

FITWIZARD

TRAINING PROGRAM

LINCOLN USER

FULL BODY • HYPERTROPHY

Generated on January 27, 2026

3 Days / Week • 45 Mins

"Build muscle and aesthetics"

DAY 1: DAY 1: UPPER BODY FOCUS

STRENGTH • UPPER

WARM UP: Arm Circles, Band Pull-aparts, Light Cardio (5m)

EXERCISE	SETS	REPS	INTENSITY	REST
Dumbbell Bench Press	3	8-10	2 RIR	90s
Dumbbell Row	3	10-12	2 RIR	90s
Dumbbell Lateral Raise	3	12-15	1 RIR	60s

COOL DOWN: Static Chest Stretch, Tricep Stretch

DAY 2: DAY 2: LOWER BODY FOCUS

LEGS • POWER

WARM UP: Leg Swings, Glute Bridges, Air Squats

EXERCISE	SETS	REPS	INTENSITY	REST
Goblet Squat	3	10-12	2 RIR	90s
Dumbbell RDL	3	10-12	2 RIR	90s

COOL DOWN: Quad Stretch, Hamstring Stretch