

FITWIZARD

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# 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  | INTENSI<br>TY | RES<br>T |
|------------------------|------|-------|---------------|----------|
| 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  | INTENSI<br>TY | RES<br>T |
|--------------|------|-------|---------------|----------|
| Goblet Squat | 3    | 10-12 | 2 RIR         | 90s      |
| Dumbbell RDL | 3    | 10-12 | 2 RIR         | 90s      |

COOL DOWN: Quad Stretch, Hamstring Stretch