

MY FULL WORKOUT PLAN

Keanu

Introduction

Welcome to My Full Workout Plan – this is the exact plan I follow in the gym, and now you have full access to it. Whether you're starting fresh, trying something new, or just need some structure, this plan can give you a solid foundation. It's flexible you can add, remove, or tweak exercises based on your goals or preferences. Use it as it is or make it your own.

My Training Split Structure

I run a Push / Pull / Legs + Shoulders split and repeat it — usually training 6 to 7 days per week, with 1 rest day or no rest day depending on how the body is feeling.

Day	Focus
Day 1	Push (Chest, Triceps)
Day 2	Pull (Back, Biceps)
Day 3	Legs + Shoulders
Day 4	Repeat Day 1 (Push)
Day 5	Repeat Day 2 (Pull)
Day 6	Repeat Day 3 (Legs + Shoulders)
Day 7	Rest/Active Recovery or Repeat (Push Day)

If you miss a day, just pick up where you left off. Progress happens from staying consistent over time, not being perfect.

PUSH DAY WORKOUT

Type of Exercise	Exercise	Target Muscle	Notes	Alternative Exercises <i>(Switch it up every now and then, find what works for you)</i>	Working Sets <i>(recommend doing your own warmup set or two)</i>	Rep Range <i>(Aim for Close to or to failure for all sets)</i>	Video Example
Press	Incline Dumbbell Chest Press	Upper Chest	30–45° incline, control the negative, full range of motion	Incline Machine Press, Smith Incline Press	2	8–12	YouTube
Flye	Machine Chest Flyes	Full Chest	Focus on stretch + squeeze, stay slow and controlled	Cable Flyes, Dumbbell Flyes, Chest Dips	2	12–15	YouTube
Press	Machine Chest Press	Chest	Keep shoulders down, drive through palms	Barbell Chest Press, Dumbbell Chest Press,	2	8–12	YouTube
Flye	Incline Dumbbell Chest Flye	Upper Chest	Soft bend in elbows, don't overstretch, don't have to bring hands all the way together	Incline Cable Fly, Cable Chest Fly	2	12–15	YouTube
Tricep	Tricep Rope Pushdowns	Triceps (Lateral Head)	Elbows locked in, full extension	V-Bar Pushdown, Bar Pushdown	3	10–15	YouTube
Tricep	Standing Overhead Rope Extensions	Triceps (Long Head)	Keep elbows close, full stretch + squeeze	Dumbbell Overhead Extension, Skull crushers	3	10–12	YouTube
Tricep	X Cable Tricep Pushdowns (Crossover)	Triceps (Outer Head Bias)	Cross hands, pull down and apart, maintain tension, and elbow positioning	Single Arm Pushdowns, Dual Rope Extensions	3	12–15	YouTube

PULL DAY WORKOUT

Type of Exercise	Exercise	Target Muscle	Notes	Alternative Exercises <i>(Switch it up every now and then, find what works for you)</i>	Working Sets <i>(recommend doing your own warmup set or two)</i>	Rep Range <i>(Aim for Close to or to failure for all sets)</i>	Video Example
Pull	Pull-Ups	Lats, Upper Back	Full range, use bands if needed to get reps close to failure	Assisted Pull-Ups, Lat Pulldown	3	6–10	YouTube
Row	Barbell Bent Over Row	Mid Back, Lats, Rear Delts	Keep back flat, pull the bar to lower ribcage, strong squeeze	Dumbbell Rows, T-Bar Rows	2	8–12	YouTube
Pull	Close Grip Cable Pulldown	Lats, Biceps	Lean slightly back, pull to upper chest, full stretch	Neutral Grip Pulldown, Straight Arm Pulldown	2	10–12	YouTube
Row	Seated Cable Row	Lats, Rhomboids	Control stretch, keep elbows close to body	Machine Row, Chest-Supported Row	2	10–12	YouTube
Isolation / Full Back	Cable Lat Pullovers	Lats	Stretch arms forward, slight bend in elbows, pull through lats	Dumbbell Pullover, Machine Pullover	3	12–15	YouTube
Bicep	Alternating Dumbbell Curls	Biceps (Short & Long Head)	Control the negative, no swinging	Cable Curl, Preacher Curl	3	10–12	YouTube
Bicep	Hammer Curls	Biceps (Brachialis, Brachioradialis)	Keep wrists neutral, control full range	Rope Hammer Curl, Cross-Body Hammer Curl	3	10–15	YouTube

LEGS + SHOULDERS WORKOUT

Type of Exercise	Exercise	Target Muscle	Notes	Alternative Exercises <i>(Switch it up every now and then, find what works for you)</i>	Working Sets <i>(recommend doing your own warmup set or two)</i>	Rep Range <i>(Aim for Close to or to failure for all sets)</i>	Video Example
Squat	Barbell Back Squat	Quads, Glutes, Core	Keep spine neutral, go below parallel if possible	Leg Press, Hack Squat	2	8–12	YouTube
Hamstring	Lying Leg Curl	Hamstrings	Full range, pause at contraction	Seated Leg Curl, Dumbbell/barbell RDL	3	10–15	YouTube
Calves	Standing Calf Raises	Gastrocnemius (Upper Calf)	Full stretch at bottom, pause at top	Smith Machine Calf Raise, Donkey Calf Raise	3	12–20	YouTube
Isolation (Quads)	Leg Extensions	Quads (Vastus Lateralis & Rectus)	Control the negative, pause at top for squeeze	Sissy Squats, Bodyweight Extensions	2–3	12–15	YouTube
Calves	Seated Calf Raises	Soleus (Lower Calf)	Keep knees bent, slow controlled reps	Machine Seated Calf, Plate Seated Calf Raise	3	15–20	YouTube
Front Delt	Dumbbell Front Raises	Anterior Deltoid	Raise to shoulder level, control negative	Barbell Front Raise, Plate Raises	2	10–12	YouTube
Side Delt	Dumbbell Lateral Raises	Medial Deltoid	Slight bend in arms, lead with elbows	Cable Lateral Raise, Machine Lat Raise	3	12–15	YouTube
Rear Delt	Reverse Pec Dec Machine	Posterior Deltoid	Squeeze, hold at the end	Bent-Over Rear Delt Raises, Rear Cable Raise	3	12-15	YouTube

Mindset

- Progress isn't a straight line, some days you'll feel strong and smash your session. Other days might feel off. That's normal. Just stay consistent and play the long game.
- Discipline > motivation – Motivation comes and goes, but habits keep you going. Build a routine drink some pre or have something that indicates your body to be ready and makes showing up second nature.
- Only compare yourself to your past self – Everyone's got their own journey. Use others for inspiration but focus on being better than *yourself*.
- Celebrate the little wins – More reps, cleaner form, better focus it all counts. Progress is progress.

Tracking Progress

Tracking your progress is key. It keeps you focused, motivated, and honest with yourself. Whether you're aiming to build muscle, lose fat, or just feel better.

- **Take photos and videos** – Even if you're not 100% happy with your physique right now, take them anyway. Trust me, looking back at where you started is one of the coolest parts of the journey. I wish I took more early on.
- **Log your lifts and reps** – Write them down or track them in your note's app or a spreadsheet. This helps you know when it's time to increase the weight, add reps, or push harder.
- **Record your weight** – It's just data. Don't obsess but track it over time to see trends. Combine it with how you feel and how your clothes fit.
- **Share your wins** – Hit a new PR? Got your first pull-up? Felt more confident this week? Post it, write it down, or just acknowledge it. Progress is worth celebrating, no matter how small it seems, and don't worry about what anyone else has to say.

Tracking helps you see how far you've come, and seeing this progress can become a fuel for more growth.

Contact Me:

Got questions, feedback, or want to share your progress? I'm always keen to hear how others are using the plan or making it their own. Feel free to reach out.

🌐 **Linktree:** <https://linktr.ee/keanu124> (message me on Instagram or TikTok)