

DAY 1

Push

Chest · Delts · Triceps



1 · CHEST · INCLINE Machine Chest Press

3-4 × 8-12 30 kg stack

Machine

LOAD-FIRST



2 · CHEST · PRESS Dumbbell Pullover

3-4 × 8-12 20 kg/hand

DB

LOAD-FIRST

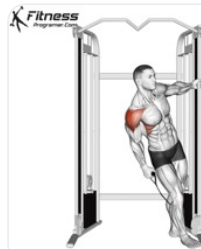


3 · SHOULDERS · PRESS Kneeling Landmine Press

3-4 × 8-12 ~30 kg

Barbell

LOAD-FIRST



4 · SIDE DELTS Leaning Cable Lateral Raise

4 × 12-20 7.5 kg Cable

VOLUME-HUNGRY

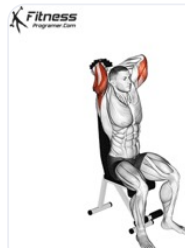


5 · CHEST · FLY Flat Dumbbell Press

3-4 × 8-12 20 kg/hand

DB

LOAD-FIRST



6 · TRICEPS · PUSHDOWN Dumbbell Overhead Extension

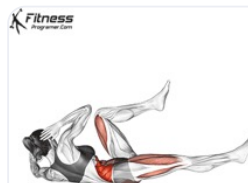
3 × 10-15 10-12.5 kg DB



7 · TRICEPS · EXTENSION V-Bar Pushdown

3 × 10-15 20 kg stack

Cable



8 · CORE Bicycle Crunch

3 × 12-20 bodyweight

Body

DAY 2

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

35 kg stack

Cable

🏆 LOAD-FIRST



2 · BACK · ROW

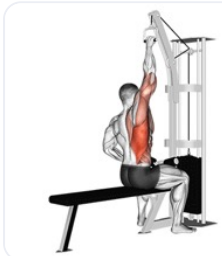
Inverted Row

3–4 × 8–12

bodyweight

Body

🏆 LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Single-Arm Pulldown

3–4 × 8–12

35 kg stack

Cable

🏆 LOAD-FIRST



4 · UPPER BACK · TRAPS

Rope High Row

4 × 12–20

15–20 kg stack

Rope

🔥 VOLUME-HUNGRY



5 · REAR DELTS

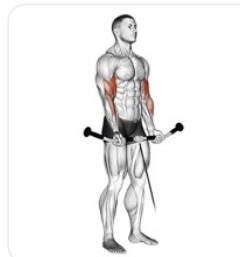
Rope Face Pull

4 × 15–20

10–15 kg stack

Rope

🔥 VOLUME-HUNGRY



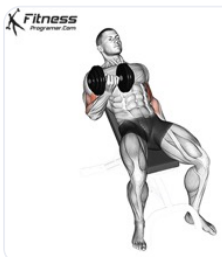
6 · BICEPS · DUMBBELL

Cable Curl

3 × 10–15

15–20 kg stack

Cable



7 · BICEPS · CABLE/ROPE

Incline Dumbbell Curl

3 × 10–15

12.5 kg/hand

DB



8 · CORE

Plank

3 × 12–20

bodyweight

Body

DAY 3

Legs

Quads · Hams · Glutes

Fitness
Programmer.Com



1 · QUADS · SQUAT

Dumbbell Squat

3-4 x 8-12

22.5 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3-4 x 8-12

KB 20 kg

KB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3-4 x 8-12

2x20 kg

DB

🔥 HEAVY + VOLUME

Fitness
Programmer.Com



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3-4 x 8-12

~40 kg

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer.Com



5 · GLUTES

Kettlebell Swing

3 x 10-15

KB 20 kg

KB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



6 · QUADS · EXTENSION

Dumbbell Lunge

3-4 x 8-12

22.5 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



7 · CALVES

Seated Calf Raise

4 x 12-20

15-20 kg

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



8 · CORE

Bird Dog

3 x 12-20

bodyweight

Body

Progression: add reps weekly → top of range on ALL sets → add weight (+2.5 kg / 1 pin), restart at bottom · lagging muscle after months → add a set, not weight · Tempo: ~2 s down, controlled, drive up

DAY 4

Upper

Whole upper body

Fitness
Programmer.com

1 · CHEST

Incline Dumbbell Fly

3–4 × 8–12

20 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com

2 · BACK · ROW

Bent-Over Barbell Row

3–4 × 8–12

~40 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com

3 · BACK · PULLDOWN

Wide-Grip Pulldown

3–4 × 8–12

35 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com

4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

~30 kg

Barbell

🏋️ LOAD-FIRST



5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

7.5 kg

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.com

6 · TRICEPS

Machine Triceps Extension

3 × 10–15

20 kg stack

Machine

Fitness
Programmer.com

7 · BICEPS

EZ-Bar Curl

3 × 10–15

~25 kg

Barbell

Fitness
Programmer.com

8 · CORE

Bird Dog

3 × 12–20

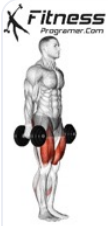
bodyweight

Body

DAY 5

Lower (Hinge)

Quads · Hams · Glutes



1 · QUADS · SQUAT

Dumbbell Lunge

3–4 × 8–12

22.5 kg

DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Bulgarian Split Squat

3–4 × 8–12

22.5 kg

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Kettlebell Deadlift

3–4 × 8–12

KB 20 kg

KB

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

3–4 × 8–12

2×20 kg

DB

🔥 HEAVY + VOLUME



5 · GLUTES

Frog Pump

3 × 10–15

bodyweight

Body

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

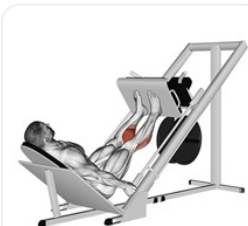
Smith Machine Squat

3–4 × 8–12

~30 kg

Machine

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 × 12–20

15–20 kg

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Dead Bug

3 × 12–20

bodyweight

Body

DAY 6

Push

Chest · Delts · Triceps

Fitness
Programmer Cam

1 · CHEST · INCLINE

Dumbbell Pullover

3–4 × 8–12

20 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Cam

2 · CHEST · PRESS

Incline Machine Press

3–4 × 8–12

30 kg stack

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Cam

3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

15 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Cam

4 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

7.5 kg

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer Cam

5 · CHEST · FLY

Incline Dumbbell Press

3–4 × 8–12

20 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Cam

6 · TRICEPS · PUSHDOWN

Straight-Bar Pushdown

3 × 10–15

20 kg stack

Cable

Fitness
Programmer Cam

7 · TRICEPS · EXTENSION

Bench Dips

3 × 10–15

bodyweight

Body

Fitness
Programmer Cam

8 · CORE

Turkish Get-Up

3 × 12–20

KB 20 kg

KB

DAY 7

Pull

Back · Rear Delts · Biceps

Fitness
Programmer.com



1 · BACK · PULLDOWN

Lat Pulldown

3–4 × 8–12

35 kg stack

Cable

🏆 LOAD-FIRST

Fitness
Programmer.com



2 · BACK · ROW

T-Bar Row

3–4 × 8–12

~40 kg

Barbell

🏆 LOAD-FIRST

Fitness
Programmer.com



3 · BACK · WIDE PULLDOWN

Pull-Up

3–4 × 8–12

assist as needed

Body

🏆 LOAD-FIRST



4 · UPPER BACK · TRAPS

Dumbbell Upright Row

4 × 12–20

22.5 kg/hand

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



5 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15–20

7.5 kg/hand

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



6 · BICEPS · DUMBBELL

Dumbbell Hammer Curl

3 × 10–15

12.5 kg/hand

DB

Fitness
Programmer.com



7 · BICEPS · CABLE/ROPE

Barbell Curl

3 × 10–15

~25 kg

Barbell

Fitness
Programmer.com



8 · CORE

Cable Rope Crunch

3 × 12–20

15–20 kg stack

Rope

DAY 8

Legs

Quads · Hams · Glutes

Fitness
Programmer.com



1 · QUADS · SQUAT

Leg Press

3–4 × 8–12

70 kg

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · QUADS · MACHINE

Dumbbell Squat

3–4 × 8–12

22.5 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3–4 × 8–12

2×20 kg

DB

🔥 HEAVY + VOLUME

Fitness
Programmer.com



4 · HAMSTRINGS · CURL

Seated Leg Curl

3–4 × 8–12

25 kg stack

Machine

🔥 HEAVY + VOLUME

Fitness
Programmer.com



5 · GLUTES

Cable Pull Through

3 × 10–15

10–15 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com



6 · QUADS · EXTENSION

Hack Squat

3–4 × 8–12

~30 kg

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



7 · CALVES

Dumbbell Calf Raise

4 × 12–20

15–20 kg

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



8 · CORE

Ab Wheel Rollout

3 × 12–20

bodyweight

Body

DAY 9

Upper

Whole upper body

Fitness
Programmer Card

1 · CHEST

Low Cable Fly
(Low→High)

3–4 × 8–12

10–15 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Card

2 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

35 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Card

3 · BACK · PULLDOWN

Lat Pulldown

3–4 × 8–12

35 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Card

4 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

30 kg stack

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Card

5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

7.5 kg

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Card

6 · TRICEPS

Close-Grip Bench Press

3 × 10–15

~20 kg EZ

Barbell

Fitness
Programmer Card

7 · BICEPS

Concentration Curl

3 × 10–15

12.5 kg/hand

DB

Fitness
Programmer Card

8 · CORE

Dead Bug

3 × 12–20

bodyweight

Body

DAY 10**Full Body**

A bit of everything

Fitness
Programmer.Com

1 · LEGS · SQUAT

Bulgarian Split Squat

3-4 × 8-12

22.5 kg

DB



LOAD-FIRST

Fitness
Programmer.Com

2 · CHEST

Incline Machine Press

3-4 × 8-12

30 kg stack

Machine



LOAD-FIRST

Fitness
Programmer.Com

3 · BACK · ROW

Seated Cable Row

3-4 × 8-12

35 kg stack

Cable



LOAD-FIRST

Fitness
Programmer.Com

4 · SHOULDERS

Barbell Overhead Press

3-4 × 8-12

~30 kg

Barbell



LOAD-FIRST

Fitness
Programmer.Com

5 · HAMSTRINGS

Dumbbell Romanian Deadlift

3-4 × 8-12

2x20 kg

DB



HEAVY + VOLUME

Fitness
Programmer.Com

6 · BICEPS

Incline Dumbbell Curl

3 × 10-15

12.5 kg/hand

DB

Fitness
Programmer.Com

7 · TRICEPS

Skull Crusher

3 × 10-15

~20 kg EZ

Barbell

Fitness
Programmer.Com

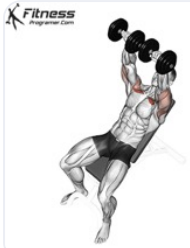
8 · CORE

Bicycle Crunch

3 × 12-20

bodyweight

Body

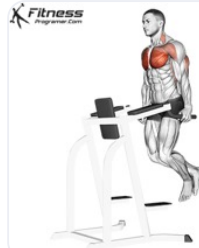


1 · CHEST · INCLINE
Incline Dumbbell Press

3-4 × 8-12 20 kg/hand

DB

🏋️ **LOAD-FIRST**



2 · CHEST · PRESS
Chest Dip

3-4 × 8-12 bodyweight

Body

🏋️ **LOAD-FIRST**

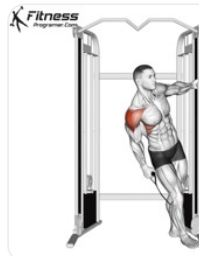


3 · SHOULDERS · PRESS
Barbell Overhead Press

3-4 × 8-12 ~30 kg

Barbell

🏋️ **LOAD-FIRST**



4 · SIDE DELTS
Leaning Cable Lateral Raise

4 × 12-20 7.5 kg Cable

🔥 **VOLUME-HUNGRY**



5 · CHEST · FLY
Barbell Incline Press

3-4 × 8-12 ~40 kg

Barbell

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN
Bench Dips

3 × 10-15 bodyweight

Body



7 · TRICEPS · EXTENSION
Machine Triceps Extension

3 × 10-15 20 kg stack

Machine



8 · CORE
Bird Dog

3 × 12-20 bodyweight

Body

DAY 12

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN Close-Grip Pulldown

3-4 × 8-12 35 kg stack

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW One-Arm Dumbbell Row

3-4 × 8-12 22.5 kg DB

🏋️ LOAD-FIRST

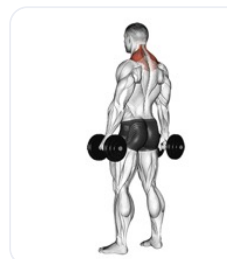


3 · BACK · WIDE PULLDOWN Rope Straight-Arm Pulldown

3-4 × 8-12 35 kg stack

Rope

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS Dumbbell Shrug

4 × 12-20 22.5 kg/hand

DB

🔥 VOLUME-HUNGRY

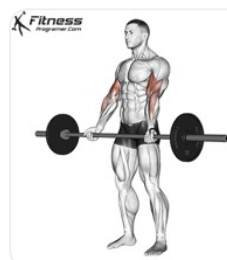


5 · REAR DELTS Reverse Pec Deck

4 × 15-20 10-15 kg stack

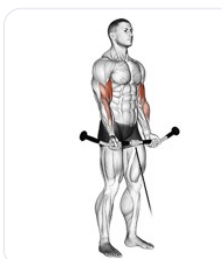
Machine

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL Barbell Curl

3 × 10-15 ~25 kg Barbell



7 · BICEPS · CABLE/ROPE Cable Curl

3 × 10-15 15-20 kg stack

Cable



8 · CORE Hanging Leg Raise

3 × 12-20 bodyweight

Body

DAY 13

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Barbell Back Squat

3-4 x 8-12

~40 kg

Barbell

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Step-Up

3-4 x 8-12

22.5 kg

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Stiff-Leg Deadlift

3-4 x 8-12

~40 kg

Barbell

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

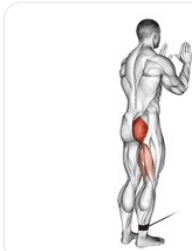
Kettlebell Deadlift

3-4 x 8-12

KB 20 kg

KB

🔥 HEAVY + VOLUME



5 · GLUTES

Cable Glute Kickback

3 x 10-15

10-15 kg stack

Cable

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Goblet Squat

3-4 x 8-12

22.5 kg

DB

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 x 12-20

15-20 kg

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Cable Pallof Press

3 x 12-20

15-20 kg stack

Cable

DAY 14

Upper

Whole upper body

Fitness
Programmer Cam

1 · CHEST

Chest Dip

3–4 × 8–12

bodyweight

Body

🏋️ LOAD-FIRST

Fitness
Programmer Cam

2 · BACK · ROW

Seated Cable Row

3–4 × 8–12

35 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Cam

3 · BACK · PULLDOWN

Chin-Up

3–4 × 8–12

assist as needed

Body

🏋️ LOAD-FIRST

Fitness
Programmer Cam

4 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3–4 × 8–12

15 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Cam

5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

7.5 kg

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Cam

6 · TRICEPS

Dumbbell Overhead Extension

3 × 10–15

10–12.5 kg

DB

Fitness
Programmer Cam

7 · BICEPS

Barbell Curl

3 × 10–15

~25 kg

Barbell

Fitness
Programmer Cam

8 · CORE

Lying Leg Raise

3 × 12–20

bodyweight

Body

DAY 15

Arms & Back

Back · Biceps · Triceps

Fitness
Programmer Cam

1 · BACK · PULLDOWN

Wide-Grip Pulldown

3–4 × 8–12

35 kg stack

Cable

🏆 LOAD-FIRST

Fitness
Programmer Cam

2 · BACK · ROW

T-Bar Row

3–4 × 8–12

~40 kg

Barbell

🏆 LOAD-FIRST

Fitness
Programmer Cam

3 · BICEPS · HEAVY

Incline Dumbbell Curl

3 × 10–15

12.5 kg/hand

DB

Fitness
Programmer Cam

4 · TRICEPS · HEAVY

V-Bar Pushdown

3 × 10–15

20 kg stack

Cable

Fitness
Programmer Cam

5 · REAR DELTS

Incline Bench Rear Fly

4 × 15–20

7.5 kg/hand

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Cam

6 · BICEPS · VOLUME

Barbell Curl

3 × 10–15

~25 kg

Barbell

Fitness
Programmer Cam

7 · TRICEPS · VOLUME

Dumbbell Kickback

3 × 10–15

10–12.5 kg

DB

Fitness
Programmer Cam

8 · CORE

Ab Wheel Rollout

3 × 12–20

bodyweight

Body

DAY 16

Push

Chest · Delts · Triceps

Fitness
Programmer Corp



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 × 8-12

20 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Corp



2 · CHEST · PRESS

Pec Deck Fly

3-4 × 8-12

10-15 kg stack

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Corp



3 · SHOULDERS · PRESS

Dumbbell Shoulder Press

3-4 × 8-12

15 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Corp



4 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12-20

7.5 kg

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer Corp



5 · CHEST · FLY

Barbell Incline Press

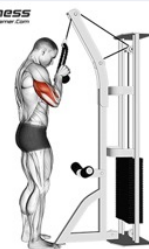
3-4 × 8-12

~40 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer Corp



6 · TRICEPS · PUSHDOWN

Rope Pushdown

3 × 10-15

20 kg stack

Rope

Fitness
Programmer Corp



7 · TRICEPS · EXTENSION

Single-Arm Pushdown

3 × 10-15

20 kg stack

Cable

Fitness
Programmer Corp



8 · CORE

Ab Wheel Rollout

3 × 12-20

bodyweight

Body

DAY 17

Pull

Back · Rear Delts · Biceps



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 × 8-12

35 kg stack

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Wide-Grip Cable Row

3-4 × 8-12

35 kg stack

Cable

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Rope Straight-Arm Pulldown

3-4 × 8-12

35 kg stack

Rope

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Rope High Row

4 × 12-20

15-20 kg stack

Rope

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Incline Bench Rear Fly

4 × 15-20

7.5 kg/hand

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Incline Dumbbell Curl

3 × 10-15

12.5 kg/hand

DB



7 · BICEPS · CABLE/ROPE

Cable Curl

3 × 10-15

15-20 kg stack

Cable



8 · CORE

Turkish Get-Up

3 × 12-20

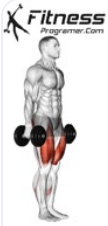
KB 20 kg

KB

DAY 18

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT

Dumbbell Lunge

3-4 x 8-12

22.5 kg

DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Bulgarian Split Squat

3-4 x 8-12

22.5 kg

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Nordic Curl

3-4 x 8-12

bodyweight

Body

🔥 HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Kettlebell Deadlift

3-4 x 8-12

KB 20 kg

KB

🔥 HEAVY + VOLUME



5 · GLUTES

Hip Abduction Machine

3 x 10-15

10-15 kg stack

Machine

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

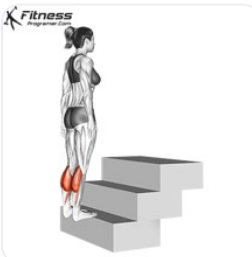
Kettlebell Thruster

3-4 x 8-12

KB 20 kg

KB

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 x 12-20

15-20 kg

Machine

🔥 VOLUME-HUNGRY



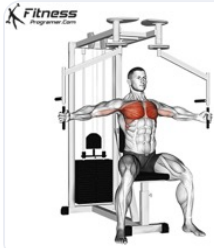
8 · CORE

Cable Pallof Press

3 x 12-20

15-20 kg stack

Cable



1 · CHEST

Pec Deck Fly

3–4 × 8–12

10–15 kg stack

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Wide-Grip Cable Row

3–4 × 8–12

35 kg stack

Cable

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Assisted Pull-Up

3–4 × 8–12

35 kg stack

Machine

🏋️ LOAD-FIRST



4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

~30 kg

Barbell

🏋️ LOAD-FIRST



5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

7.5 kg

Machine

🔥 VOLUME-HUNGRY



6 · TRICEPS

Close-Grip Bench Press

3 × 10–15

~20 kg EZ

Barbell



7 · BICEPS

Cable Curl

3 × 10–15

15–20 kg stack

Cable



8 · CORE

Hanging Leg Raise

3 × 12–20

bodyweight

Body



1 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

30 kg stack

Machine

LOAD-FIRST



2 · SIDE DELTS

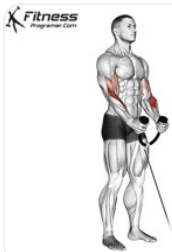
Cable Lateral Raise

4 × 12–20

7.5 kg

Cable

VOLUME-HUNGRY



3 · BICEPS · HEAVY

Rope Hammer Curl

3 × 10–15

15–20 kg stack

Rope



4 · TRICEPS · HEAVY

Close-Grip Bench Press

3 × 10–15

~20 kg EZ

Barbell



5 · REAR DELTS

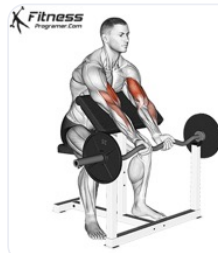
Reverse Pec Deck

4 × 15–20

10–15 kg stack

Machine

VOLUME-HUNGRY



6 · BICEPS · VOLUME

Preacher Curl

3 × 10–15

15–20 kg stack

Machine



7 · TRICEPS · VOLUME

Dumbbell Kickback

3 × 10–15

10–12.5 kg

DB



8 · CORE

Lying Leg Raise

3 × 12–20

bodyweight

Body

Fitness
Programmer Cam

1 · CHEST · INCLINE

Flat Dumbbell Press

3-4 × 8-12

20 kg/hand

DB

LOAD-FIRST

Fitness
Programmer Cam

2 · CHEST · PRESS

Low Cable Fly
(Low→High)

3-4 × 8-12

10-15 kg stack

Cable

LOAD-FIRST

Fitness
Programmer Cam

3 · SHOULDERS · PRESS

Barbell Overhead Press

3-4 × 8-12

~30 kg

Barbell

LOAD-FIRST

Fitness
Programmer Cam

4 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

7.5 kg

DB

VOLUME-HUNGRY

Fitness
Programmer Cam

5 · CHEST · FLY

Incline Machine Press

3-4 × 8-12

30 kg stack

Machine

LOAD-FIRST

Fitness
Programmer Cam

6 · TRICEPS · PUSHDOWN

Single-Arm Pushdown

3 × 10-15

20 kg stack

Cable

Fitness
Programmer Cam

7 · TRICEPS · EXTENSION

Dumbbell Kickback

3 × 10-15

10-12.5 kg

DB

Fitness
Programmer Cam

8 · CORE

Turkish Get-Up

3 × 12-20

KB 20 kg

KB



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

35 kg stack

Rope

🏋️ **LOAD-FIRST**



2 · BACK · ROW

Inverted Row

3–4 × 8–12

bodyweight

Body

🏋️ **LOAD-FIRST**



3 · BACK · WIDE PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

35 kg stack

Cable

🏋️ **LOAD-FIRST**



4 · UPPER BACK · TRAPS

Dumbbell Shrug

4 × 12–20

22.5 kg/hand

DB

🔥 **VOLUME-HUNGRY**



5 · REAR DELTS

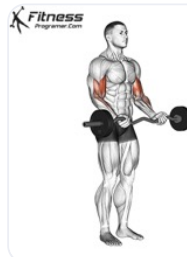
Incline Bench Rear Fly

4 × 15–20

7.5 kg/hand

DB

🔥 **VOLUME-HUNGRY**



6 · BICEPS · DUMBBELL

EZ-Bar Curl

3 × 10–15

~25 kg

Barbell



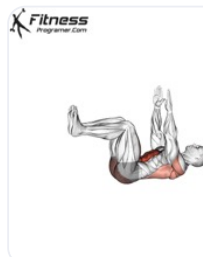
7 · BICEPS · CABLE/ROPE

Preacher Curl

3 × 10–15

15–20 kg stack

Machine



8 · CORE

Dead Bug

3 × 12–20

bodyweight

Body



1 · QUADS · SQUAT

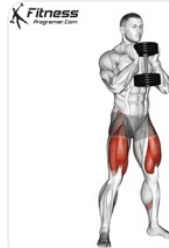
Leg Extension

3–4 × 8–12

30 kg stack

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Goblet Squat

3–4 × 8–12

25 kg

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

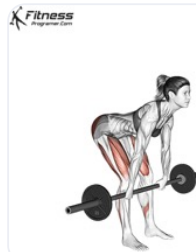
Nordic Curl

3–4 × 8–12

bodyweight

Body

🏋️ HEAVY + VOLUME



4 · HAMSTRINGS · CURL

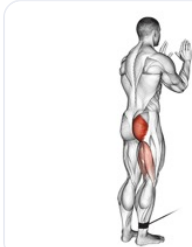
Barbell RDL

3–4 × 8–12

~45 kg

Barbell

🏋️ HEAVY + VOLUME



5 · GLUTES

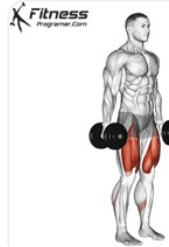
Cable Glute Kickback

3 × 10–15

15 kg stack

Cable

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

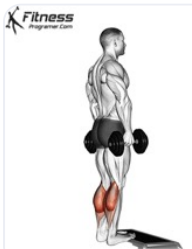
Dumbbell Squat

3–4 × 8–12

25 kg

DB

🏋️ LOAD-FIRST



7 · CALVES

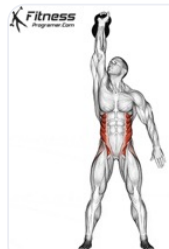
Dumbbell Calf Raise

4 × 12–20

20–25 kg

DB

🔥 VOLUME-HUNGRY



8 · CORE

Kettlebell Windmill

3 × 12–20

KB 20 kg · +reps

KB

Fitness
Programmer.com

1 · CHEST

Dumbbell Pullover

3–4 × 8–12

22.5 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com

2 · BACK · ROW

Bent-Over Barbell Row

3–4 × 8–12

~45 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com

3 · BACK · PULLDOWN

Lat Pulldown

3–4 × 8–12

40 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com

4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

~32.5 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com

5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

7.5–10 kg

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer.com

6 · TRICEPS

Skull Crusher

3 × 10–15

~22.5 kg EZ

Barbell

Fitness
Programmer.com

7 · BICEPS

Reverse Curl

3 × 10–15

~27.5 kg

Barbell

Fitness
Programmer.com

8 · CORE

Hanging Leg Raise

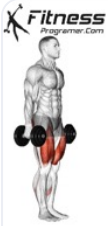
3 × 12–20

bodyweight

Body

Lower (Hinge)

Quads · Hams · Glutes



1 · QUADS · SQUAT

Dumbbell Lunge

3–4 × 8–12

25 kg

DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Step-Up

3–4 × 8–12

25 kg

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Lying Leg Curl

3–4 × 8–12

30 kg stack

Machine

🏋️ HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

3–4 × 8–12

2×22.5 kg

DB

🏋️ HEAVY + VOLUME



5 · GLUTES

Kettlebell Swing

3 × 10–15

KB 20 kg · +reps

KB

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Bulgarian Split Squat

3–4 × 8–12

25 kg

DB

🏋️ LOAD-FIRST



7 · CALVES

Dumbbell Calf Raise

4 × 12–20

20–25 kg

DB

🔥 VOLUME-HUNGRY



8 · CORE

Lying Leg Raise

3 × 12–20

bodyweight

Body



1 · CHEST · INCLINE

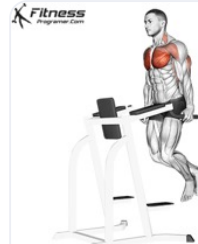
**Cable Crossover
(High→Low)**

3-4 × 8-12

15 kg stack

Cable

🏋️ LOAD-FIRST



2 · CHEST · PRESS

Chest Dip

3-4 × 8-12

bodyweight

Body

🏋️ LOAD-FIRST



3 · SHOULDERS · PRESS

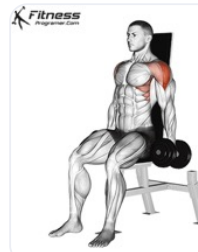
Dumbbell Front Raise

3-4 × 8-12

17.5 kg/hand

DB

🏋️ LOAD-FIRST



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

7.5-10 kg

DB

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

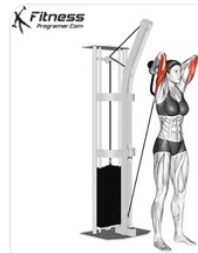
Barbell Incline Press

3-4 × 8-12

~45 kg

Barbell

🏋️ LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Rope Overhead Extension

3 × 10-15

22.5 kg stack

Rope



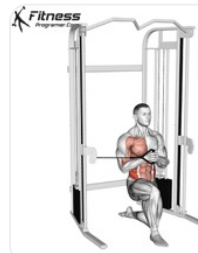
7 · TRICEPS · EXTENSION

Straight-Bar Pushdown

3 × 10-15

22.5 kg stack

Cable



8 · CORE

Cable Pallof Press

3 × 12-20

20-25 kg stack

Cable



1 · BACK · PULLDOWN

Assisted Pull-Up

3–4 × 8–12

40 kg stack

Machine

🏋️ **LOAD-FIRST**



2 · BACK · ROW

Chest-Supported Dumbbell Row

3–4 × 8–12

25 kg

DB

🏋️ **LOAD-FIRST**



3 · BACK · WIDE PULLDOWN

Lat Pulldown

3–4 × 8–12

40 kg stack

Cable

🏋️ **LOAD-FIRST**



4 · UPPER BACK · TRAPS

Cable Shrug

4 × 12–20

20–25 kg stack

Cable

🔥 **VOLUME-HUNGRY**



5 · REAR DELTS

Incline Bench Rear Fly

4 × 15–20

7.5–10 kg/hand

DB

🔥 **VOLUME-HUNGRY**



6 · BICEPS · DUMBBELL

Rope Hammer Curl

3 × 10–15

20 kg stack

Rope



7 · BICEPS · CABLE/ROPE

Cable Curl

3 × 10–15

20 kg stack

Cable



8 · CORE

Dead Bug

3 × 12–20

bodyweight

Body



1 · QUADS · SQUAT

Leg Extension

3-4 x 8-12

30 kg stack

Machine

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Dumbbell Lunge

3-4 x 8-12

25 kg

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Barbell Deadlift

3-4 x 8-12

~45 kg

Barbell

🏋️ HEAVY + VOLUME



4 · HAMSTRINGS · CURL

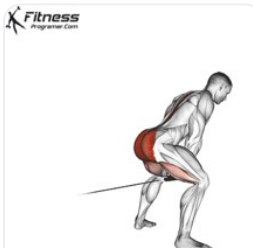
Lying Leg Curl

3-4 x 8-12

30 kg stack

Machine

🏋️ HEAVY + VOLUME



5 · GLUTES

Cable Pull Through

3 x 10-15

15 kg stack

Cable

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

Barbell Back Squat

3-4 x 8-12

~45 kg

Barbell

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 x 12-20

20-25 kg

Machine

🔥 VOLUME-HUNGRY



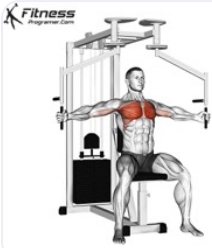
8 · CORE

Plank

3 x 12-20

bodyweight

Body



1 · CHEST

Pec Deck Fly

3-4 × 8-12

15 kg stack

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

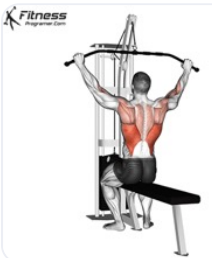
Seated Cable Row

3-4 × 8-12

40 kg stack

Cable

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Lat Pulldown

3-4 × 8-12

40 kg stack

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS · PRESS

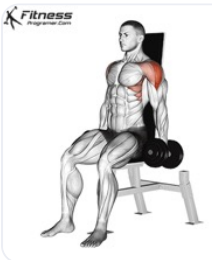
Dumbbell Front Raise

3-4 × 8-12

17.5 kg/hand

DB

🏋️ LOAD-FIRST



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

7.5-10 kg

DB

🔥 VOLUME-HUNGRY



6 · TRICEPS

Bench Dips

3 × 10-15

bodyweight

Body



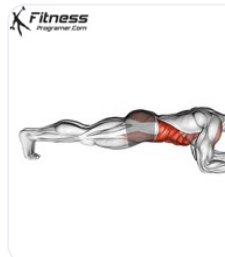
7 · BICEPS

Incline Dumbbell Curl

3 × 10-15

12.5-15 kg/hand

DB



8 · CORE

Plank

3 × 12-20

bodyweight

Body

Fitness
Programmer.com

1 · LEGS · SQUAT

Dumbbell Squat

3-4 × 8-12

25 kg

DB



LOAD-FIRST

Fitness
Programmer.com

2 · CHEST

Incline Dumbbell Fly

3-4 × 8-12

22.5 kg/hand

DB



LOAD-FIRST



3 · BACK · ROW

Bent-Over Dumbbell Row

3-4 × 8-12

25 kg

DB



LOAD-FIRST

Fitness
Programmer.com

4 · SHOULDERS

Barbell Overhead Press

3-4 × 8-12

~32.5 kg

Barbell



LOAD-FIRST

Fitness
Programmer.com

5 · HAMSTRINGS

Stiff-Leg Deadlift

3-4 × 8-12

~45 kg

Barbell



HEAVY + VOLUME

Fitness
Programmer.com

6 · BICEPS

Dumbbell Curl

3 × 10-15

12.5-15 kg/hand

DB

Fitness
Programmer.com

7 · TRICEPS

Rope Overhead Extension

3 × 10-15

22.5 kg stack

Rope

Fitness
Programmer.com

8 · CORE

Cable Rope Crunch

3 × 12-20

20-25 kg stack

Rope

Fitness
Program Card

1 · CHEST · INCLINE

Flat Dumbbell Press

3–4 × 8–12

22.5 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Program Card

2 · CHEST · PRESS

Low Cable Fly
(Low→High)

3–4 × 8–12

15 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Program Card

3 · SHOULDERS · PRESS

Arnold Press

3–4 × 8–12

17.5 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Program Card

4 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

7.5–10 kg

Machine

🔥 VOLUME-HUNGRY

Fitness
Program Card

5 · CHEST · FLY

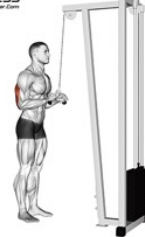
Cable Crossover
(High→Low)

3–4 × 8–12

15 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Program Card

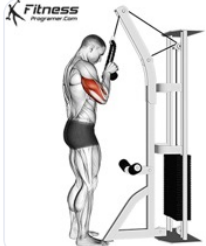
6 · TRICEPS · PUSHDOWN

V-Bar Pushdown

3 × 10–15

22.5 kg stack

Cable

Fitness
Program Card

7 · TRICEPS · EXTENSION

Rope Pushdown

3 × 10–15

22.5 kg stack

Rope

Fitness
Program Card

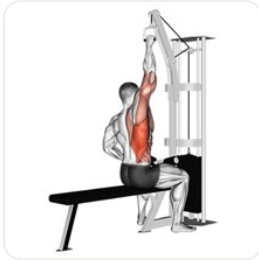
8 · CORE

Lying Leg Raise

3 × 12–20

bodyweight

Body

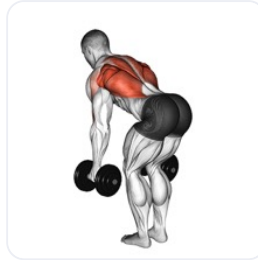


1 · BACK · PULLDOWN
Single-Arm Pulldown

3–4 × 8–12 40 kg stack

Cable

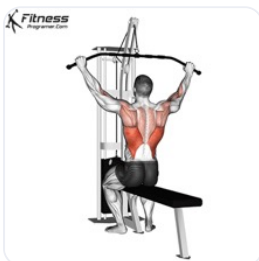
🏋️ LOAD-FIRST



2 · BACK · ROW
Bent-Over Dumbbell Row

3–4 × 8–12 25 kg DB

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN
Wide-Grip Pulldown

3–4 × 8–12 40 kg stack

Cable

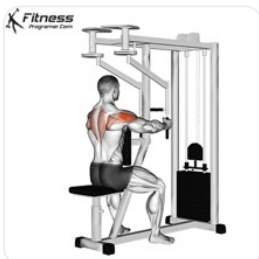
🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS
Barbell Shrug

4 × 12–20 ~45 kg Barbell

🔥 VOLUME-HUNGRY



5 · REAR DELTS
Reverse Pec Deck

4 × 15–20 15 kg stack

Machine

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL
Preacher Curl

3 × 10–15 20 kg stack

Machine



7 · BICEPS · CABLE/ROPE
Concentration Curl

3 × 10–15 12.5–15 kg/hand

DB



8 · CORE
Lying Leg Raise

3 × 12–20 bodyweight

Body

DAY 33

Legs

Quads · Hams · Glutes

Fitness
Programmer.Com



1 · QUADS · SQUAT

Goblet Squat

3-4 x 8-12

25 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



2 · QUADS · MACHINE

Dumbbell Lunge

3-4 x 8-12

25 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



3 · HAMSTRINGS · HINGE

Kettlebell Deadlift

3-4 x 8-12

KB 20 kg · +reps

KB

🏋️ HEAVY + VOLUME

Fitness
Programmer.Com



4 · HAMSTRINGS · CURL

Dumbbell Romanian Deadlift

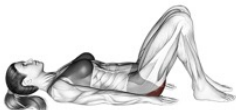
3-4 x 8-12

2x22.5 kg

DB

🏋️ HEAVY + VOLUME

Fitness
Programmer.Com



5 · GLUTES

Glute Bridge

3 x 10-15

bodyweight

Body

🏋️ LOAD-FIRST

Fitness
Programmer.Com



6 · QUADS · EXTENSION

Barbell Back Squat

3-4 x 8-12

~45 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.Com



7 · CALVES

Dumbbell Calf Raise

4 x 12-20

20-25 kg

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



8 · CORE

Cable Pallof Press

3 x 12-20

20-25 kg stack

Cable

DAY 34

Upper

Whole upper body



1 · CHEST

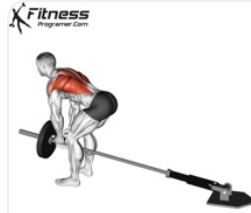
Barbell Incline Press

3–4 × 8–12

~45 kg

Barbell

🏋️ LOAD-FIRST



2 · BACK · ROW

T-Bar Row

3–4 × 8–12

~45 kg

Barbell

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

40 kg stack

Cable

🏋️ LOAD-FIRST



4 · SHOULDERS · PRESS

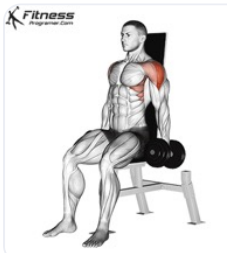
Kettlebell Clean & Press

3–4 × 8–12

KB 20 kg · +reps

KB

🏋️ LOAD-FIRST



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

7.5–10 kg

DB

🔥 VOLUME-HUNGRY



6 · TRICEPS

Straight-Bar Pushdown

3 × 10–15

22.5 kg stack

Cable



7 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

12.5–15 kg/hand

DB



8 · CORE

Plank

3 × 12–20

bodyweight

Body

Arms & Back

Back · Biceps · Triceps

X Fitness
Programmer Core

1 · BACK · PULLDOWN

Chin-Up

3–4 × 8–12

assist as needed

Body

🏆 LOAD-FIRST

X Fitness
Programmer Core

2 · BACK · ROW

Seated Cable Row

3–4 × 8–12

40 kg stack

Cable

🏆 LOAD-FIRST

X Fitness
Programmer Core

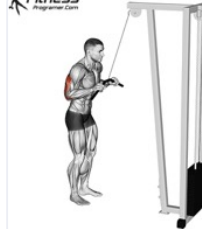
3 · BICEPS · HEAVY

Reverse Curl

3 × 10–15

~27.5 kg

Barbell

X Fitness
Programmer Core

4 · TRICEPS · HEAVY

Straight-Bar Pushdown

3 × 10–15

22.5 kg stack

Cable

X Fitness
Programmer Core

5 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15–20

7.5–10 kg/hand

DB

🔥 VOLUME-HUNGRY

X Fitness
Programmer Core

6 · BICEPS · VOLUME

Barbell Curl

3 × 10–15

~27.5 kg

Barbell

X Fitness
Programmer Core

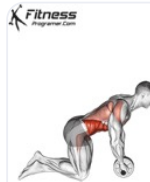
7 · TRICEPS · VOLUME

Machine Triceps Extension

3 × 10–15

22.5 kg stack

Machine

X Fitness
Programmer Core

8 · CORE

Ab Wheel Rollout

3 × 12–20

bodyweight

Body

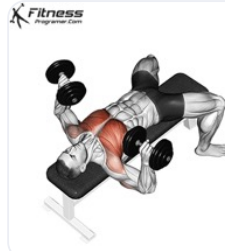


1 · CHEST · INCLINE
Machine Chest Press

3-4 × 8-12 35 kg stack

Machine

LOAD-FIRST



2 · CHEST · PRESS
Flat Dumbbell Press

3-4 × 8-12 22.5 kg/hand

DB

LOAD-FIRST

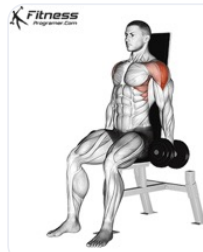


3 · SHOULDERS · PRESS
Machine Shoulder Press

3-4 × 8-12 35 kg stack

Machine

LOAD-FIRST



4 · SIDE DELTS
Seated Dumbbell Lateral Raise

4 × 12-20 7.5-10 kg DB

VOLUME-HUNGRY

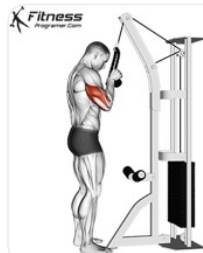


5 · CHEST · FLY
Incline Machine Press

3-4 × 8-12 35 kg stack

Machine

LOAD-FIRST



6 · TRICEPS · PUSHDOWN
Rope Pushdown

3 × 10-15 22.5 kg stack

Rope



7 · TRICEPS · EXTENSION
Bench Dips

3 × 10-15 bodyweight

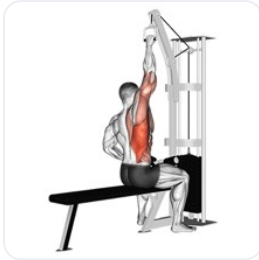
Body



8 · CORE
Kettlebell Windmill

3 × 12-20 KB 20 kg · +reps

KB



1 · BACK · PULLDOWN
Single-Arm Pulldown

3–4 × 8–12 40 kg stack

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW
T-Bar Row

3–4 × 8–12 ~45 kg

Barbell

🏋️ LOAD-FIRST

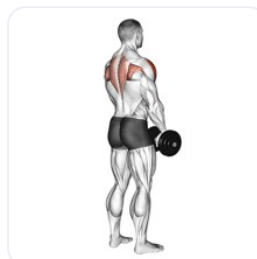


3 · BACK · WIDE PULLDOWN
Pull-Up

3–4 × 8–12 assist as needed

Body

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS
Dumbbell Upright Row

4 × 12–20 25 kg/hand DB

🔥 VOLUME-HUNGRY



5 · REAR DELTS
Incline Bench Rear Fly

4 × 15–20 7.5–10 kg/hand

DB

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL
Concentration Curl

3 × 10–15 12.5–15 kg/hand

DB



7 · BICEPS · CABLE/ROPE
EZ-Bar Curl

3 × 10–15 ~27.5 kg

Barbell



8 · CORE
Kettlebell Windmill

3 × 12–20 KB 20 kg · +reps

KB

DAY 38

Legs

Quads · Hams · Glutes



1 · QUADS · SQUAT Leg Extension

3-4 x 8-12

30 kg stack

Machine

🏋️ LOAD-FIRST



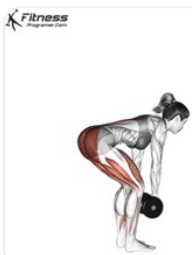
2 · QUADS · MACHINE Dumbbell Lunge

3-4 x 8-12

25 kg

DB

🏋️ LOAD-FIRST



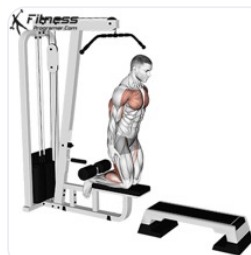
3 · HAMSTRINGS · HINGE Dumbbell Romanian Deadlift

3-4 x 8-12

2x22.5 kg

DB

🏋️ HEAVY + VOLUME



4 · HAMSTRINGS · CURL Nordic Curl

3-4 x 8-12

bodyweight

Body

🏋️ HEAVY + VOLUME



5 · GLUTES Hip Abduction Machine

3 x 10-15

15 kg stack

Machine

🏋️ LOAD-FIRST



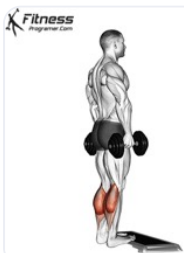
6 · QUADS · EXTENSION Smith Machine Squat

3-4 x 8-12

~35 kg

Machine

🏋️ LOAD-FIRST



7 · CALVES Dumbbell Calf Raise

4 x 12-20

20-25 kg

DB

🔥 VOLUME-HUNGRY



8 · CORE Lying Leg Raise

3 x 12-20

bodyweight

Body



1 · CHEST

Incline Machine Press

3–4 × 8–12

35 kg stack

Machine

🏋️ LOAD-FIRST



2 · BACK · ROW

Bent-Over Dumbbell Row

3–4 × 8–12

25 kg

DB

🏋️ LOAD-FIRST



3 · BACK · PULLDOWN

Assisted Pull-Up

3–4 × 8–12

40 kg stack

Machine

🏋️ LOAD-FIRST



4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

~32.5 kg

Barbell

🏋️ LOAD-FIRST



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

7.5–10 kg

Cable

🔥 VOLUME-HUNGRY



6 · TRICEPS

V-Bar Pushdown

3 × 10–15

22.5 kg stack

Cable



7 · BICEPS

Preacher Curl

3 × 10–15

20 kg stack

Machine



8 · CORE

Cable Woodchopper

3 × 12–20

20–25 kg stack

Cable

Fitness
Programmer Card



1 · SHOULDERS · PRESS

Machine Shoulder Press

3–4 × 8–12

35 kg stack

Machine

LOAD-FIRST

Fitness
Programmer Card



2 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

7.5–10 kg

DB

VOLUME-HUNGRY



3 · BICEPS · HEAVY

Cable Curl

3 × 10–15

20 kg stack

Cable

Fitness
Programmer Card



4 · TRICEPS · HEAVY

Dumbbell Kickback

3 × 10–15

12.5 kg

DB

Fitness
Programmer Card



5 · REAR DELTS

Rope Face Pull

4 × 15–20

15 kg stack

Rope

VOLUME-HUNGRY

Fitness
Programmer Card



6 · BICEPS · VOLUME

Concentration Curl

3 × 10–15

12.5–15 kg/hand

DB

Fitness
Programmer Card



7 · TRICEPS · VOLUME

Dumbbell Overhead Extension

3 × 10–15

12.5 kg

DB

Fitness
Programmer Card



8 · CORE

Cable Pallof Press

3 × 12–20

20–25 kg stack

Cable



1 · CHEST · INCLINE
Machine Chest Press

3-4 × 8-12 35 kg stack

Machine

🏋️ **LOAD-FIRST**



2 · CHEST · PRESS
Decline Dumbbell Press

3-4 × 8-12 22.5 kg/hand

DB

🏋️ **LOAD-FIRST**

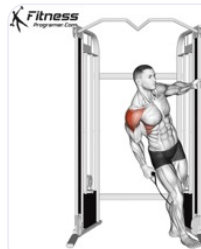


3 · SHOULDERS · PRESS
Kneeling Landmine Press

3-4 × 8-12 ~32.5 kg

Barbell

🏋️ **LOAD-FIRST**



4 · SIDE DELTS
Leaning Cable Lateral Raise

4 × 12-20 7.5-10 kg

Cable

🔥 **VOLUME-HUNGRY**

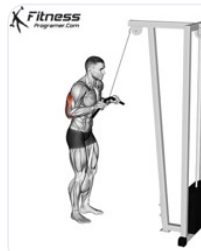


5 · CHEST · FLY
Incline Dumbbell Fly

3-4 × 8-12 22.5 kg/hand

DB

🏋️ **LOAD-FIRST**



6 · TRICEPS · PUSHDOWN
Straight-Bar Pushdown

3 × 10-15 22.5 kg stack

Cable



7 · TRICEPS · EXTENSION
Dumbbell Kickback

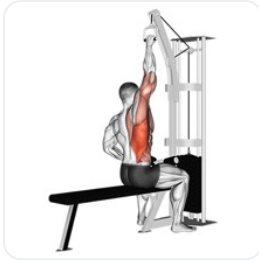
3 × 10-15 12.5 kg DB



8 · CORE
Plank

3 × 12-20 bodyweight

Body



1 · BACK · PULLDOWN
Single-Arm Pulldown

3–4 × 8–12 40 kg stack

Cable

🏋️ LOAD-FIRST



2 · BACK · ROW
Wide-Grip Cable Row

3–4 × 8–12 40 kg stack

Cable

🏋️ LOAD-FIRST

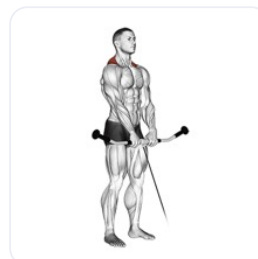


3 · BACK · WIDE PULLDOWN
Pull-Up

3–4 × 8–12 assist as needed

Body

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS
Cable Shrug

4 × 12–20 20–25 kg stack

Cable

🔥 VOLUME-HUNGRY



5 · REAR DELTS
Cable Rear Delt Fly

4 × 15–20 15 kg stack

Cable

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL
Dumbbell Hammer Curl

3 × 10–15 12.5–15 kg/hand

DB



7 · BICEPS · CABLE/ROPE
Cable Curl

3 × 10–15 20 kg stack

Cable



8 · CORE
Hanging Leg Raise

3 × 12–20 bodyweight

Body

DAY 43

Legs

Quads · Hams · Glutes

Fitness
Programmer.com



1 · QUADS · SQUAT

Dumbbell Step-Up

3-4 x 8-12

25 kg

DB



LOAD-FIRST

Fitness
Programmer.com



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3-4 x 8-12

KB 20 kg · +reps

KB



LOAD-FIRST

Fitness
Programmer.com



3 · HAMSTRINGS · HINGE

Nordic Curl

3-4 x 8-12

bodyweight

Body

HEAVY + VOLUME

Fitness
Programmer.com



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3-4 x 8-12

~45 kg

Barbell

HEAVY + VOLUME

Fitness
Programmer.com



5 · GLUTES

Single-Leg Hip Thrust

3 x 10-15

15 kg stack

Barbell



LOAD-FIRST

Fitness
Programmer.com



6 · QUADS · EXTENSION

Dumbbell Squat

3-4 x 8-12

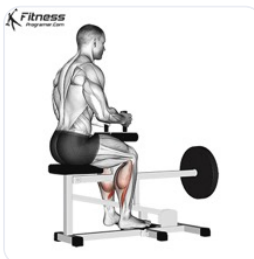
25 kg

DB



LOAD-FIRST

Fitness
Programmer.com



7 · CALVES

Seated Calf Raise

4 x 12-20

20-25 kg

Machine



VOLUME-HUNGRY

Fitness
Programmer.com



8 · CORE

Hanging Leg Raise

3 x 12-20

bodyweight

Body

DAY 44

Upper

Whole upper body

X Fitness
Programmer.com

1 · CHEST

Dumbbell Pullover

3–4 × 8–12

22.5 kg/hand

DB

🏋️ LOAD-FIRST

2 · BACK · ROW

Bent-Over Dumbbell Row

3–4 × 8–12

25 kg

DB

🏋️ LOAD-FIRST

X Fitness
Programmer.com

3 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

40 kg stack

Cable

🏋️ LOAD-FIRST

X Fitness
Programmer.com

4 · SHOULDERS · PRESS

Kneeling Landmine Press

3–4 × 8–12

~32.5 kg

Barbell

🏋️ LOAD-FIRST

X Fitness
Programmer.com

5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

7.5–10 kg

DB

🔥 VOLUME-HUNGRY

X Fitness
Programmer.com

6 · TRICEPS

Skull Crusher

3 × 10–15

~22.5 kg EZ

Barbell

X Fitness
Programmer.com

7 · BICEPS

Cable Curl

3 × 10–15

20 kg stack

Cable

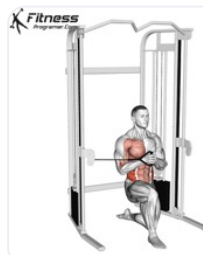
8 · CORE

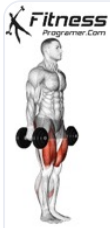
Cable Pallof Press

3 × 12–20

20–25 kg stack

Cable





1 · QUADS · SQUAT

Dumbbell Lunge

3–4 × 8–12

27.5 kg

DB

🏋️ LOAD-FIRST



2 · QUADS · MACHINE

Bulgarian Split Squat

3–4 × 8–12

27.5 kg

DB

🏋️ LOAD-FIRST



3 · HAMSTRINGS · HINGE

Nordic Curl

3–4 × 8–12

bodyweight

Body

🏋️ HEAVY + VOLUME



4 · HAMSTRINGS · CURL

Barbell RDL

3–4 × 8–12

~50 kg

Barbell

🏋️ HEAVY + VOLUME



5 · GLUTES

Cable Pull Through

3 × 10–15

17.5–20 kg stack

Cable

🏋️ LOAD-FIRST



6 · QUADS · EXTENSION

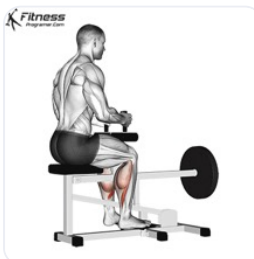
Smith Machine Squat

3–4 × 8–12

~40 kg

Machine

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 × 12–20

25–30 kg

Machine

🔥 VOLUME-HUNGRY



8 · CORE

Bird Dog

3 × 12–20

bodyweight

Body

Fitness
Programmer Card

1 · CHEST · INCLINE

Decline Dumbbell Press

3-4 × 8-12

25 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card

2 · CHEST · PRESS

Barbell Incline Press

3-4 × 8-12

~50 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer Card

3 · SHOULDERS · PRESS

Dumbbell Shoulder Press

3-4 × 8-12

20 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card

4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

10 kg

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Card

5 · CHEST · FLY

Cable Crossover (High→Low)

3-4 × 8-12

17.5-20 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Card

6 · TRICEPS · PUSHDOWN

Dumbbell Kickback

3 × 10-15

15 kg

DB

Fitness
Programmer Card

7 · TRICEPS · EXTENSION

Close-Grip Bench Press

3 × 10-15

~25 kg EZ

Barbell

Fitness
Programmer Card

8 · CORE

Cable Woodchopper

3 × 12-20

25 kg stack

Cable



1 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

45 kg stack

Rope

🏋️ LOAD-FIRST



2 · BACK · ROW

Bent-Over Barbell Row

3–4 × 8–12

~50 kg

Barbell

🏋️ LOAD-FIRST



3 · BACK · WIDE PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

45 kg stack

Cable

🏋️ LOAD-FIRST



4 · UPPER BACK · TRAPS

Rope High Row

4 × 12–20

25 kg stack

Rope

🔥 VOLUME-HUNGRY



5 · REAR DELTS

Rope Face Pull

4 × 15–20

17.5–20 kg stack

Rope

🔥 VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Concentration Curl

3 × 10–15

15 kg/hand

DB



7 · BICEPS · CABLE/ROPE

EZ-Bar Curl

3 × 10–15

~30 kg

Barbell



8 · CORE

Cable Pallof Press

3 × 12–20

25 kg stack

Cable

DAY 48

Legs

Quads · Hams · Glutes

Fitness
Programmer Corp



1 · QUADS · SQUAT

Bulgarian Split Squat

3-4 × 8-12

27.5 kg

DB

🏋️ **LOAD-FIRST**

Fitness
Programmer Corp



2 · QUADS · MACHINE

Front Squat

3-4 × 8-12

~50 kg

Barbell

🏋️ **LOAD-FIRST**

Fitness
Programmer Corp



3 · HAMSTRINGS · HINGE

Barbell RDL

3-4 × 8-12

~50 kg

Barbell

🏋️ **HEAVY + VOLUME**

Fitness
Programmer Corp



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3-4 × 8-12

~50 kg

Barbell

🏋️ **HEAVY + VOLUME**

Fitness
Programmer Corp



5 · GLUTES

Kettlebell Swing

3 × 10-15

KB 20 kg · +reps/tempo

KB

🏋️ **LOAD-FIRST**

Fitness
Programmer Corp



6 · QUADS · EXTENSION

Dumbbell Step-Up

3-4 × 8-12

27.5 kg

DB

🏋️ **LOAD-FIRST**

Fitness
Programmer Corp



7 · CALVES

Seated Calf Raise

4 × 12-20

25-30 kg

Machine

🔥 **VOLUME-HUNGRY**

Fitness
Programmer Corp



8 · CORE

Bicycle Crunch

3 × 12-20

bodyweight

Body

Progression: add reps weekly → top of range on ALL sets → add weight (+2.5 kg / 1 pin), restart at bottom · lagging muscle after months → add a set, not weight · Tempo: ~2 s down, controlled, drive up

Fitness
Programmer.com

1 · CHEST

Cable Crossover
(High→Low)

3–4 × 8–12

17.5–20 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com

2 · BACK · ROW

One-Arm Dumbbell Row

3–4 × 8–12

27.5 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com

3 · BACK · PULLDOWN

Lat Pulldown

3–4 × 8–12

45 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com

4 · SHOULDERS · PRESS

Barbell Overhead Press

3–4 × 8–12

~35 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com

5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

10 kg

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer.com

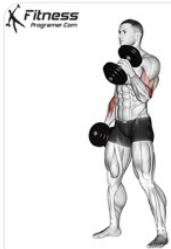
6 · TRICEPS

Dumbbell Overhead Extension

3 × 10–15

15 kg

DB

Fitness
Programmer.com

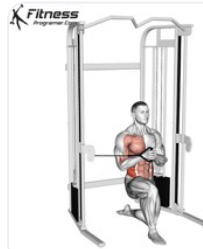
7 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

15 kg/hand

DB

Fitness
Programmer.com

8 · CORE

Cable Pallof Press

3 × 12–20

25 kg stack

Cable



1 · LEGS · SQUAT

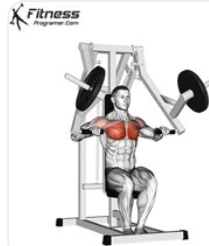
Leg Extension

3-4 × 8-12

35 kg stack

Machine

🏋️ **LOAD-FIRST**



2 · CHEST

Machine Chest Press

3-4 × 8-12

40 kg stack

Machine

🏋️ **LOAD-FIRST**



3 · BACK · ROW

Single-Arm Cable Row

3-4 × 8-12

45 kg stack

Cable

🏋️ **LOAD-FIRST**



4 · SHOULDERS

Kneeling Landmine Press

3-4 × 8-12

~35 kg

Barbell

🏋️ **LOAD-FIRST**



5 · HAMSTRINGS

Stiff-Leg Deadlift

3-4 × 8-12

~50 kg

Barbell

🏋️ **HEAVY + VOLUME**



6 · BICEPS

Reverse Curl

3 × 10-15

~30 kg

Barbell



7 · TRICEPS

Machine Triceps Extension

3 × 10-15

25 kg stack

Machine



8 · CORE

Cable Woodchopper

3 × 12-20

25 kg stack

Cable

Fitness
Programmer Card



1 · CHEST · INCLINE

Incline Dumbbell Press

3-4 × 8-12

25 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



2 · CHEST · PRESS

Barbell Incline Press

3-4 × 8-12

~50 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer Card



3 · SHOULDERS · PRESS

Single-Arm Dumbbell Press

3-4 × 8-12

20 kg/hand

DB

🏋️ LOAD-FIRST

Fitness
Programmer Card



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

10 kg

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Card



5 · CHEST · FLY

Incline Machine Press

3-4 × 8-12

40 kg stack

Machine

🏋️ LOAD-FIRST

Fitness
Programmer Card



6 · TRICEPS · PUSHDOWN

Close-Grip Bench Press

3 × 10-15

~25 kg EZ

Barbell

Fitness
Programmer Card



7 · TRICEPS · EXTENSION

Straight-Bar Pushdown

3 × 10-15

25 kg stack

Cable

Fitness
Programmer Card



8 · CORE

Ab Wheel Rollout

3 × 12-20

bodyweight

Body

Fitness
Programmer Corp



1 · BACK · PULLDOWN

Pull-Up

3-4 × 8-12

assist as needed

Body

🏋️ LOAD-FIRST

Fitness
Programmer Corp



2 · BACK · ROW

Chest-Supported Dumbbell Row

3-4 × 8-12

27.5 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer Corp



3 · BACK · WIDE PULLDOWN

Lat Pulldown

3-4 × 8-12

45 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer Corp



4 · UPPER BACK · TRAPS

Dumbbell Shrug

4 × 12-20

27.5 kg/hand

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer Corp



5 · REAR DELTS

Rope Face Pull

4 × 15-20

17.5-20 kg stack

Rope

🔥 VOLUME-HUNGRY

Fitness
Programmer Corp



6 · BICEPS · DUMBBELL

Reverse Curl

3 × 10-15

~30 kg

Barbell

Fitness
Programmer Corp



7 · BICEPS · CABLE/ROPE

Barbell Curl

3 × 10-15

~30 kg

Barbell

Fitness
Programmer Corp



8 · CORE

Cable Rope Crunch

3 × 12-20

25 kg stack

Rope

DAY 53

Legs

Quads · Hams · Glutes

Fitness
Programmer.com



1 · QUADS · SQUAT

Dumbbell Step-Up

3-4 x 8-12

27.5 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3-4 x 8-12

KB 20 kg · +reps/tempo

KB

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3-4 x 8-12

2x25 kg

DB

🏋️ HEAVY + VOLUME

Fitness
Programmer.com



4 · HAMSTRINGS · CURL

Single-Leg RDL

3-4 x 8-12

2x25 kg

DB

🏋️ HEAVY + VOLUME

Fitness
Programmer.com



5 · GLUTES

Cable Pull Through

3 x 10-15

17.5-20 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com



6 · QUADS · EXTENSION

Barbell Back Squat

3-4 x 8-12

~50 kg

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com



7 · CALVES

Seated Calf Raise

4 x 12-20

25-30 kg

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



8 · CORE

Bicycle Crunch

3 x 12-20

bodyweight

Body

Fitness
Programmer.com

1 · CHEST

Chest Dip

3–4 × 8–12

bodyweight

Body

🏆 LOAD-FIRST

Fitness
Programmer.com

2 · BACK · ROW

Single-Arm Cable Row

3–4 × 8–12

45 kg stack

Cable

🏆 LOAD-FIRST

Fitness
Programmer.com

3 · BACK · PULLDOWN

Chin-Up

3–4 × 8–12

assist as needed

Body

🏆 LOAD-FIRST

Fitness
Programmer.com

4 · SHOULDERS · PRESS

Kneeling Landmine Press

3–4 × 8–12

~35 kg

Barbell

🏆 LOAD-FIRST

Fitness
Programmer.com

5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

10 kg

Cable

🔥 VOLUME-HUNGRY

Fitness
Programmer.com

6 · TRICEPS

Skull Crusher

3 × 10–15

~25 kg EZ

Barbell

Fitness
Programmer.com

7 · BICEPS

Reverse Curl

3 × 10–15

~30 kg

Barbell

Fitness
Programmer.com

8 · CORE

Cable Rope Crunch

3 × 12–20

25 kg stack

Rope



1 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

45 kg stack

Cable

🏆 LOAD-FIRST



2 · BACK · ROW

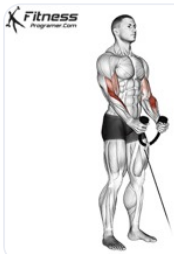
Machine Row

3–4 × 8–12

45 kg stack

Machine

🏆 LOAD-FIRST



3 · BICEPS · HEAVY

Rope Hammer Curl

3 × 10–15

22.5 kg stack

Rope



4 · TRICEPS · HEAVY

Dumbbell Kickback

3 × 10–15

15 kg

DB



5 · REAR DELTS

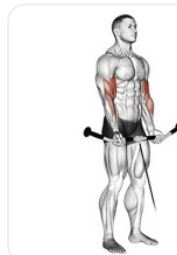
Rope Face Pull

4 × 15–20

17.5–20 kg stack

Rope

🔥 VOLUME-HUNGRY



6 · BICEPS · VOLUME

Cable Curl

3 × 10–15

22.5 kg stack

Cable



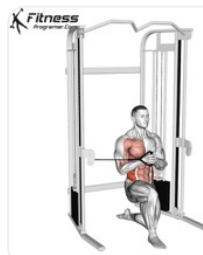
7 · TRICEPS · VOLUME

Single-Arm Pushdown

3 × 10–15

25 kg stack

Cable



8 · CORE

Cable Pallof Press

3 × 12–20

25 kg stack

Cable



1 · CHEST · INCLINE

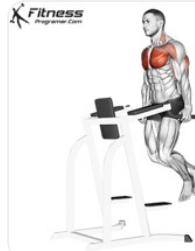
Machine Chest Press

3-4 × 8-12

40 kg stack

Machine

🏆 LOAD-FIRST



2 · CHEST · PRESS

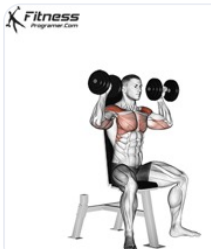
Chest Dip

3-4 × 8-12

bodyweight

Body

🏆 LOAD-FIRST



3 · SHOULDERS · PRESS

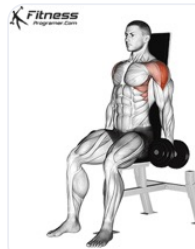
Dumbbell Shoulder Press

3-4 × 8-12

20 kg/hand

DB

🏆 LOAD-FIRST



4 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

10 kg

DB

🔥 VOLUME-HUNGRY



5 · CHEST · FLY

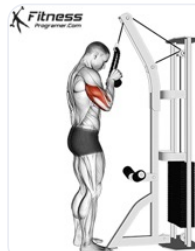
Barbell Incline Press

3-4 × 8-12

~50 kg

Barbell

🏆 LOAD-FIRST



6 · TRICEPS · PUSHDOWN

Rope Pushdown

3 × 10-15

25 kg stack

Rope



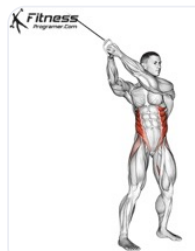
7 · TRICEPS · EXTENSION

Close-Grip Bench Press

3 × 10-15

~25 kg EZ

Barbell



8 · CORE

Cable Woodchopper

3 × 12-20

25 kg stack

Cable



1 · BACK · PULLDOWN

Assisted Pull-Up

3-4 × 8-12

45 kg stack

Machine

🏋️ **LOAD-FIRST**



2 · BACK · ROW

Machine Row

3-4 × 8-12

45 kg stack

Machine

🏋️ **LOAD-FIRST**



3 · BACK · WIDE PULLDOWN

Close-Grip Pulldown

3-4 × 8-12

45 kg stack

Cable

🏋️ **LOAD-FIRST**



4 · UPPER BACK · TRAPS

Cable Upright Row

4 × 12-20

25 kg stack

Cable

🔥 **VOLUME-HUNGRY**



5 · REAR DELTS

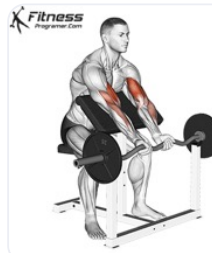
Reverse Pec Deck

4 × 15-20

17.5-20 kg stack

Machine

🔥 **VOLUME-HUNGRY**



6 · BICEPS · DUMBBELL

Preacher Curl

3 × 10-15

22.5 kg stack

Machine



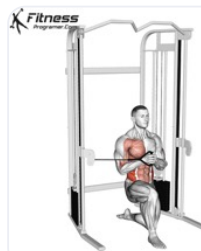
7 · BICEPS · CABLE/ROPE

Concentration Curl

3 × 10-15

15 kg/hand

DB



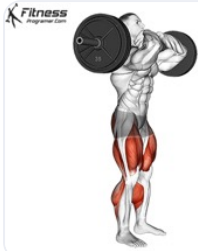
8 · CORE

Cable Pallof Press

3 × 12-20

25 kg stack

Cable



1 · QUADS · SQUAT

Front Squat

3-4 × 8-12

~50 kg

Barbell

🏋️ **LOAD-FIRST**



2 · QUADS · MACHINE

Kettlebell Goblet Squat

3-4 × 8-12

KB 20 kg · +reps/tempo

KB

🏋️ **LOAD-FIRST**



3 · HAMSTRINGS · HINGE

Lying Leg Curl

3-4 × 8-12

35 kg stack

Machine

🔥 **HEAVY + VOLUME**



4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3-4 × 8-12

~50 kg

Barbell

🔥 **HEAVY + VOLUME**



5 · GLUTES

Glute Bridge

3 × 10-15

bodyweight

Body

🏋️ **LOAD-FIRST**



6 · QUADS · EXTENSION

Leg Extension

3-4 × 8-12

35 kg stack

Machine

🏋️ **LOAD-FIRST**



7 · CALVES

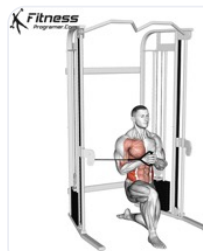
Standing Calf Raise

4 × 12-20

25-30 kg

Machine

🔥 **VOLUME-HUNGRY**



8 · CORE

Cable Pallof Press

3 × 12-20

25 kg stack

Cable



1 · CHEST

Machine Chest Press

3-4 × 8-12

40 kg stack

Machine

🏆 LOAD-FIRST



2 · BACK · ROW

Seated Cable Row

3-4 × 8-12

45 kg stack

Cable

🏆 LOAD-FIRST



3 · BACK · PULLDOWN

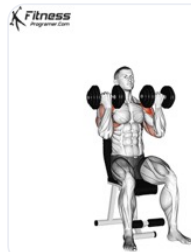
Assisted Pull-Up

3-4 × 8-12

45 kg stack

Machine

🏆 LOAD-FIRST



4 · SHOULDERS · PRESS

Arnold Press

3-4 × 8-12

20 kg/hand

DB

🏆 LOAD-FIRST



5 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

10 kg

Machine

🔥 VOLUME-HUNGRY



6 · TRICEPS

Straight-Bar Pushdown

3 × 10-15

25 kg stack

Cable



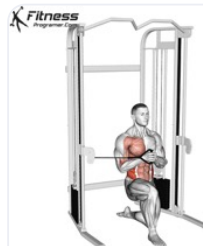
7 · BICEPS

Reverse Curl

3 × 10-15

~30 kg

Barbell



8 · CORE

Cable Pallof Press

3 × 12-20

25 kg stack

Cable

Fitness
Programmer.Com

1 · SHOULDERS · PRESS
Kneeling Landmine Press

3-4 × 8-12

~35 kg

Barbell

🏆 **LOAD-FIRST**Fitness
Programmer.Com

2 · SIDE DELTS
Cable Lateral Raise

4 × 12-20

10 kg

Cable

🔥 **VOLUME-HUNGRY**Fitness
Programmer.Com

3 · BICEPS · HEAVY
Dumbbell Hammer Curl

3 × 10-15

15 kg/hand

DB

Fitness
Programmer.Com

4 · TRICEPS · HEAVY
Rope Overhead Extension

3 × 10-15

25 kg stack

Rope

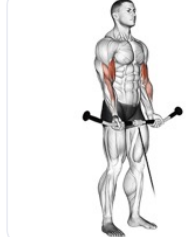
Fitness
Programmer.Com

5 · REAR DELTS
Reverse Pec Deck

4 × 15-20

17.5-20 kg stack

Machine

🔥 **VOLUME-HUNGRY**Fitness
Programmer.Com

6 · BICEPS · VOLUME
Cable Curl

3 × 10-15

22.5 kg stack

Cable

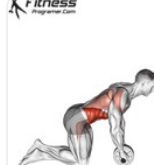
Fitness
Programmer.Com

7 · TRICEPS · VOLUME
Rope Pushdown

3 × 10-15

25 kg stack

Rope

Fitness
Programmer.Com

8 · CORE
Ab Wheel Rollout

3 × 12-20

bodyweight

Body

Fitness
Programmer.Com

1 · CHEST · INCLINE

Low Cable Fly
(Low→High)

3–4 × 8–12

17.5–20 kg stack

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.Com

2 · CHEST · PRESS

Pec Deck Fly

3–4 × 8–12

17.5–20 kg stack

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.Com

3 · SHOULDERS · PRESS

Kettlebell Clean & Press

3–4 × 8–12

KB 20 kg · +reps/tempo

KB

🏋️ LOAD-FIRST

Fitness
Programmer.Com

4 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

10 kg

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com

5 · CHEST · FLY

Incline Machine Press

3–4 × 8–12

40 kg stack

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.Com

6 · TRICEPS · PUSHDOWN

Close-Grip Bench Press

3 × 10–15

~25 kg EZ

Barbell

Fitness
Programmer.Com

7 · TRICEPS · EXTENSION

Bench Dips

3 × 10–15

bodyweight

Body

Fitness
Programmer.Com

8 · CORE

Lying Leg Raise

3 × 12–20

bodyweight

Body



1 · BACK · PULLDOWN

Close-Grip Pulldown

3-4 × 8-12

45 kg stack

Cable

LOAD-FIRST



2 · BACK · ROW

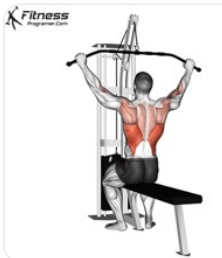
One-Arm Dumbbell Row

3-4 × 8-12

27.5 kg

DB

LOAD-FIRST



3 · BACK · WIDE PULLDOWN

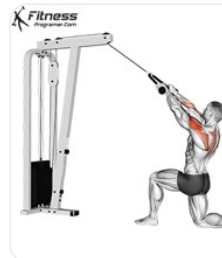
Wide-Grip Pulldown

3-4 × 8-12

45 kg stack

Cable

LOAD-FIRST



4 · UPPER BACK · TRAPS

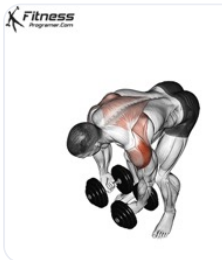
Rope High Row

4 × 12-20

25 kg stack

Rope

VOLUME-HUNGRY



5 · REAR DELTS

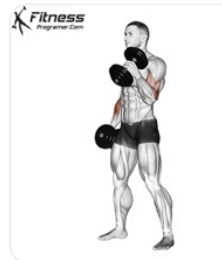
Bent-Over Dumbbell Rear Fly

4 × 15-20

10 kg/hand

DB

VOLUME-HUNGRY



6 · BICEPS · DUMBBELL

Dumbbell Hammer Curl

3 × 10-15

15 kg/hand

DB



7 · BICEPS · CABLE/ROPE

Dumbbell Curl

3 × 10-15

15 kg/hand

DB



8 · CORE

Kettlebell Windmill

3 × 12-20

KB 20 kg · +reps/tempo

KB

DAY 63

Legs

Quads · Hams · Glutes

Fitness
Programmer.com



1 · QUADS · SQUAT

Dumbbell Reverse Lunge

3-4 × 8-12

27.5 kg

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · QUADS · MACHINE

Hack Squat

3-4 × 8-12

~40 kg

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · HAMSTRINGS · HINGE

Single-Leg RDL

3-4 × 8-12

2x25 kg

DB

🔥 HEAVY + VOLUME

Fitness
Programmer.com



4 · HAMSTRINGS · CURL

Seated Leg Curl

3-4 × 8-12

35 kg stack

Machine

🔥 HEAVY + VOLUME

Fitness
Programmer.com



5 · GLUTES

Single-Leg Hip Thrust

3 × 10-15

17.5-20 kg stack

Barbell

🏋️ LOAD-FIRST

Fitness
Programmer.com



6 · QUADS · EXTENSION

Kettlebell Thruster

3-4 × 8-12

KB 20 kg · +reps/tempo

KB

🏋️ LOAD-FIRST

Fitness
Programmer.com



7 · CALVES

Leg Press Calf Raise

4 × 12-20

25-30 kg

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



8 · CORE

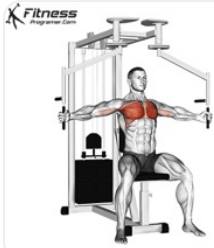
Bird Dog

3 × 12-20

bodyweight

Body

Progression: add reps weekly → top of range on ALL sets → add weight (+2.5 kg / 1 pin), restart at bottom · lagging muscle after months → add a set, not weight · Tempo: ~2 s down, controlled, drive up



1 · CHEST

Pec Deck Fly

3–4 × 8–12

17.5–20 kg stack

Machine

🏆 LOAD-FIRST



2 · BACK · ROW

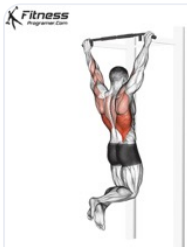
Single-Arm Cable Row

3–4 × 8–12

45 kg stack

Cable

🏆 LOAD-FIRST



3 · BACK · PULLDOWN

Pull-Up

3–4 × 8–12

assist as needed

Body

🏆 LOAD-FIRST



4 · SHOULDERS · PRESS

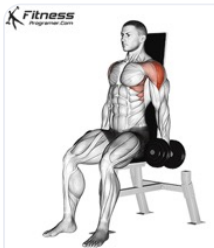
Dumbbell Front Raise

3–4 × 8–12

20 kg/hand

DB

🏆 LOAD-FIRST



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

10 kg

DB

🔥 VOLUME-HUNGRY



6 · TRICEPS

Dumbbell Overhead Extension

3 × 10–15

15 kg

DB



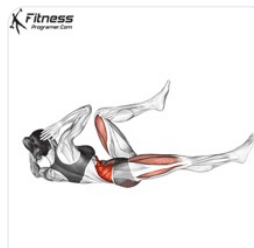
7 · BICEPS

Dumbbell Hammer Curl

3 × 10–15

15 kg/hand

DB



8 · CORE

Bicycle Crunch

3 × 12–20

bodyweight

Body

Lower (Hinge)

Quads · Hams · Glutes

Fitness
Program Card

1 · QUADS · SQUAT

Goblet Squat

3–4 × 8–12

27.5 kg

DB



LOAD-FIRST

Fitness
Program Card

2 · QUADS · MACHINE

Leg Press

3–4 × 8–12

90 kg

Machine



LOAD-FIRST

Fitness
Program Card

3 · HAMSTRINGS · HINGE

Dumbbell Romanian Deadlift

3–4 × 8–12

2x25 kg

DB



HEAVY + VOLUME

Fitness
Program Card

4 · HAMSTRINGS · CURL

Stiff-Leg Deadlift

3–4 × 8–12

~50 kg

Barbell



HEAVY + VOLUME

Fitness
Program Card

5 · GLUTES

Kettlebell Swing

3 × 10–15

KB 20 kg · +reps/tempo

KB



LOAD-FIRST

Fitness
Program Card

6 · QUADS · EXTENSION

Smith Machine Squat

3–4 × 8–12

~40 kg

Machine



LOAD-FIRST

Fitness
Program Card

7 · CALVES

Leg Press Calf Raise

4 × 12–20

25–30 kg

Machine



VOLUME-HUNGRY

Fitness
Program Card

8 · CORE

Russian Twist

3 × 12–20

bodyweight

Body