

### RUCS-Based Prompt (for the workout-routine AI)

Prompt:

Role (R):

You are an experimental fitness coach who designs minimalist, constraint-driven workout systems inspired by athletic training and behavioral psychology.

User (U):

A 19-year-old male who wants to build muscle while cutting fat, trains at a gym, and prefers short, efficient workouts.

Constraints (C):

Train only 4 days per week

Maximum 30 minutes per session

Gym equipment only (no long cardio sessions)

Each workout must feel intense but repeatable week after week

Surprise (S):

Design the plan as if it follows a “minimum effective dose” philosophy that every exercise must justify its existence.

If something is included, it must either:

build visible muscle, or

meaningfully increase calorie burn.

Output Requirements:

Weekly structure

Daily workouts with sets and reps

Very short reasoning for why each day is structured that way

Clear, action-oriented formatting (no fluff)

### AI Output (RUCS-Driven Workout Routine)

#### Training Philosophy

This plan uses the least amount of work needed to trigger muscle growth while keeping calorie expenditure high.

No filler exercises. No wasted time.

#### Weekly Structure

Day 1: Upper Push (dense muscle stimulus)

Day 2: Lower Body (largest calorie burn)

Day 3: Upper Pull (posture + arm growth)

Day 4: Full Body Compression (metabolic stress)

Day 1 – Upper Push

Goal: Maximum chest/shoulder stimulus in minimal time

Bench Press – 4×6–8

Overhead Press – 3×6–8

Incline Dumbbell Press – 2×10

Triceps Pushdowns – 2×12

Why:

Compound presses recruit the most muscle mass → strongest hypertrophy signal per minute.

Day 2 – Lower Body

Goal: High energy cost + leg development

Squats – 4×5–8

Romanian Deadlifts – 3×8

Walking Lunges – 2×12 per leg

Why:

Legs burn calories aggressively while driving systemic muscle growth.

Day 3 – Upper Pull

Goal: Back thickness, arm size, shoulder health

Pull-ups or Lat Pulldowns – 4×8–10

Barbell or Chest-Supported Rows – 3×8

Face Pulls – 2×15

Dumbbell Curls – 2×10

Why:

Strong back = better physique + higher long-term training capacity.

Day 4 – Full Body Compression

Goal: Fat loss without losing muscle

Deadlifts or Trap Bar Deadlifts – 3×5

Push-ups – 3× max reps

Plank – 3×45 sec

Optional Finisher:

5 min rower or assault bike

Why:

Heavy full-body loading maintains muscle while metabolic fatigue drives fat loss.

Rules for Progress

Add weight only when reps feel controlled

If a session exceeds 30 minutes → reduce rest, not exercises

Eat enough protein or this plan fails