

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