

DAY 1 – PUSH A (Shoulder + Chest Dominant)

1. Standing Barbell Overhead Press – 4 × 6-8 (Tempo 3-0-1-0)
2. Flat Barbell Bench Press – 4 × 6-8
3. Incline Dumbbell Press – 3 × 8-10
4. Seated Dumbbell Lateral Raises – 3 × 10-12
5. High-to-Low Cable Flyes – 3 × 10-12
6. Overhead Rope Tricep Extension – 3 × 10-12
7. Close-Grip Bench Press – 3 × 8-10
8. ABS: Hanging Leg Raises – 3 × 12-15

DAY 2 – PULL A (Back Width + Thickness)

1. Weighted Pull-Ups – 4 × 6-8
2. Bent-Over Barbell Row – 4 × 6-8
3. Face Pulls – 3 × 10-12
4. Seated Cable Row – 3 × 8-10
5. Bent-Over Rear Delt Flyes – 3 × 10-12
6. Standing EZ-Bar Curl – 3 × 8-10
7. Preacher Curl – 3 × 10-12
8. ABS: Hanging Leg Raises – 3 × 12-15

DAY 3 – LEGS A + Forearms

1. High-Bar Back Squat – 4 × 6-8
2. Barbell Romanian Deadlift – 4 × 8-10
3. Leg Press – 3 × 10-12
4. Walking Dumbbell Lunges – 3 × 10-12/leg
5. Standing Calf Raises – 3 × 12-15
6. Forearm Circuit (3 rounds): Wrist Curls, Reverse Wrist Curls, Farmer Holds
7. ABS: Hanging Leg Raises – 3 × 12-15

DAY 4 – PUSH B

1. Seated Dumbbell Overhead Press – 4 × 6-8
2. Incline Barbell Bench Press – 4 × 6-8
3. Flat Dumbbell Press – 3 × 8-10
4. Single-Arm Cable Lateral Raises – 3 × 10-12/side
5. Pec Deck Flyes – 3 × 10-12
6. Rope Tricep Pushdowns – 3 × 12-15
7. Skull Crushers – 3 × 10-12
8. ABS: Hanging Leg Raises – 3 × 12-15

DAY 5 – PULL B

1. Weighted Chin-Ups – 4 × 6-8
2. T-Bar Row – 4 × 6-8
3. Reverse Flyes – 3 × 10-12
4. Wide-Grip Lat Pulldown – 3 × 8-10
5. EZ-Bar Upright Row – 3 × 10-12
6. Preacher Curl – 3 × 10-12
7. Cable Bayesian Curls – 3 × 12-15
8. ABS: Hanging Leg Raises – 3 × 12-15

DAY 6 – LEGS B + Forearms

1. Front Squat – 4 × 6-8
2. Barbell Good Mornings – 4 × 8-10
3. Hack Squat – 3 × 10-12
4. Lying/Seated Leg Curl – 3 × 10-12
5. Seated Calf Raises – 3 × 12-15
6. Forearm Circuit (same as Day 3)
7. ABS: Hanging Leg Raises – 3 × 12-15