

60-DAY PROGRAM

Upper / Lower

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

Alternating upper-body and lower-body days. A great balance of frequency and recovery — heavily used by natural bodybuilders and powerbuilders.

MON Upper	TUE Lower	THU Upper	FRI Lower	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

Upper

Whole upper body

 Fitness



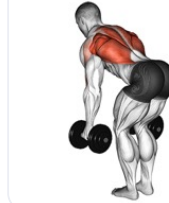
1 · CHEST

Incline Dumbbell Press

3–4 × 8–12

DB

 LOAD-FIRST



2 · BACK · ROW

Bent-Over Dumbbell Row

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness



3 · BACK · PULLDOWN

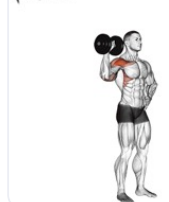
Pull-Up

3–4 × 8–12

Body

 LOAD-FIRST

 Fitness



4 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

 VOLUME-HUNGRY

 Fitness



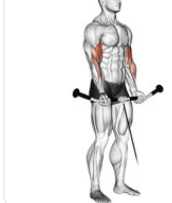
6 · TRICEPS

Dumbbell Overhead Extension

3 × 10–15

DB

 Fitness



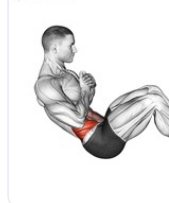
7 · BICEPS

Cable Curl

3 × 10–15

Cable

 Fitness



8 · CORE

Russian Twist

3 × 12–20

Body

DAY 2

Lower

Quads · Hams · Glutes

Fitness
Program Card



1 · QUADS · SQUAT

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · QUADS · MACHINE

Bulgarian Split Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME

Fitness
Program Card



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME

Fitness
Program Card



5 · GLUTES

Kettlebell Swing

3 × 10–15

KB

🏋️ LOAD-FIRST

Fitness
Program Card



6 · QUADS · EXTENSION

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Program Card



7 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness
Program Card



8 · CORE

Russian Twist

3 × 12–20

Body

DAY 3

Upper

Whole upper body

Fitness
Program Editor



1 · CHEST

Dumbbell Pullover

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



2 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Program Editor



3 · BACK · PULLDOWN

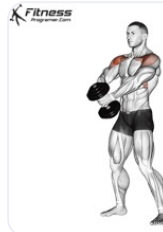
Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST

Fitness
Program Editor



4 · SHOULDERS · PRESS

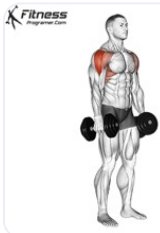
Dumbbell Front Raise

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Editor



5 · SIDE DELTS

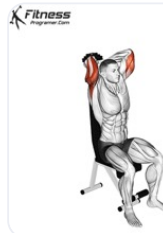
Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Editor



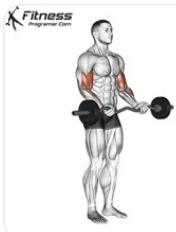
6 · TRICEPS

Dumbbell Overhead Extension

3 × 10–15

DB

Fitness
Program Editor



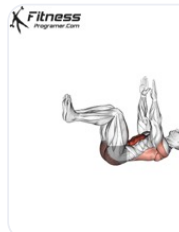
7 · BICEPS

EZ-Bar Curl

3 × 10–15

Barbell

Fitness
Program Editor



8 · CORE

Dead Bug

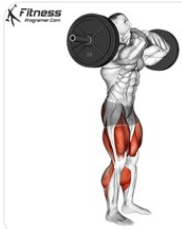
3 × 12–20

Body

DAY 4

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Front Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Reverse Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



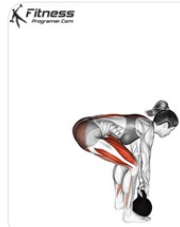
3 · HAMSTRINGS · HINGE

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



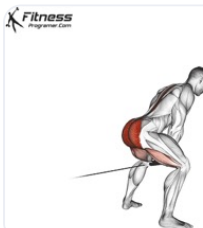
4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME



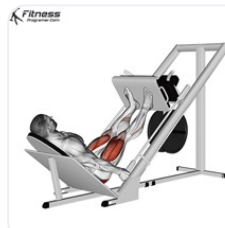
5 · GLUTES

Cable Pull Through

3 × 10–15

Cable

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



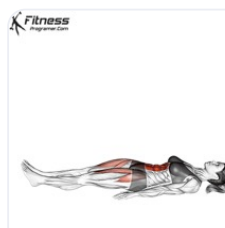
7 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Lying Leg Raise

3 × 12–20

Body

DAY 5

Upper

Whole upper body



1 · CHEST

Cable Crossover (High→Low)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



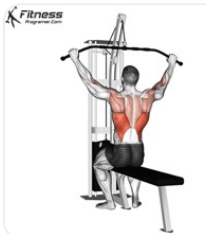
2 · BACK · ROW

Seated Cable Row

3-4 × 8-12

Cable

🏋️ 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

Dumbbell Kickback

3 × 10-15

DB



7 · BICEPS

Barbell Curl

3 × 10-15

Barbell



8 · CORE

Cable Woodchopper

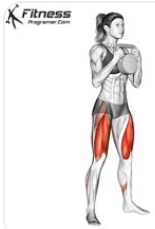
3 × 12-20

Cable

DAY 6

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST



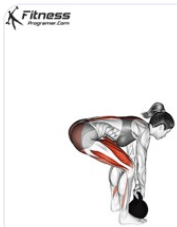
2 · QUADS · MACHINE

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST



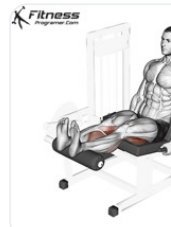
3 · HAMSTRINGS · HINGE

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Seated Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME



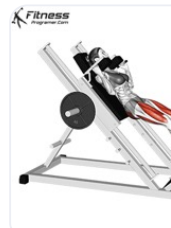
5 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST



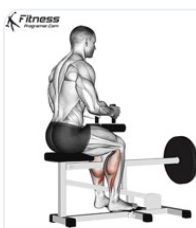
6 · QUADS · EXTENSION

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



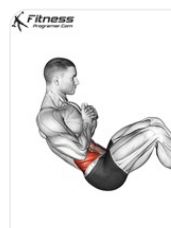
7 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Russian Twist

3 x 12-20

Body

DAY 7

Upper

Whole upper body

Fitness
Programs.com



1 · CHEST

Incline Machine Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Programs.com



2 · BACK · ROW

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Programs.com



3 · BACK · PULLDOWN

Chin-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST

Fitness
Programs.com



4 · SHOULDERS · PRESS

Arnold Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

Fitness
Programs.com



6 · TRICEPS

Dumbbell Kickback

3 × 10–15

DB

Fitness
Programs.com



7 · BICEPS

Incline Dumbbell Curl

3 × 10–15

DB

Fitness
Programs.com



8 · CORE

Cable Rope Crunch

3 × 12–20

Rope

DAY 8

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



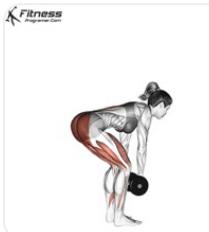
2 · QUADS · MACHINE

Dumbbell Step-Up

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Nordic Curl

3–4 × 8–12

Body

🔥 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

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Cable Woodchopper

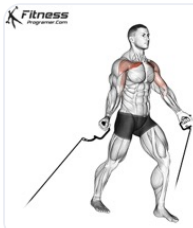
3 × 12–20

Cable

DAY 9

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



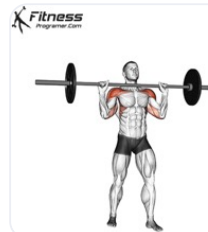
3 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



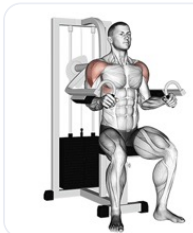
4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



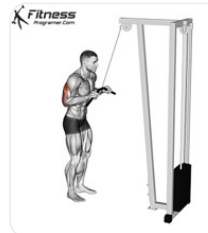
5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



6 · TRICEPS

Straight-Bar Pushdown

3 × 10–15

Cable



7 · BICEPS

Reverse Curl

3 × 10–15

Barbell



8 · CORE

Plank

3 × 12–20

Body

DAY 10

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



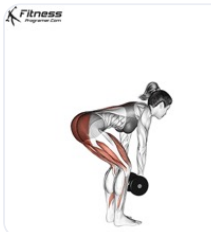
2 · QUADS · MACHINE

Bulgarian Split Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell RDL

3–4 × 8–12

Barbell

🔥 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

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 × 12–20

Body

DAY 11

Upper

Whole upper body

Fitness
Program.com



1 · CHEST

Machine Chest Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program.com



2 · BACK · ROW

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program.com



3 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program.com



4 · SHOULDERS · PRESS

Kneeling Landmine Press

3–4 × 8–12

Barbell

🏋️ **LOAD-FIRST**

Fitness
Program.com



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 **VOLUME-HUNGRY**

Fitness
Program.com



6 · TRICEPS

Straight-Bar Pushdown

3 × 10–15

Cable

Fitness
Program.com



7 · BICEPS

Dumbbell Curl

3 × 10–15

DB

Fitness
Program.com



8 · CORE

Russian Twist

3 × 12–20

Body

DAY 12

Lower

Quads · Hams · Glutes

Fitness
Programs.com



1 · QUADS · SQUAT

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST

Fitness
Programs.com



2 · QUADS · MACHINE

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

Fitness
Programs.com



3 · HAMSTRINGS · HINGE

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME

Fitness
Programs.com



4 · HAMSTRINGS · CURL

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME

Fitness
Programs.com



5 · GLUTES

Single-Leg Hip Thrust

3 × 10–15

Barbell

🏋️ LOAD-FIRST

Fitness
Programs.com



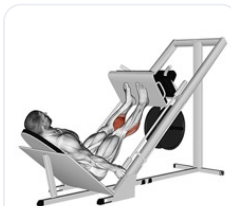
6 · QUADS · EXTENSION

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



7 · CALVES

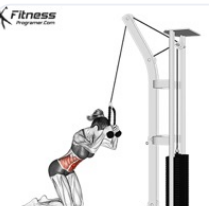
Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programs.com



8 · CORE

Cable Rope Crunch

3 × 12–20

Rope

DAY 13

Upper

Whole upper body



1 · CHEST

Dumbbell Pullover

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · BACK · ROW

Chest-Supported Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



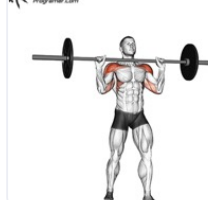
3 · BACK · PULLDOWN

Pull-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



4 · SHOULDERS · PRESS

Barbell Overhead Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



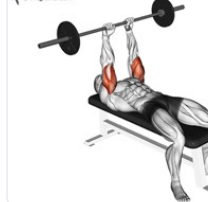
5 · SIDE DELTS

Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY



6 · TRICEPS

Skull Crusher

3 × 10-15

Barbell



7 · BICEPS

Concentration Curl

3 × 10-15

DB



8 · CORE

Kettlebell Windmill

3 × 12-20

KB

DAY 14

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Step-Up

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Barbell Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



5 · GLUTES

Single-Leg Hip Thrust

3 × 10–15

Barbell

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Bird Dog

3 × 12–20

Body

DAY 15

Upper

Whole upper body

Fitness
Proper form



1 · CHEST

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Proper form



2 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Proper form



3 · BACK · PULLDOWN

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Proper form



4 · SHOULDERS · PRESS

Kneeling Landmine Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST

Fitness
Proper form



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness
Proper form



6 · TRICEPS

V-Bar Pushdown

3 × 10–15

Cable

Fitness
Proper form



7 · BICEPS

EZ-Bar Curl

3 × 10–15

Barbell

Fitness
Proper form



8 · CORE

Lying Leg Raise

3 × 12–20

Body

DAY 16

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Leg Extension

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



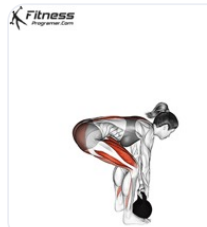
3 · HAMSTRINGS · HINGE

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3–4 × 8–12

KB

🔥 HEAVY + VOLUME



5 · GLUTES

Frog Pump

3 × 10–15

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Kettlebell Thruster

3–4 × 8–12

KB

🏋️ LOAD-FIRST



7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 × 12–20

Body

DAY 17

Monday, Aug 17, 2026 · Week 5 · Upper / Lower

Upper

Whole upper body

⚡ DELOAD

—1 set · ~70% load · RIR 3+

 Fitness



1 · CHEST

Machine Chest Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST

 Fitness



2 · BACK · ROW

Inverted Row

3–4 × 8–12

Body

🏋️ LOAD-FIRST

 Fitness



3 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

 Fitness



4 · SHOULDERS · PRESS

Kettlebell Clean & Press

3–4 × 8–12

KB

🏋️ LOAD-FIRST

 Fitness



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

 Fitness



6 · TRICEPS

Dumbbell Kickback

3 × 10–15

DB

 Fitness



7 · BICEPS

Incline Dumbbell Curl

3 × 10–15

DB

 Fitness



8 · CORE

Bird Dog

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 · Upper / Lower

Lower

Quads · Hams · Glutes

⚡ DELOAD

–1 set · ~70% load · RIR 3+



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

Barbell Deadlift

3–4 × 8–12

Barbell

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



5 · GLUTES

Cable Pull Through

3 × 10–15

Cable

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Front Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Bicycle Crunch

3 × 12–20

Body



1 · CHEST

Decline Dumbbell Press

3–4 × 8–12

DB

🐛 LOAD-FIRST



2 · BACK · ROW

Machine Row

3–4 × 8–12

Machine

🐛 LOAD-FIRST



3 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🐛 LOAD-FIRST



4 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

Machine

🐛 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

Reverse Curl

3 × 10–15

Barbell



8 · CORE

Kettlebell Windmill

3 × 12–20

KB



1 · QUADS · SQUAT

Smith Machine Squat

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Step-Up

3-4 × 8-12

DB

🏋️ LOAD-FIRST



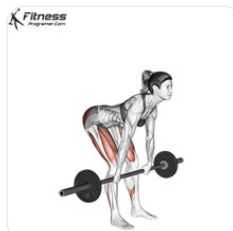
3 · HAMSTRINGS · HINGE

Seated Leg Curl

3-4 × 8-12

Machine

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell RDL

3-4 × 8-12

Barbell

🔥 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



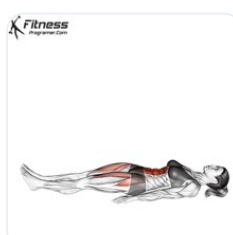
7 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Lying Leg Raise

3 × 12-20

Body

DAY 21

Upper

Whole upper body

 Fitness
Program.com



1 · CHEST

Decline Dumbbell Press

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness
Program.com



2 · BACK · ROW

Bent-Over Barbell Row

3–4 × 8–12

Barbell

 LOAD-FIRST

 Fitness
Program.com



3 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

 LOAD-FIRST

 Fitness
Program.com



4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

Barbell

 LOAD-FIRST

 Fitness
Program.com



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

 VOLUME-HUNGRY

 Fitness
Program.com



6 · TRICEPS

Dumbbell Kickback

3 × 10–15

DB

 Fitness
Program.com



7 · BICEPS

Concentration Curl

3 × 10–15

DB

 Fitness
Program.com



8 · CORE

Plank

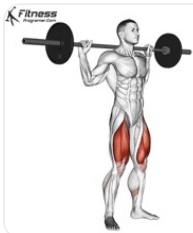
3 × 12–20

Body

DAY 22

Lower

Quads · Hams · Glutes



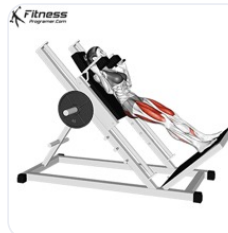
1 · QUADS · SQUAT

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



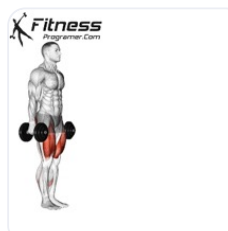
5 · GLUTES

Frog Pump

3 × 10–15

Body

🏋️ LOAD-FIRST



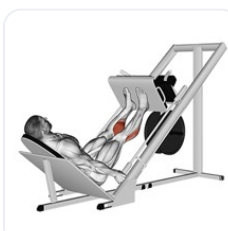
6 · QUADS · EXTENSION

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Kettlebell Windmill

3 × 12–20

KB

DAY 23

Upper

Whole upper body

Fitness
Programmer Core



1 · CHEST

Flat Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Core



2 · BACK · ROW

Bent-Over Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer Core



3 · BACK · PULLDOWN

Assisted Pull-Up

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Core



4 · SHOULDERS · PRESS

Machine Shoulder Press

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Core



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 x 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer Core



6 · TRICEPS

Close-Grip Bench Press

3 x 10-15

Barbell

Fitness
Programmer Core



7 · BICEPS

EZ-Bar Curl

3 x 10-15

Barbell

Fitness
Programmer Core



8 · CORE

Lying Leg Raise

3 x 12-20

Body

DAY 24

Lower

Quads · Hams · Glutes

Fitness
Programs.com



1 · QUADS · SQUAT

Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



2 · QUADS · MACHINE

Goblet Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



3 · HAMSTRINGS · HINGE

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME

Fitness
Programs.com



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programs.com



5 · GLUTES

Kettlebell Swing

3 x 10-15

KB

🏋️ LOAD-FIRST

Fitness
Programs.com



6 · QUADS · EXTENSION

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



7 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programs.com



8 · CORE

Cable Woodchopper

3 x 12-20

Cable



1 · CHEST

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



2 · BACK · ROW

Seated Cable Row

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



3 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



4 · SHOULDERS · PRESS

Kettlebell Clean & Press

3–4 × 8–12

KB

🏋️ **LOAD-FIRST**



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

🔥 **VOLUME-HUNGRY**



6 · TRICEPS

Single-Arm Pushdown

3 × 10–15

Cable



7 · BICEPS

Reverse Curl

3 × 10–15

Barbell



8 · CORE

Ab Wheel Rollout

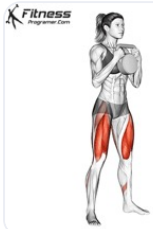
3 × 12–20

Body

DAY 26

Lower

Quads · Hams · Glutes



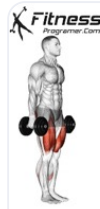
1 · QUADS · SQUAT

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Lunge

3–4 × 8–12

DB

🏋️ LOAD-FIRST



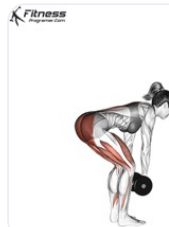
3 · HAMSTRINGS · HINGE

Nordic Curl

3–4 × 8–12

Body

🔥 HEAVY + VOLUME



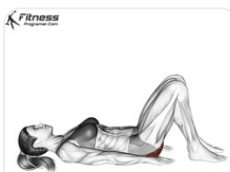
4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



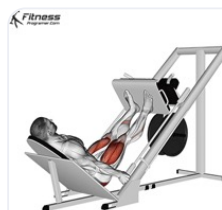
5 · GLUTES

Glute Bridge

3 × 10–15

Body

🏋️ LOAD-FIRST



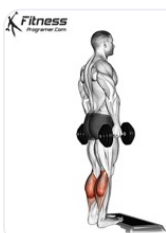
6 · QUADS · EXTENSION

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Bird Dog

3 × 12–20

Body

DAY 27

Upper

Whole upper body



1 · CHEST

Dumbbell Pullover

3-4 x 8-12

DB

🏋️ LOAD-FIRST



2 · BACK · ROW

Bent-Over Dumbbell Row

3-4 x 8-12

DB

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Chin-Up

3-4 x 8-12

Body

🏋️ LOAD-FIRST



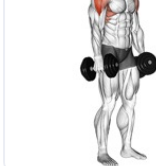
4 · SHOULDERS · PRESS

Kneeling Landmine Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST



5 · SIDE DELTS

Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

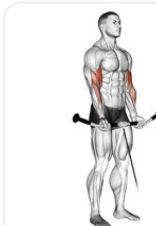


6 · TRICEPS

Dumbbell Kickback

3 x 10-15

DB



7 · BICEPS

Cable Curl

3 x 10-15

Cable



8 · CORE

Cable Woodchopper

3 x 12-20

Cable

DAY 28

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Bulgarian Split Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3–4 × 8–12

KB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Barbell 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



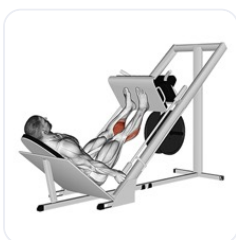
6 · QUADS · EXTENSION

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



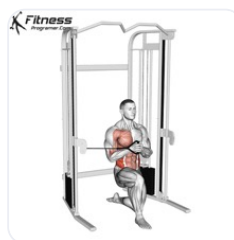
7 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Cable Pallof Press

3 × 12–20

Cable

DAY 29

Upper

Whole upper body



1 · CHEST

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Chest-Supported Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS · PRESS

Kettlebell Clean & Press

3–4 × 8–12

KB

🏋️ LOAD-FIRST



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY



6 · TRICEPS

Rope Pushdown

3 × 10–15

Rope



7 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

DB



8 · CORE

Bird Dog

3 × 12–20

Body



1 · QUADS · SQUAT

Leg Extension

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



2 · QUADS · MACHINE

Smith Machine Squat

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



3 · HAMSTRINGS · HINGE

Single-Leg RDL

3–4 × 8–12

DB

🔥 **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

Hack Squat

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



7 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 **VOLUME-HUNGRY**



8 · CORE

Bicycle Crunch

3 × 12–20

Body

DAY 31

Upper

Whole upper body



1 · CHEST

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



2 · BACK · ROW

Inverted Row

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**



3 · BACK · PULLDOWN

Wide-Grip Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



4 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**



5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

🔥 **VOLUME-HUNGRY**



6 · TRICEPS

Single-Arm Pushdown

3 × 10–15

Cable

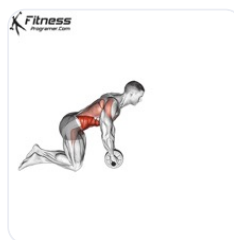


7 · BICEPS

Reverse Curl

3 × 10–15

Barbell



8 · CORE

Ab Wheel Rollout

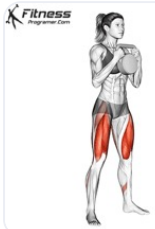
3 × 12–20

Body

DAY 32

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST



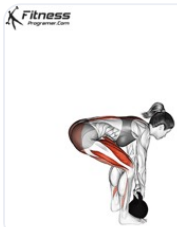
2 · QUADS · MACHINE

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

Seated Leg Curl

3-4 x 8-12

Machine

🔥 HEAVY + VOLUME



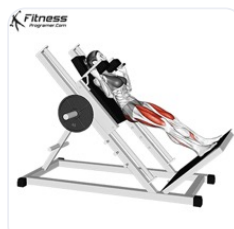
5 · GLUTES

Glute Bridge

3 x 10-15

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Hack Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



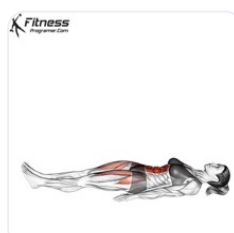
7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Lying Leg Raise

3 x 12-20

Body

DAY 33

Upper

Whole upper body

 Fitness



1 · CHEST

Flat Dumbbell Press

3-4 × 8-12

DB

 LOAD-FIRST

 Fitness



2 · BACK · ROW

Bent-Over Barbell Row

3-4 × 8-12

Barbell

 LOAD-FIRST

 Fitness



3 · BACK · PULLDOWN

Chin-Up

3-4 × 8-12

Body

 LOAD-FIRST

 Fitness



4 · SHOULDERS · PRESS

Arnold Press

3-4 × 8-12

DB

 LOAD-FIRST

 Fitness



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

DB

 VOLUME-HUNGRY

 Fitness



6 · TRICEPS

Close-Grip Bench Press

3 × 10-15

Barbell

 Fitness



7 · BICEPS

Rope Hammer Curl

3 × 10-15

Rope

 Fitness



8 · CORE

Ab Wheel Rollout

3 × 12-20

Body

DAY 34

Lower

Quads · Hams · Glutes



1 · QUADS · SQUAT

Leg Extension

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



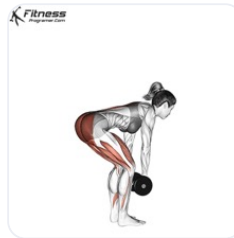
3 · HAMSTRINGS · HINGE

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



5 · GLUTES

Glute Bridge

3 × 10–15

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Front Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



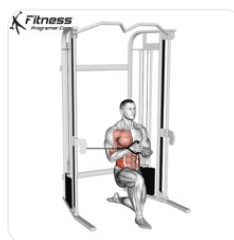
7 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



8 · CORE

Cable Pallof Press

3 × 12–20

Cable

DAY 35

Upper

Whole upper body

Fitness
Programmer.Com



1 · CHEST

Flat Dumbbell Press

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



2 · BACK · ROW

Inverted Row

3-4 x 8-12

Body

🏋️ LOAD-FIRST

Fitness
Programmer.Com



3 · BACK · PULLDOWN

Assisted Pull-Up

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.Com



4 · SHOULDERS · PRESS

Barbell Overhead Press

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.Com



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



6 · TRICEPS

Straight-Bar Pushdown

3 x 10-15

Cable

Fitness
Programmer.Com



7 · BICEPS

Incline Dumbbell Curl

3 x 10-15

DB

Fitness
Programmer.Com



8 · CORE

Dumbbell Side Bend

3 x 12-20

DB