

Avery Fisk Coaching – Free Workout Guide

A structured, high-intensity training split engineered for fast, measurable progress.

DAY 1 — CHEST & BACK

Chest Press Machine – 4x10–12

Lat Pulldown – 4x10–12

Incline Chest Machine – 3x8–12

Seated Row – 3x10–12

Cable Fly – 3x12–15

Back Extensions – 3x12–15

DAY 2 — SHOULDERS & ARMS

Shoulder Press Machine – 4x8–12

Lateral Raise – 4x12–15

Preacher Curl Machine – 3x10–12

Triceps Pressdown – 3x10–12

Cable Curl – 3x12–15

Overhead Triceps – 3x12–15

DAY 3 — LEGS

Leg Press – 4x10–15

Hamstring Curl – 4x10–12

Leg Extension – 3x12–15

Hack Squat or Machine Squat – 3x8–12

Calf Raises – 4x12–15

DAY 4 — REST / ACTIVE RECOVERY

Light cardio, stretching, mobility work.

Execute with intent. Push heavy. Recover smart.