



Day 1 (Chest)

Exercise	Set	Reps	How to
Incline bench press	4	15-20	https://youtu.be/DbFgADa2PL8?si=A1zpafznRXNY4UMQ
Dumbbell flies	3	15-20	https://youtube.com/shorts/vJh-4hRLH-o?si=Odtq6hNki_LvC_Qw
Pullover	3	15-20	https://youtube.com/shorts/nOgK3HWKVfM?si=Sx68x6LQYIOLISO7
Decline machine	3	15-20	https://youtube.com/shorts/a-UFQE4oxWY?si=05KJq29bDildACs

Day 2 (back)



Exercise	Set	Reps	How to
Lat pulldown wide	4	15-20	https://youtube.com/shorts/77bPLrsMwiQ?si=xB1gggsQa6jwM1nb
Barbell row reverse grip	4	15-20	https://youtube.com/shorts/NEtfQqgoV8E?si=7WBdgNs7whDU0BKH
Medium grip bar machine	3	15-20	https://youtube.com/shorts/fPbfYDgzlgA?si=CW1DzTGYmE0FmSVz
Machine pulldown close grip	3	15-20	https://youtube.com/shorts/uy0YkGtY7A8?si=8AAbiLye0YluuF91
Back extension	4	15-20	https://youtube.com/shorts/Wpreb69h2fE?si=Ea0pHB8xsYQrSmT4

Day 3 (Shoulder)

Exercise	Set	Reps	How to
Smith machine press	4	15-20	https://youtube.com/shorts/QWdaC



			7rQ-FM?si=ob4ORqmSLXl7laIZ
Cable side latral (single)	3	10	https://youtube.com/shorts/gSC3pd6lfKY?si=JCpDdAINxJPBcnH7
Cable front lateral	3	15-20	https://youtu.be/vtH93qBltdk?si=syJWfbJXwlXY83JB
Cable upright row	3	15-20	https://youtube.com/shorts/KAEE2N4YnBE?si=UiC5nnJ1pEHKdkP5
Machine reardelt	4	15-20	https://youtube.com/shorts/qBq_7mUvOxQ?si=vV0Yrnucc-shcAle

Day 4 (Bi & Tri)

Exercise	Set	Reps	How to
bar curl standing	4	15-20	https://youtube.com/shorts/2ZlISliQJ4Y?si=c9-O3eFx91yixq_0



FitBalance

dumbbell hummer curl	3	15-20	https://youtube.com/shorts/uxSjLsnm0VY?si=alUsNdt5bjLxAqa0
Seated machine curl	3	15-20	https://youtube.com/shorts/Htw-s61mOw0?si=rEj4jvTV2OCAaQeh
Cable pressdown ^ grip	3	15-20	https://youtube.com/shorts/WjLJ7zlpXQ?si=UsmLGE2efunF0hkt
dips	4	15-20	https://youtube.com/shorts/SXBksC78v8M?si=clcQHQaSaZW2y-w

Day 5 (Legs)

Exercise	Set	Reps	How to
Leg press close stance	4	15-20	https://youtube.com/shorts/BFuVZFIDcmo?si=pp6-3AHgbAk-4xoQ
Leg ext	4	15-20	https://youtube.com/shorts/iT6MkQMAI7c?si=3fMU1WZ6ZRYLZm7v



FitBalance

Machine squat	4	15-20	https://youtube.com/shorts/jQCT-I9N00s?si=DZoOsWyUVwTQ3XYd
Hack squat	3	15-20	https://youtube.com/shorts/bGbHOeHXnB8?si=gEzqaDKE40e3c-wp
Lying Leg curl	4	15-20	https://youtube.com/shorts/ANKSmhT0dT0k?si=mThXntk-4SMumd0C
seated leg curl	4	15-20	https://youtube.com/shorts/aakNLjjm4Qo?si=jtRXdQCGWLghvyJY
dumbell deadlift	3	15-20	https://youtube.com/shorts/ZoZxjslgROI?si=Us_iJPYNijbB432X
Single leg curl	3	15-20	https://youtube.com/shorts/bkwW1fLKchc?si=eHfZPgnjAye5Al3i
Calves (1)	4	15-20	https://youtube.com/shorts/lrrmU7_swBl?si=0bmzH7cXWa2dP3r5
Calves (2)	4	15-20	https://youtube.com/shorts/S2yhz3klwdU?si=0a0gZZnnX0MjRt70