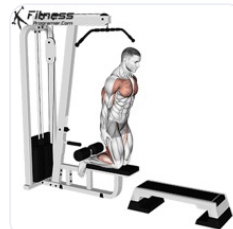
3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3-4 x 8-12

DB

🔥 **HEAVY + VOLUME**



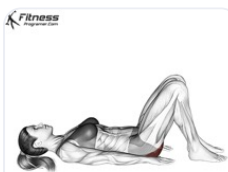
4 · HAMSTRINGS · CURL

Nordic Curl

3-4 x 8-12

Body

🔥 **HEAVY + VOLUME**



5 · GLUTES

Glute Bridge

3 x 10-15

Body

🏋️ **LOAD-FIRST**



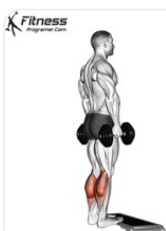
6 · QUADS · EXTENSION

Smith Machine Squat

3-4 x 8-12

Machine

🏋️ **LOAD-FIRST**



7 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 **VOLUME-HUNGRY**

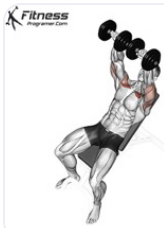


8 · CORE

Bird Dog

3 x 12-20

Body



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



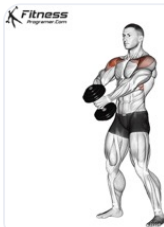
2 · CHEST · PRESS

Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



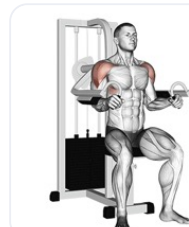
3 · SHOULDERS · PRESS

Dumbbell Front Raise

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



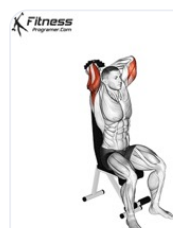
5 · CHEST · FLY

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

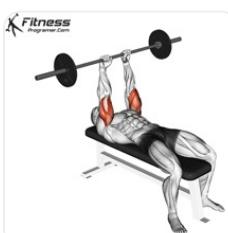


6 · TRICEPS · PUSHDOWN

Dumbbell Overhead Extension

3 × 10-15

DB



7 · TRICEPS · EXTENSION

Skull Crusher

3 × 10-15

Barbell



8 · CORE

Dumbbell Side Bend

3 × 12-20

DB

DAY 29

Friday, Aug 21, 2026 · Week 5 · Push / Pull / Legs x2

Pull

Back · Rear Delts · Biceps

⚡ **DELOAD**

–1 set · ~70% load · RIR 3+



1 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



2 · BACK · ROW

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



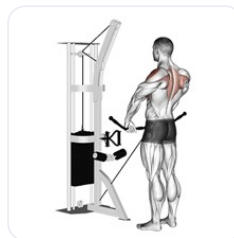
3 · BACK · WIDE PULLDOWN

Wide-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

Cable Rear Delt Fly

4 × 15–20

Cable

🔥 **VOLUME-HUNGRY**



6 · BICEPS · DUMBBELL

Barbell Curl

3 × 10–15

Barbell



7 · BICEPS · CABLE/ROPE

Dumbbell Curl

3 × 10–15

DB



8 · CORE

Russian Twist

3 × 12–20

Body

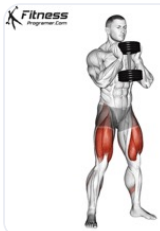
Big lifts: rest 2–3 min, RIR 1–2 · machines/isolation: 60–90 s, RIR 0–1 · tempo ~2 s down, controlled up

DAY 30**Legs**

Quads · Hams · Glutes

⚡ DELOAD

-1 set · ~70% load · RIR 3+



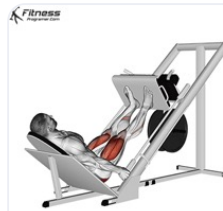
1 · QUADS · SQUAT

Goblet Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Leg Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



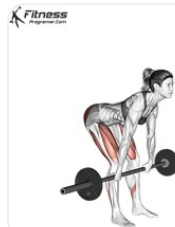
3 · HAMSTRINGS · HINGE

Nordic Curl

3-4 × 8-12

Body

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell RDL

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME



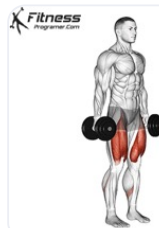
5 · GLUTES

Bulgarian Split Squat

3 × 10-15

DB

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Dumbbell Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 × 12-20

Body

DAY 31

Push

Chest · Delts · Triceps

Fitness
Program Editor



1 · CHEST · INCLINE

Dumbbell Pullover

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



2 · CHEST · PRESS

Incline Machine Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Program Editor



3 · SHOULDERS · PRESS

Kettlebell Clean & Press

3-4 x 8-12

KB

🏋️ LOAD-FIRST

Fitness
Program Editor



4 · SIDE DELTS

Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Editor



5 · CHEST · FLY

Decline Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



6 · TRICEPS · PUSHDOWN

Dumbbell Overhead Extension

3 x 10-15

DB

Fitness
Program Editor



7 · TRICEPS · EXTENSION

Close-Grip Bench Press

3 x 10-15

Barbell

Fitness
Program Editor



8 · CORE

Lying Leg Raise

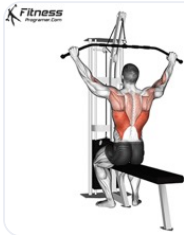
3 x 12-20

Body

DAY 32

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



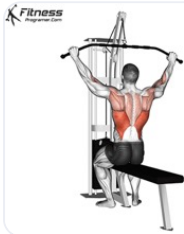
2 · BACK · ROW

T-Bar Row

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



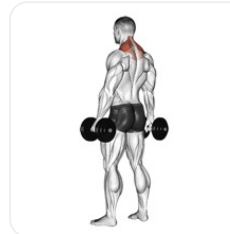
3 · BACK · WIDE PULLDOWN

Wide-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



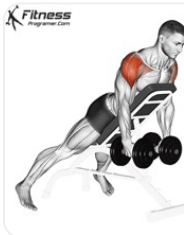
4 · UPPER BACK · TRAPS

Dumbbell Shrug

4 x 12-20

DB

🔥 VOLUME-HUNGRY



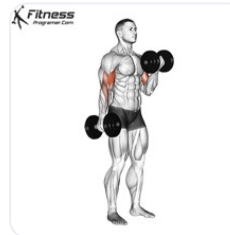
5 · REAR DELTS

Incline Bench Rear Fly

4 x 15-20

DB

🔥 VOLUME-HUNGRY

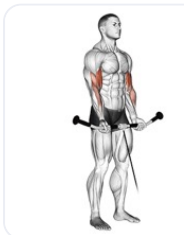


6 · BICEPS · DUMBBELL

Dumbbell Curl

3 x 10-15

DB



7 · BICEPS · CABLE/ROPE

Cable Curl

3 x 10-15

Cable



8 · CORE

Kettlebell Windmill

3 x 12-20

KB

DAY 33

Legs

Quads · Hams · Glutes

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

Dumbbell Romanian Deadlift

3-4 x 8-12

DB

🔥 HEAVY + VOLUME

Fitness



4 · HAMSTRINGS · CURL

Barbell Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness



5 · GLUTES

Hip Abduction Machine

3 x 10-15

Machine

🏋️ LOAD-FIRST

Fitness



6 · QUADS · EXTENSION

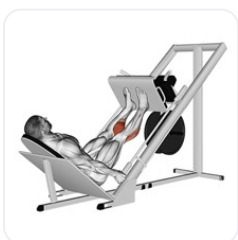
Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST

Fitness



7 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness



8 · CORE

Russian Twist

3 x 12-20

Body

DAY 34

Push

Chest · Delts · Triceps



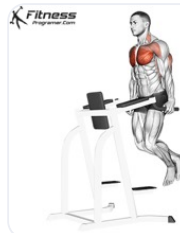
1 · CHEST · INCLINE

Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Chest Dip

3-4 × 8-12

Body

🏋️ 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



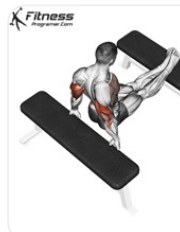
5 · CHEST · FLY

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Bench Dips

3 × 10-15

Body



7 · TRICEPS · EXTENSION

Machine Triceps Extension

3 × 10-15

Machine



8 · CORE

Hanging Leg Raise

3 × 12-20

Body

DAY 35

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



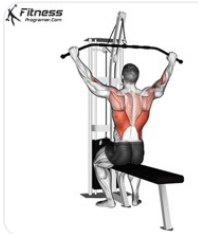
2 · BACK · ROW

Single-Arm 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

Barbell Shrug

4 × 12–20

Barbell

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15–20

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Incline Dumbbell Curl

3 × 10–15

DB

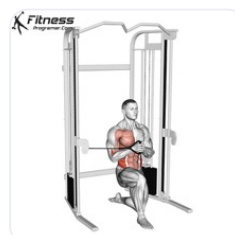


7 · BICEPS · CABLE/ROPE

Rope Hammer Curl

3 × 10–15

Rope



8 · CORE

Cable Pallof Press

3 × 12–20

Cable

DAY 36

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Leg Extension

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell RDL

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



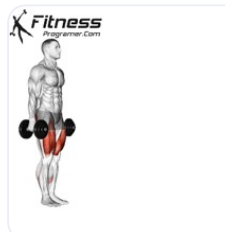
5 · GLUTES

Cable Glute Kickback

3 × 10–15

Cable

🏋️ LOAD-FIRST



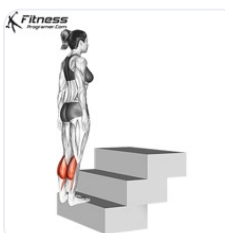
6 · QUADS · EXTENSION

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Cable Woodchopper

3 × 12–20

Cable

DAY 37

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ 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

Machine Chest Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Dumbbell Kickback

3 × 10–15

DB



7 · TRICEPS · EXTENSION

Skull Crusher

3 × 10–15

Barbell



8 · CORE

Cable Woodchopper

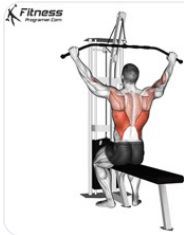
3 × 12–20

Cable

DAY 38

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Wide-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



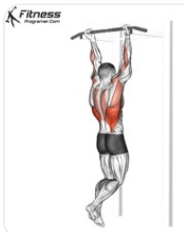
2 · BACK · ROW

Machine Row

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



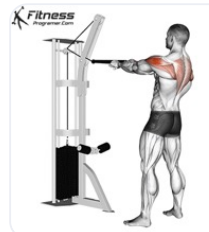
3 · BACK · WIDE PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Rope Face Pull

4 x 12-20

Rope

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Incline Bench Rear Fly

4 x 15-20

DB

🔥 VOLUME-HUNGRY

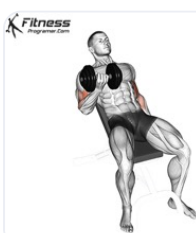


6 · BICEPS · DUMBBELL

EZ-Bar Curl

3 x 10-15

Barbell



7 · BICEPS · CABLE/ROPE

Incline Dumbbell Curl

3 x 10-15

DB



8 · CORE

Bicycle Crunch

3 x 12-20

Body

DAY 39

Legs

Quads · Hams · Glutes

Fitness



1 · QUADS · SQUAT

Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



2 · QUADS · MACHINE

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness



3 · HAMSTRINGS · HINGE

Lying Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME

Fitness



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME

Fitness



5 · GLUTES

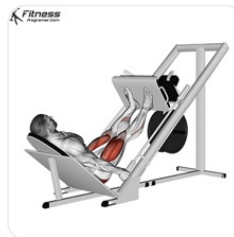
Hip Abduction Machine

3 x 10-15

Machine

🏋️ LOAD-FIRST

Fitness



6 · QUADS · EXTENSION

Leg Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness



7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness



8 · CORE

Dumbbell Side Bend

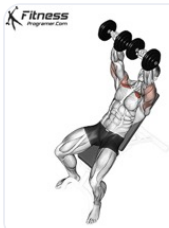
3 x 12-20

DB

DAY 40

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Cable Crossover (High→Low)

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



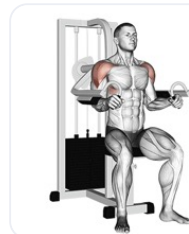
3 · SHOULDERS · PRESS

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



4 · SIDE DELTS

Machine Lateral Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



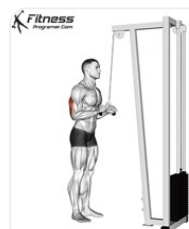
5 · CHEST · FLY

Pec Deck Fly

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

V-Bar Pushdown

3 x 10-15

Cable



7 · TRICEPS · EXTENSION

Bench Dips

3 x 10-15

Body



8 · CORE

Kettlebell Windmill

3 x 12-20

KB

DAY 41

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Close-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

Wide-Grip Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Single-Arm Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Barbell Shrug

4 x 12-20

Barbell

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 x 15-20

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Reverse Curl

3 x 10-15

Barbell

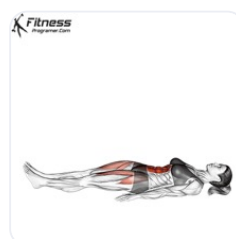


7 · BICEPS · CABLE/ROPE

Dumbbell Curl

3 x 10-15

DB



8 · CORE

Lying Leg Raise

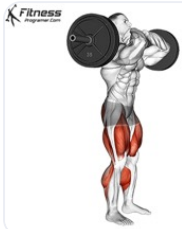
3 x 12-20

Body

DAY 42

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Front Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Seated Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Lying Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME



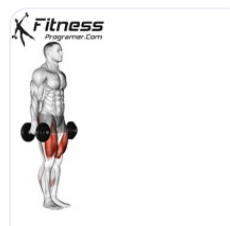
5 · GLUTES

Single-Leg Hip Thrust

3 x 10-15

Barbell

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST



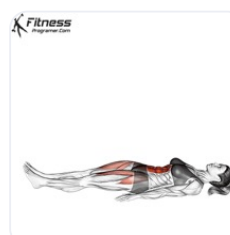
7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Lying Leg Raise

3 x 12-20

Body

DAY 43

Push

Chest · Delts · Triceps

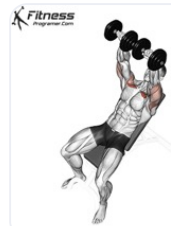


1 · CHEST · INCLINE Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

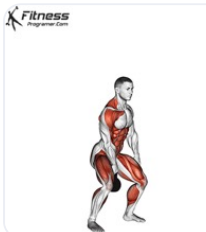


2 · CHEST · PRESS Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

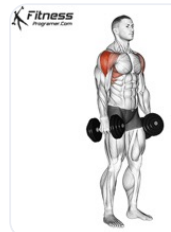


3 · SHOULDERS · PRESS Kettlebell Clean & Press

3–4 × 8–12

KB

🏋️ LOAD-FIRST



4 · SIDE DELTS Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

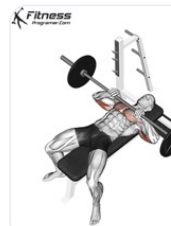


5 · CHEST · FLY Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN Close-Grip Bench Press

3 × 10–15

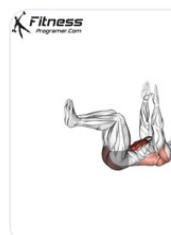
Barbell



7 · TRICEPS · EXTENSION V-Bar Pushdown

3 × 10–15

Cable



8 · CORE Dead Bug

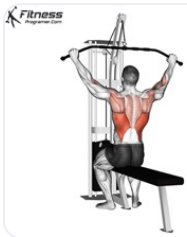
3 × 12–20

Body

DAY 44

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



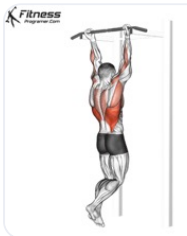
2 · BACK · ROW

Single-Arm Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST



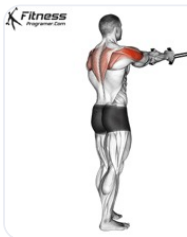
4 · UPPER BACK · TRAPS

Rope High Row

4 x 12-20

Rope

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Cable Rear Delt Fly

4 x 15-20

Cable

🔥 VOLUME-HUNGRY

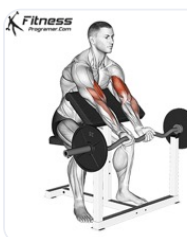


6 · BICEPS · DUMBBELL

Concentration Curl

3 x 10-15

DB



7 · BICEPS · CABLE/ROPE

Preacher Curl

3 x 10-15

Machine



8 · CORE

Bird Dog

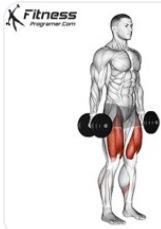
3 x 12-20

Body

DAY 45

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT Dumbbell Squat

3–4 × 8–12 DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE Dumbbell Step-Up

3–4 × 8–12 DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE Lying Leg Curl

3–4 × 8–12 Machine

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL Single-Leg RDL

3–4 × 8–12 DB

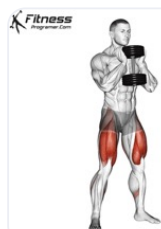
🔥 HEAVY + VOLUME



5 · GLUTES Single-Leg Hip Thrust

3 × 10–15 Barbell

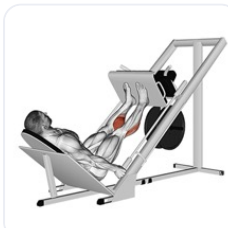
🏋️ LOAD-FIRST



6 · QUADS · EXTENSION Goblet Squat

3–4 × 8–12 DB

🏋️ LOAD-FIRST



7 · CALVES Leg Press Calf Raise

4 × 12–20 Machine

🔥 VOLUME-HUNGRY



8 · CORE Bird Dog

3 × 12–20 Body

DAY 46

Push

Chest · Delts · Triceps

Fitness
Programmer.com



1 · CHEST · INCLINE

Dumbbell Pullover

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · CHEST · PRESS

Incline Machine Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · SHOULDERS · PRESS

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



5 · CHEST · FLY

Barbell Incline Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com



6 · TRICEPS · PUSHDOWN

Single-Arm Pushdown

3 x 10-15

Cable

Fitness
Programmer.com



7 · TRICEPS · EXTENSION

Skull Crusher

3 x 10-15

Barbell

Fitness
Programmer.com



8 · CORE

Dumbbell Side Bend

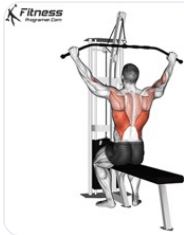
3 x 12-20

DB

DAY 47

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Wide-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW

Bent-Over Barbell Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



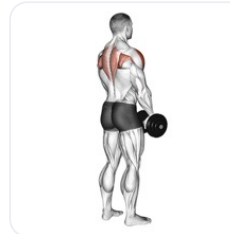
3 · BACK · WIDE PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



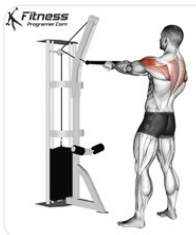
4 · UPPER BACK · TRAPS

Dumbbell Upright Row

4 × 12–20

DB

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Rope Face Pull

4 × 15–20

Rope

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Rope Hammer Curl

3 × 10–15

Rope



7 · BICEPS · CABLE/ROPE

Barbell Curl

3 × 10–15

Barbell



8 · CORE

Plank

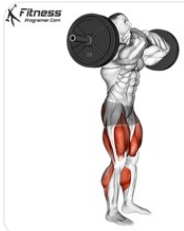
3 × 12–20

Body

DAY 48

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Front Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST



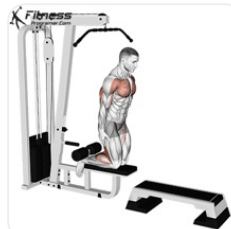
3 · HAMSTRINGS · HINGE

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME



5 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Leg Extension

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



7 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Ab Wheel Rollout

3 x 12-20

Body



1 · CHEST · INCLINE

Dumbbell Pullover

3-4 x 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Incline Machine Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Arnold Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

Barbell Incline Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Dumbbell Overhead Extension

3 x 10-15

DB



7 · TRICEPS · EXTENSION

Machine Triceps Extension

3 x 10-15

Machine



8 · CORE

Bicycle Crunch

3 x 12-20

Body

DAY 50

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Chest-Supported Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Pull-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST



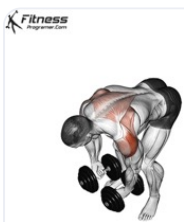
4 · UPPER BACK · TRAPS

Dumbbell Upright Row

4 x 12-20

DB

🔥 VOLUME-HUNGRY



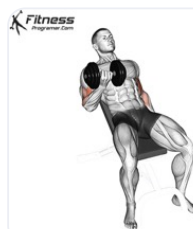
5 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 x 15-20

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Incline Dumbbell Curl

3 x 10-15

DB



7 · BICEPS · CABLE/ROPE

Preacher Curl

3 x 10-15

Machine



8 · CORE

Russian Twist

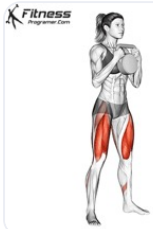
3 x 12-20

Body

DAY 51

Legs

Quads · Hams · Glutes



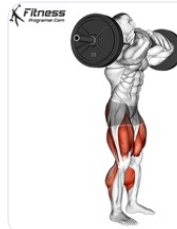
1 · QUADS · SQUAT

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Front Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



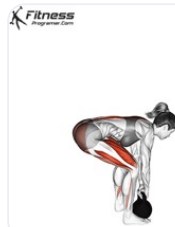
3 · HAMSTRINGS · HINGE

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



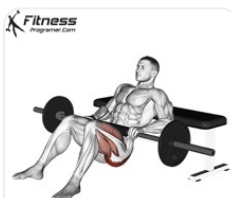
4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME



5 · GLUTES

Single-Leg Hip Thrust

3 x 10-15

Barbell

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 x 12-20

Body

DAY 52

Push

Chest · Delts · Triceps

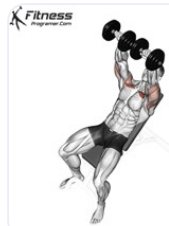


1 · CHEST · INCLINE
**Cable Crossover
(High→Low)**

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

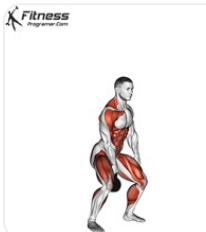


2 · CHEST · PRESS
Incline Dumbbell Press

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**

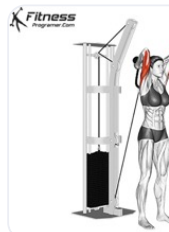


5 · CHEST · FLY
Incline Machine Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN
Rope Overhead Extension

3 × 10–15

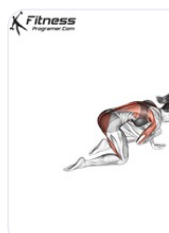
Rope



7 · TRICEPS · EXTENSION
Single-Arm Pushdown

3 × 10–15

Cable



8 · CORE
Bird Dog

3 × 12–20

Body