

"Build muscle and aesthetics"

TRAINING GOAL
HYPERTROPHY

SPLIT TYPE
FULL BODY

DURATION
45 MIN

FREQUENCY
3 DAYS/WEEK



DAY 1: UPPER BODY FOCUS

STRENGTH • UPPER

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

COOL DOWN: Static Chest Stretch, Tricep Stretch

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



DAY 2: LOWER BODY FOCUS

LEGS • POWER

WARM UP: Leg Swings, Glute Bridges, Air Squats

COOL DOWN: Quad Stretch, Hamstring Stretch

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

You've got this! Every rep counts. ☺️