

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	INTENSI TY	RES T
Bench Press	3	10	2 RIR	90s

COOL DOWN: Stretching