

60-DAY PROGRAM

Push / Pull

4 days/week · Mon Tue Thu Fri — Jul 20 to Sep 17, 2026

A two-day rotation: Push days, and Pull days with legs folded in. Simple structure, easy to run 4–6 days a week.

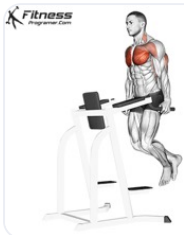
MON Push	TUE Pull + Legs	THU Push	FRI Pull + Legs	REST Wed · Sat · Sun
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- ✓ **Weights:** pick a load you can lift for the listed reps with 1–2 clean reps left in the tank. Warm up 5 min + 1 light set of the first lift.
- ✓ **Double progression:** add 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

Chest Dip

3-4 × 8-12

Body

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Machine Shoulder Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



4 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



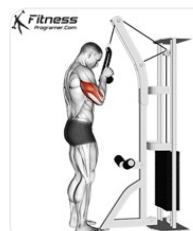
5 · CHEST · FLY

Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST

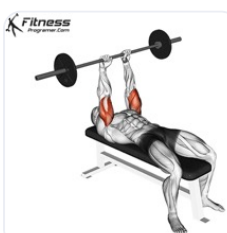


6 · TRICEPS · PUSHDOWN

Rope Pushdown

3 × 10-15

Rope



7 · TRICEPS · EXTENSION

Skull Crusher

3 × 10-15

Barbell



8 · CORE

Cable Rope Crunch

3 × 12-20

Rope

DAY 2

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



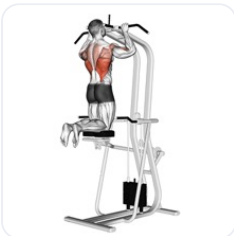
2 · ROW · HEAVY

Chest-Supported Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · BACK · SECOND

Assisted Pull-Up

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



4 · BICEPS

Reverse Curl

3 × 10–15

Barbell



5 · QUADS

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



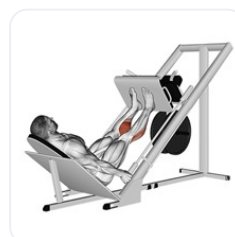
7 · GLUTES

Cable Pull Through

3 × 10–15

Cable

🏋️ LOAD-FIRST



8 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

DAY 3

Push

Chest · Delts · Triceps

Fitness
Program Card



1 · CHEST · INCLINE

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · CHEST · PRESS

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



3 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Card



5 · CHEST · FLY

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Program Card



6 · TRICEPS · PUSHDOWN

Machine Triceps Extension

3 × 10–15

Machine

Fitness
Program Card



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10–15

Body

Fitness
Program Card



8 · CORE

Lying Leg Raise

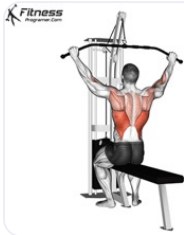
3 × 12–20

Body

DAY 4

Pull + Legs

Back · Biceps · Legs folded in



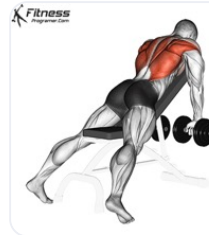
1 · BACK · PULLDOWN

Wide-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



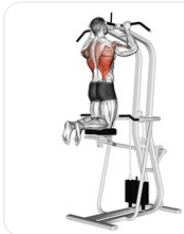
2 · ROW · HEAVY

Chest-Supported Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST



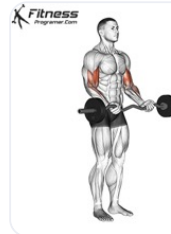
3 · BACK · SECOND

Assisted Pull-Up

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

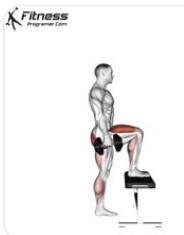


4 · BICEPS

EZ-Bar Curl

3 x 10-15

Barbell



5 · QUADS

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME



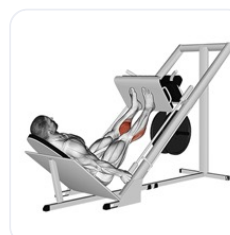
7 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST



8 · CALVES

Leg Press Calf Raise

4 x 12-20

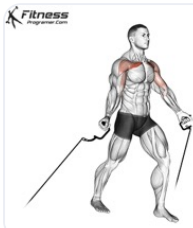
Machine

🔥 VOLUME-HUNGRY

DAY 5

Push

Chest · Delts · Triceps



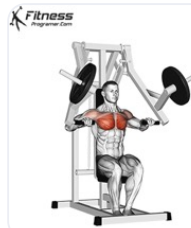
1 · CHEST · INCLINE

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Machine Chest Press

3–4 × 8–12

Machine

🏋️ 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



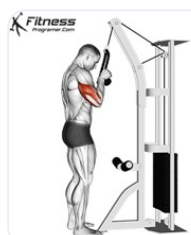
5 · CHEST · FLY

Dumbbell Pullover

3–4 × 8–12

DB

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Rope Pushdown

3 × 10–15

Rope



7 · TRICEPS · EXTENSION

Single-Arm Pushdown

3 × 10–15

Cable



8 · CORE

Dead Bug

3 × 12–20

Body

DAY 6

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · ROW · HEAVY

T-Bar Row

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



3 · BACK · SECOND

Neutral-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

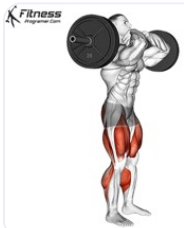


4 · BICEPS

Barbell Curl

3 x 10-15

Barbell



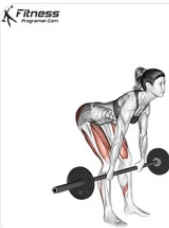
5 · QUADS

Front Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



7 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST



8 · CALVES

Seated Calf Raise

4 x 12-20

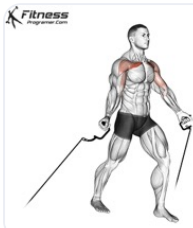
Machine

🔥 VOLUME-HUNGRY

DAY 7

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Arnold Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



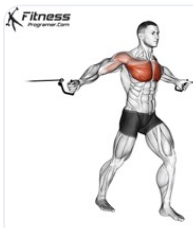
4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



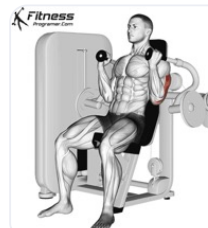
5 · CHEST · FLY

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Machine Triceps Extension

3 × 10–15

Machine



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10–15

Body



8 · CORE

Cable Woodchopper

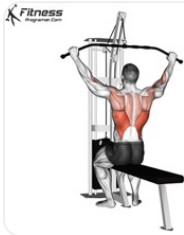
3 × 12–20

Cable

DAY 8

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Machine Row

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



3 · BACK · SECOND

Close-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

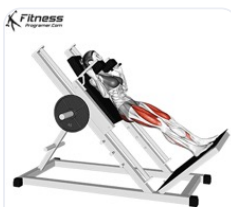


4 · BICEPS

Concentration Curl

3 x 10-15

DB



5 · QUADS

Hack Squat

3 x 8-12

Machine

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Barbell Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



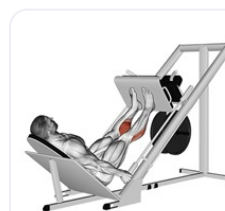
7 · GLUTES

Kettlebell Swing

3 x 10-15

KB

🏋️ LOAD-FIRST



8 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 9

Push

Chest · Delts · Triceps

Fitness
Program Card



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · CHEST · PRESS

Dumbbell Pullover

3-4 × 8-12

DB

🏋️ 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

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card



6 · TRICEPS · PUSHDOWN

Dumbbell Kickback

3 × 10-15

DB

Fitness
Program Card



7 · TRICEPS · EXTENSION

V-Bar Pushdown

3 × 10-15

Cable

Fitness
Program Card



8 · CORE

Bird Dog

3 × 12-20

Body

DAY 10

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Close-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Bent-Over Barbell Row

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



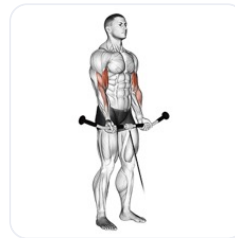
3 · BACK · SECOND

Lat Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



4 · BICEPS

Cable Curl

3 x 10-15

Cable



5 · QUADS

Barbell Back Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Lying Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME



7 · GLUTES

Frog Pump

3 x 10-15

Body

🏋️ LOAD-FIRST



8 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

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

Chest Dip

3-4 × 8-12

Body

🏋️ LOAD-FIRST

Fitness
Programmer Cam



3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Cam



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer Cam



5 · CHEST · FLY

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Cam



6 · TRICEPS · PUSHDOWN

Straight-Bar Pushdown

3 × 10-15

Cable

Fitness
Programmer Cam



7 · TRICEPS · EXTENSION

Rope Overhead Extension

3 × 10-15

Rope

Fitness
Programmer Cam



8 · CORE

Bicycle Crunch

3 × 12-20

Body

DAY 12

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Close-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Wide-Grip Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · SECOND

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST



4 · BICEPS

EZ-Bar Curl

3 x 10-15

Barbell



5 · QUADS

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Single-Leg RDL

3-4 x 8-12

DB

🔥 HEAVY + VOLUME



7 · GLUTES

Cable Pull Through

3 x 10-15

Cable

🏋️ LOAD-FIRST



8 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

DAY 13

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Incline Dumbbell Fly

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Dumbbell Shoulder Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

Chest Dip

3-4 × 8-12

Body

🏋️ LOAD-FIRST

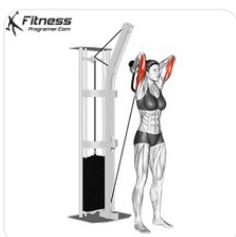


6 · TRICEPS · PUSHDOWN

Dumbbell Overhead Extension

3 × 10-15

DB



7 · TRICEPS · EXTENSION

Rope Overhead Extension

3 × 10-15

Rope



8 · CORE

Bird Dog

3 × 12-20

Body

DAY 14

Pull + Legs

Back · Biceps · Legs folded in

Fitness



1 · BACK · PULLDOWN

Pull-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



2 · ROW · HEAVY

One-Arm Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



3 · BACK · SECOND

Wide-Grip Pulldown

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



4 · BICEPS

Concentration Curl

3 x 10-15

DB

Fitness



5 · QUADS

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST

Fitness



6 · HAMSTRINGS

Dumbbell Romanian Deadlift

3-4 x 8-12

DB

🔥 HEAVY + VOLUME

Fitness



7 · GLUTES

Cable Glute Kickback

3 x 10-15

Cable

🏋️ LOAD-FIRST

Fitness



8 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 15

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ 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

Machine Lateral Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



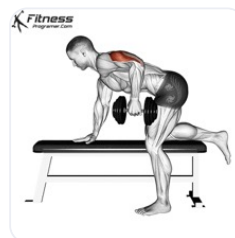
5 · CHEST · FLY

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Dumbbell Kickback

3 × 10–15

DB



7 · TRICEPS · EXTENSION

Rope Overhead Extension

3 × 10–15

Rope



8 · CORE

Russian Twist

3 × 12–20

Body

DAY 16

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Bent-Over Barbell Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



3 · BACK · SECOND

Pull-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST

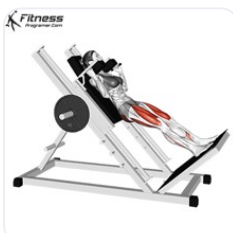


4 · BICEPS

Rope Hammer Curl

3 × 10–15

Rope



5 · QUADS

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



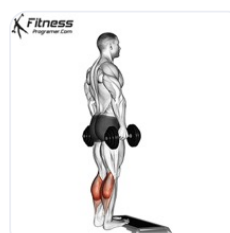
7 · GLUTES

Frog Pump

3 × 10–15

Body

🏋️ LOAD-FIRST



8 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

DAY 17

Monday, Aug 17, 2026 · Week 5 · Push / Pull

Push

Chest · Delts · Triceps

⚡ DELOAD

–1 set · ~70% load · RIR 3+

 Fitness
Programmer Cam



1 · CHEST · INCLINE

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

 Fitness
Programmer Cam



2 · CHEST · PRESS

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

 Fitness
Programmer Cam



3 · SHOULDERS · PRESS

Dumbbell Front Raise

3–4 × 8–12

DB

🏋️ LOAD-FIRST

 Fitness
Programmer Cam



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

 Fitness
Programmer Cam



5 · CHEST · FLY

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

 Fitness
Programmer Cam



6 · TRICEPS · PUSHDOWN

Straight-Bar Pushdown

3 × 10–15

Cable

 Fitness
Programmer Cam



7 · TRICEPS · EXTENSION

Dumbbell Overhead Extension

3 × 10–15

DB

 Fitness
Programmer Cam



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 18

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

Pull + Legs

Back · Biceps · Legs folded in

⚡ DELOAD

–1 set · ~70% load · RIR 3+

Fitness



1 · BACK · PULLDOWN

Chin-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST

Fitness



2 · ROW · HEAVY

T-Bar Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST

Fitness



3 · BACK · SECOND

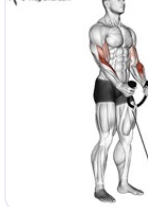
Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness



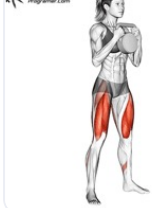
4 · BICEPS

Rope Hammer Curl

3 × 10–15

Rope

Fitness



5 · QUADS

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness



6 · HAMSTRINGS

Barbell Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME

Fitness



7 · GLUTES

Kettlebell Swing

3 × 10–15

KB

🏋️ LOAD-FIRST

Fitness



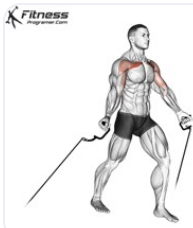
8 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



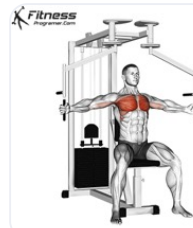
1 · CHEST · INCLINE

Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



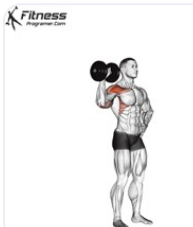
2 · CHEST · PRESS

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



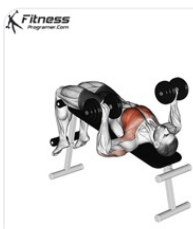
4 · SIDE DELTS

Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



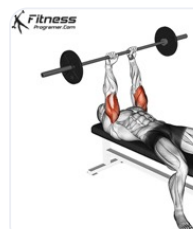
5 · CHEST · FLY

Decline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Skull Crusher

3 × 10-15

Barbell



7 · TRICEPS · EXTENSION

Dumbbell Overhead Extension

3 × 10-15

DB



8 · CORE

Plank

3 × 12-20

Body

Pull + Legs

Back · Biceps · Legs folded in

⚡ DELOAD

-1 set · ~70% load · RIR 3+

Fitness
Program Editor

1 · BACK · PULLDOWN

Pull-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor

3 · BACK · SECOND

Neutral-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · BICEPS

Cable Curl

3 × 10-15

Cable

Fitness
Program Editor

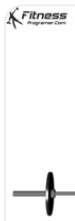
5 · QUADS

Leg Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Program Editor

6 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Program Editor

7 · GLUTES

Glute Bridge

3 × 10-15

Body

🏋️ LOAD-FIRST

Fitness
Program Editor

8 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



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

Dumbbell Shoulder Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

Decline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Rope Pushdown

3 × 10-15

Rope



7 · TRICEPS · EXTENSION

Skull Crusher

3 × 10-15

Barbell



8 · CORE

Dumbbell Side Bend

3 × 12-20

DB

DAY 22

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · BACK · SECOND

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



4 · BICEPS

Reverse Curl

3 × 10–15

Barbell



5 · QUADS

Dumbbell Reverse Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



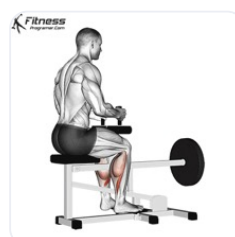
7 · GLUTES

Bulgarian Split Squat

3 × 10–15

DB

🏋️ LOAD-FIRST



8 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

DAY 23

Push

Chest · Delts · Triceps

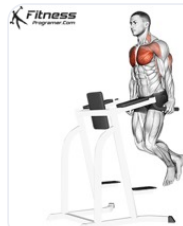


1 · CHEST · INCLINE
**Cable Crossover
(High→Low)**

3-4 × 8-12

Cable

🏋️ **LOAD-FIRST**



2 · CHEST · PRESS
Chest Dip

3-4 × 8-12

Body

🏋️ **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**

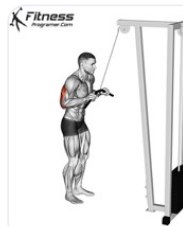


5 · CHEST · FLY
Flat Dumbbell Press

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN
Straight-Bar Pushdown

3 × 10-15

Cable



7 · TRICEPS · EXTENSION
Rope Pushdown

3 × 10-15

Rope



8 · CORE
Cable Rope Crunch

3 × 12-20

Rope

DAY 24

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



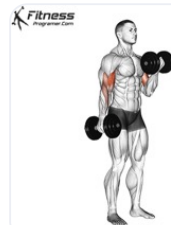
3 · BACK · SECOND

Single-Arm Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



4 · BICEPS

Dumbbell Curl

3 × 10-15

DB



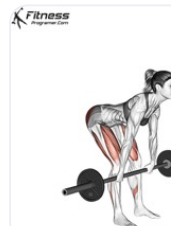
5 · QUADS

Hack Squat

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



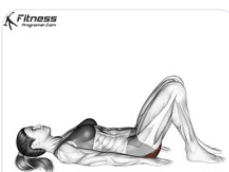
6 · HAMSTRINGS

Barbell RDL

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME



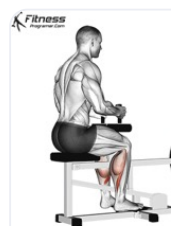
7 · GLUTES

Glute Bridge

3 × 10-15

Body

🏋️ LOAD-FIRST



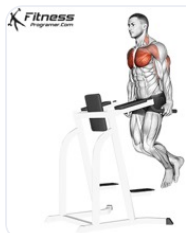
8 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



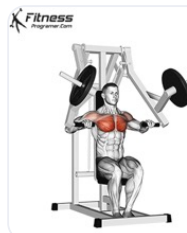
1 · CHEST · INCLINE

Chest Dip

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**



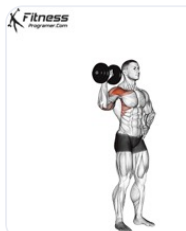
2 · CHEST · PRESS

Machine Chest Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



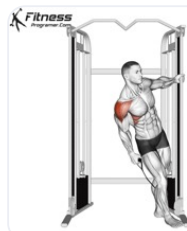
3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



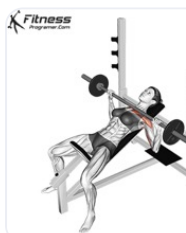
4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 **VOLUME-HUNGRY**



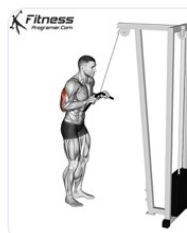
5 · CHEST · FLY

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN

Straight-Bar Pushdown

3 × 10–15

Cable



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10–15

Body



8 · CORE

Cable Pallof Press

3 × 12–20

Cable



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



2 · ROW · HEAVY

One-Arm Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · BACK · SECOND

Lat Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

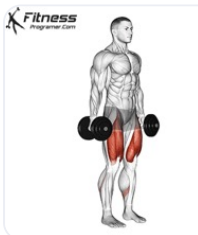


4 · BICEPS

Barbell Curl

3 × 10–15

Barbell



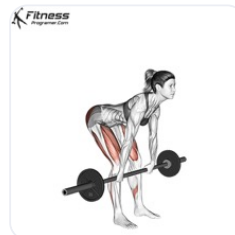
5 · QUADS

Dumbbell Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Barbell RDL

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



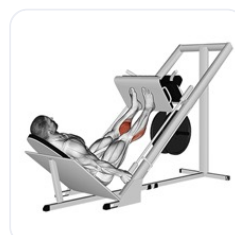
7 · GLUTES

Single-Leg Hip Thrust

3 × 10–15

Barbell

🏋️ LOAD-FIRST



8 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

DAY 27

Push

Chest · Delts · Triceps

Fitness
Program Card



1 · CHEST · INCLINE

Decline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · CHEST · PRESS

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card



3 · SHOULDERS · PRESS

Arnold Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



4 · SIDE DELTS

Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Program Card



5 · CHEST · FLY

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



6 · TRICEPS · PUSHDOWN

Dumbbell Overhead Extension

3 × 10-15

DB

Fitness
Program Card



7 · TRICEPS · EXTENSION

Dumbbell Kickback

3 × 10-15

DB

Fitness
Program Card



8 · CORE

Russian Twist

3 × 12-20

Body

DAY 28

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Single-Arm Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST



3 · BACK · SECOND

Rope Straight-Arm Pulldown

3-4 x 8-12

Rope

🏋️ LOAD-FIRST

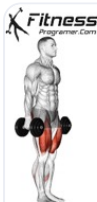


4 · BICEPS

Barbell Curl

3 x 10-15

Barbell



5 · QUADS

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Single-Leg RDL

3-4 x 8-12

DB

🔥 HEAVY + VOLUME



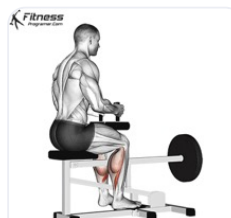
7 · GLUTES

Hip Abduction Machine

3 x 10-15

Machine

🏋️ LOAD-FIRST



8 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



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

3-4 × 8-12

Cable

🏋️ **LOAD-FIRST**



2 · CHEST · PRESS
Incline Dumbbell Fly

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**



3 · SHOULDERS · PRESS
Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ **LOAD-FIRST**



4 · SIDE DELTS
Machine Lateral Raise

4 × 12-20

Machine

🔥 **VOLUME-HUNGRY**



5 · CHEST · FLY
Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN
Close-Grip Bench Press

3 × 10-15

Barbell



7 · TRICEPS · EXTENSION
Skull Crusher

3 × 10-15

Barbell



8 · CORE
Turkish Get-Up

3 × 12-20

KB

DAY 30

Pull + Legs

Back · Biceps · Legs folded in



1 · BACK · PULLDOWN

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Bent-Over Barbell Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



3 · BACK · SECOND

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

DB



5 · QUADS

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST



6 · HAMSTRINGS

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



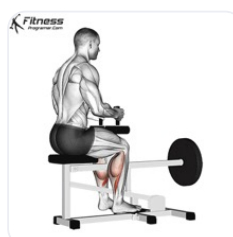
7 · GLUTES

Cable Pull Through

3 × 10–15

Cable

🏋️ LOAD-FIRST



8 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

DAY 31

Push

Chest · Delts · Triceps



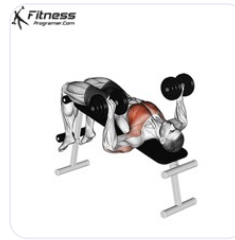
1 · CHEST · INCLINE

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

Dumbbell Front Raise

3-4 × 8-12

DB

🏋️ 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

Dumbbell Kickback

3 × 10-15

DB



7 · TRICEPS · EXTENSION

Bench Dips

3 × 10-15

Body



8 · CORE

Plank

3 × 12-20

Body



1 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



2 · ROW · HEAVY

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · BACK · SECOND

Lat Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

DB



5 · QUADS

Dumbbell Step-Up

3–4 × 8–12

DB

🏋️ LOAD-FIRST



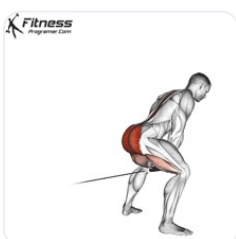
6 · HAMSTRINGS

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



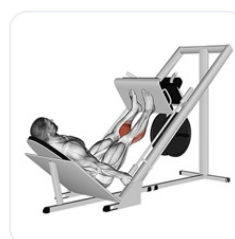
7 · GLUTES

Cable Pull Through

3 × 10–15

Cable

🏋️ LOAD-FIRST



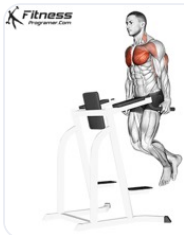
8 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



1 · CHEST · INCLINE

Chest Dip

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**



2 · CHEST · PRESS

Dumbbell Pullover

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



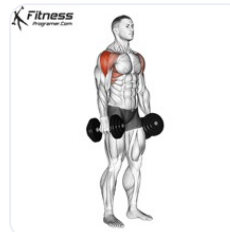
3 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



4 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

🔥 **VOLUME-HUNGRY**



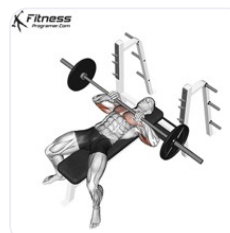
5 · CHEST · FLY

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN

Close-Grip Bench Press

3 × 10–15

Barbell



7 · TRICEPS · EXTENSION

Straight-Bar Pushdown

3 × 10–15

Cable



8 · CORE

Cable Woodchopper

3 × 12–20

Cable

DAY 34

Pull + Legs

Back · Biceps · Legs folded in

Fitness



1 · BACK · PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



2 · ROW · HEAVY

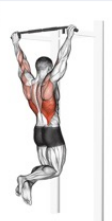
Single-Arm Cable Row

3-4 x 8-12

Cable

🏋️ LOAD-FIRST

Fitness



3 · BACK · SECOND

Pull-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness



4 · BICEPS

Dumbbell Hammer Curl

3 x 10-15

DB

Fitness



5 · QUADS

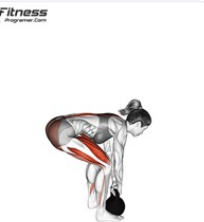
Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST

Fitness



6 · HAMSTRINGS

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME

Fitness



7 · GLUTES

Single-Leg Hip Thrust

3 x 10-15

Barbell

🏋️ LOAD-FIRST

Fitness



8 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 35

Push

Chest · Delts · Triceps

Fitness
Program Card



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · CHEST · PRESS

Incline Dumbbell Fly

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



3 · SHOULDERS · PRESS

Arnold Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



4 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Program Card



5 · CHEST · FLY

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card



6 · TRICEPS · PUSHDOWN

Dumbbell Kickback

3 × 10-15

DB

Fitness
Program Card



7 · TRICEPS · EXTENSION

Dumbbell Overhead Extension

3 × 10-15

DB

Fitness
Program Card



8 · CORE

Cable Rope Crunch

3 × 12-20

Rope