

FITWIZARD

---

# TRAINING PROGRAM

LINCOLN USER

FULL BODY • HYPERTROPHY

Generated on January 27, 2026

3 Days / Week • 45 Mins

"Final Verification Run"

DAY 1: DAY 1: VERIFICATION

STRENGTH

WARM UP: Arm Circles

EXERCISE	SETS	REPS	INTENSITY	REST
Bench Press	3	10	2 RIR	90s

COOL DOWN: Stretching