

Avery Fisk – Free Workout Guide

This free guide provides a proven weekly training split designed to develop strength, size, and athletic conditioning. It reflects the same principles behind the Avery Fisk coaching system: intensity, progressive overload, discipline, and execution.

WEEKLY TRAINING SPLIT (5 DAYS)

Day 1 – Upper Strength

- Bench Press – 5x5
- Bent Over Row – 4x6
- Weighted Dips – 3x8
- Seated DB Shoulder Press – 3x8
- Cable Row – 3x10
- Core Work – 10 minutes

Day 2 – Lower Strength

- Back Squat – 5x5
- Romanian Deadlift – 4x6
- Walking Lunges – 3x12/leg
- Leg Curl – 3x12
- Calf Raises – 4x15

Day 3 – Push Hypertrophy

- Incline DB Press – 4x10
- Cable Fly – 3x12
- Lateral Raises – 4x15

- Triceps Rope Pushdown – 3x12
- Pushups – 2x failure

Day 4 – Pull Hypertrophy

- Lat Pulldown – 4x10
- Chest Supported Row – 3x12
- Face Pulls – 3x15
- DB Curls – 3x12
- Hammer Curls – 3x10

Day 5 – Legs & Conditioning

- Leg Press – 4x12
- Bulgarian Split Squats – 3x10/leg
- Leg Extensions – 3x15
- 10–12 Min Conditioning (sled, incline walk, or assault bike)

NUTRITION PRIORITIES

1. Protein target: 0.8–1g per lb bodyweight
2. Eat whole foods 80% of the time
3. Track calories or follow fixed meals
4. Hydration: 80–120 oz per day
5. Consistency beats perfection

EXECUTION RULES

- Progressive overload weekly
- Intentional reps — no wasted movement

- Train close to failure
- Prioritize recovery and sleep

For a fully personalized program and nutrition plan, book a consultation at calendly.com/averyfisk.