

Mon – Chest + Shoulders
Tues – Rest
Wed – Back + Hamstrings
Thurs – Rest
Fri – Quads + Calves
Sat – Rest
Sun – Arms (biceps + triceps)

MONDAY – CHEST + SHOULDERS

CHEST

1. Bench press + pushups – 3 sets
Reps: 8–10 + 20(+) pushups
2. Incline Smith press – 4 sets
Reps: 8–10
3. Incline flies – 2 sets
Reps: 15
4. Cable down fly stroke (lower chest) – 3 sets
Reps: 7–9

Note: Stretch shoulders before rear delt/back flies on other days to avoid chest tightness.

SHOULDERS

1. Seated back flies – 3–4 sets (2 points)
 - Heavy then drop set
 - Drop might be messy but must be heavy
Reps: 6–8 → 12
2. Lateral cable raises – 3–4 sets
Cable adjusted down to hip level (16–18 height)
Reps: 8
3. Front raises – 2 sets (Reps: 10)
Angle 35° to top contraction, not straight

WEDNESDAY – BACK (thickness + width) + HAMSTRINGS

BACK

1. Pullups assisted – warmup only, don't waste energy
2. Shrugs (heavy pyramid) – 3 sets
Reps: 10–8–6
3. Barbell rowing – 3 sets
Only if lower back isn't hurting
4. Assisting bench row – 4 sets
Reps: 10–12
Reps: 8–10
5. T-bar row (choice variation) – 3 sets
Reps: 8–10
6. One-arm dumbbell row – 3 sets
Reps: 10
7. One-arm seated row – 3 sets
Reps: 10
8. MAG grip pulldown – 5 sets
Forearms will burn out
Reps: 10
9. Light T-bar vertical row – optional finisher

HAMSTRINGS

1. Lying ham curls – 5 sets
Reps: 8–10
(If no lying machine → seated ham curls)
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FRIDAY – QUADRICEPS + CALVES

- Intense stretching before starting
- Heavy day

QUADS

1. Barbell squats – 5 sets
 - 2 heavy sets (2 reps each)
 - 3 moderate sets (10 reps)
 - You can place heavy either first or last
Scheme: 2–2–10–8–10
2. Bulgarian split squats – 3 sets
Reps: 8 each leg
3. Hack squats – 1 warmup set + 2 working sets
Add height with stepper → do sissy hack squats
Reps: (10) 8–8

CALVES

Superset:

- Seated calf raises
- Standing calf raises

4 supersets (4×4 sets)

Reps: 8 + 8

SUNDAY – ARMS (TRICEPS + BICEPS + FOREARMS)

TRICEPS

Strength target (keep testing monthly):

- 15 chin-ups
- 30 dips

1. Chin-ups + Dips (Strength warm-up)

Chin-ups: max reps

Dips: max reps

Goal: work toward 15 chins / 30 dips.

2. Weighted Bench Dips (plates: 10 kg, 5 kg plates)

Set 1: 12 reps (bodyweight)

Set 2: 15 reps with 5 kg

Set 3: 18 reps with 10 kg

3. Tricep Pushdown – 4 sets

Reps: 12–15–18 (each set progressive)

4. One-arm Underhand Grip Pushdown – 4 sets

Reps: 10–12

Do this only if elbow pain is manageable; underhand hits the long head harder.

BICEPS

1. Straight Barbell Curl – 3 sets

Reps: 8

2. Bayesian Cable Curl – 4 sets

Reps: 10

3. Concentration Curl – 3 sets

Reps: 10

FOREARMS

1. Seated Bar Wrist Curl (bar between legs + bench) – 4 sets

Reps: 30–40

High-rep pump work, slow tempo, full stretch.

