

# BRILS GYM - Training Program

Client: Manolis Maragkoudakis  
Date: 10/24/2025

## Day 1 - Push

Exercise	Sets	Reps	Rest	Notes
Barbell Bench Press	4	6-8	2:00	
Incline DB Press	3	8-10	90s	
Overhead Press (barbell or DB)	3	6-8	2:00	
Cable Fly or Push-ups	2-3	12-15	45s	Until Failure

## Day 2 - Pull

Exercise	Sets	Reps	Rest	Notes
Deadlift (conventional or trap bar)	3	4-5	3:00	
One-Arm DB Row	3	8		For each

## Day 3 - Legs

Exercise	Sets	Reps	Rest	Notes
Back Squat	4	7-8	2:30	
Romanian Deadlift	3	8-10		
Leg Press or Bulgarian Split Squat	3	10-12		

## Notes

November Weekly Schedule