

Day 1 – Gym: Push (Heavy)

Exercise	Sets × Reps
Barbell Bench Press	4 × 5–8
Dumbbell Incline Press	3 × 6–9
Overhead Barbell Press (OHP)	4 × 5–8
Weighted Dips	3 × 6–10
Lateral Raises (DB)	3 × 8–12
Triceps Cable Pressdown	3 × 8–12

Day 2 – Gym: Pull (Heavy)

Exercise	Sets × Reps
Weighted Pull-ups / Lat Pulldown	4 × 5–8
Bent-over Barbell Row	4 × 6–8
Seated Cable Row	3 × 8–12
Face Pull (cable)	3 × 12–15
Barbell / EZ-bar Biceps Curl	4 × 6–10
Hammer Curls	3 × 8–12

Day 3 – Gym: Legs (Heavy)

Exercise	Sets × Reps
Back Squat / Front Squat	4 × 5–8
Leg Press	3 × 8–12
Romanian Deadlift (RDL)	3 × 6–9
Hamstring Curl (Machine)	3 × 8–12
Barbell Hip Thrust	3 × 8–12
Calf Raise	4 × 10–15

Day 4 – Home: Push (Bands from Ceiling)

Exercise	Sets × Reps
High-to-Low Chest Press	4 × 12–18
Single-arm High-to-Low Chest Press	3 × 15–20
Overhead Band Shoulder Press	4 × 12–18
Lateral Raise (band overhead)	3 × 15–20
Triceps Pressdown	4 × 12–18
Band-assisted Push-ups	2 × 12–20

Day 5 – Home: Pull (Bands from Ceiling)

Exercise	Sets × Reps
Band Lat Pulldown	3 × 12–18
High Row	4 × 12–18
Face Pull (band overhead)	3 × 15–20
Straight-arm Pulldown	3 × 12–15
Biceps Curl (overhead)	5 × 12–18
Rear-delt Reverse Fly	3 × 15–20

Day 6 – Home: Legs (Bands from Ceiling)

Exercise	Sets × Reps
Banded Overhead Squat	4 × 12–18
Bulgarian Split Squat	3 × 12–16 each leg
Single-leg Romanian Deadlift	3 × 12–16 each leg
Standing Hamstring Curl	3 × 12–15 each leg
Banded Hip Thrust	4 × 12–18
Calf Raises	3 × 12–20