

INTRODUCTION

This program is designed to build lean muscle mass, improve strength, and develop training discipline through a structured weekly split.

The focus is progressive overload, proper execution, and consistency.

Duration: 4 Weeks

Training Frequency: 4 Days Per Week

Goal: Muscle Development + Strength Progression

WEEKLY TRAINING STRUCTURE

Monday – Chest + Shoulders

Wednesday – Back + Hamstrings

Friday – Quads + Calves

Sunday – Arms

Rest days between sessions allow optimal recovery and performance.

GENERAL TRAINING PRINCIPLES

1. Warm up before every session (5–10 minutes light cardio + mobility).
 2. First working set should never be your heaviest.
 3. Maintain controlled tempo (2 seconds up, 2 seconds down).
 4. Rest 60–90 seconds for hypertrophy sets.
 5. Rest 2 minutes for heavy compound movements.
 6. Track weights weekly.
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MONDAY – CHEST + SHOULDERS

CHEST

1. Barbell Bench Press
4 sets
Reps: 8–10
Focus: Controlled descent, full range of motion
2. Incline Dumbbell Press
3 sets
Reps: 8–10
Focus: Upper chest activation
3. Incline Dumbbell Fly
3 sets
Reps: 12–15
Focus: Stretch and contraction
4. Cable Lower Chest Fly
3 sets
Reps: 10–12
Focus: Squeeze at bottom position

SHOULDERS

1. Seated Dumbbell Shoulder Press
4 sets
Reps: 8–10
2. Lateral Cable Raises
3 sets
Reps: 10–12
3. Rear Delt Fly (Machine or Dumbbell)
3 sets
Reps: 12–15

WEDNESDAY – BACK + HAMSTRINGS

BACK

1. Pullups / Assisted Pullups
3 sets

Reps: Max controlled reps

2. Barbell Row
4 sets
Reps: 8–10
3. T-Bar Row
3 sets
Reps: 8–10
4. Seated Cable Row
3 sets
Reps: 10–12
5. Lat Pulldown
3 sets
Reps: 10–12

HAMSTRINGS

1. Romanian Deadlift
4 sets
Reps: 8–10
2. Lying or Seated Hamstring Curl
3 sets
Reps: 10–12

FRIDAY – QUADS + CALVES

QUADS

1. Barbell Squats
5 sets
Reps: 5–8
Focus: Depth and control
2. Bulgarian Split Squats
3 sets each leg
Reps: 8–10

3. Hack Squat or Leg Press
3 sets
Reps: 10–12

4. Leg Extensions
3 sets
Reps: 12–15

CALVES

1. Standing Calf Raises
4 sets
Reps: 12–15

2. Seated Calf Raises
4 sets
Reps: 12–15

SUNDAY – ARMS

TRICEPS

1. Close Grip Bench Press
3 sets
Reps: 8–10

2. Tricep Pushdown
4 sets
Reps: 10–12

3. Overhead Dumbbell Extension
3 sets
Reps: 10–12

BICEPS

1. Barbell Curl
3 sets
Reps: 8–10

2. Dumbbell Incline Curl

3 sets

Reps: 10–12

3. Cable Curl

3 sets

Reps: 12

FOREARMS

1. Wrist Curls

3 sets

Reps: 20–30

PROGRESSIVE OVERLOAD SYSTEM

Week 1: Learn movement and establish baseline weight

Week 2: Increase weight slightly if top reps achieved

Week 3: Add 2.5–5% load on compound lifts

Week 4: Attempt rep PRs or weight increase

If you reach the upper rep range comfortably, increase weight next week.

BASIC NUTRITION GUIDELINES

Calories

Maintenance estimate = Bodyweight (kg) × 30–35

Protein

1.6–2g per kg bodyweight

Meal Structure

Include protein in every meal

Carbohydrates before and after training

Healthy fats in moderation

Hydration

Minimum 3 litres water daily

RECOVERY GUIDELINES

Sleep

7–8 hours per night

Mobility

Stretch lower body before heavy sessions

Deload

If excessive fatigue occurs, reduce volume by 20% for one week

DISCIPLINE RULES

- Do not skip sessions
 - Track lifts weekly
 - Train with intent, not ego
 - Prioritize form over weight
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EXPECTED RESULTS (4 Weeks)

- Noticeable strength improvement
 - Improved muscle activation
 - Better training structure
 - Increased confidence in gym
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FINAL NOTE

This program works when executed with discipline and consistency.
Commit to the process.

– Akhil