

Table 1:
Greedy Algorithm Test Results

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
1	1 Day	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	93.5	1.Squat – Barbell 2.Bench Press – Barbell 3.Rear Delt Row – Barbell 4.One-Handed Cross-Body Curl 5.Glute Kickback – Machine	Optimal alignment (1.00)
2	1 Day	Day 1	Tier 2 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 2 Core	102.0	1.Squat – Bodyweight 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.One-Handed Cross-Body Curl	Optimal alignment (0.95)
3	2 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		92.5	1.Squat – Barbell 2.Row – Dumbbell 3.Towel Pull-Up 4.One-Handed Cross-Body Curl 5.Glute Kickback – Machine	Optimal alignment (1.00)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
4	2 Days	Day 1	Tier 4 Chest Tier 4 Back Tier 4 Shoulder Tier 4 Arm Tier 2 Leg Tier 2 Core	99.2	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		96.0	1.Row – Dumbbell 2.Single-Leg Romanian Deadlift – Dumbbell 3.One-Handed Cross-Body Curl 4.Shrug – Trap Bar 5.One-Handed Plate Wrist Curl	Optimal alignment (0.95)
5	3 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)
		Day 3		84.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Cross-Body Curl 5.One-Handed Wrist Curl – Dumbbell	Optimal alignment (0.94)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
6	3 Days	Day 1	Tier 4 Chest Tier 3 Back Tier 4 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	98.1	1.Shoulder Press – Dumbbell 2.Decline Bench Press – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		91.0	1.Front Rack Knee Over Toe Split Squat – Dumbbell 2.Single-Arm Front Rack Contralateral Walking Lunge – Kettlebell 3.Front Rack Low Switch Cossack Squat – Kettlebell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.95)
		Day 3		85.5	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Cross-Body Curl 5.One-Handed Wrist Curl – Dumbbell	Optimal alignment (0.89)
7	3 Days	Day 1	Tier 3 Chest Tier 4 Back Tier 3 Shoulder Tier 4 Arm Tier 3 Leg Tier 3 Core	94.9	1.Close-Grip Feet-Up Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Chest Press – Machine 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2		92.6	1.Single-Leg Romanian Deadlift – Dumbbell 2.Deadlift – Barbell 3.Lunge – Dumbbell 4.Nordic Hamstring Curl 5.Glute Kickback – Machine	Optimal alignment (0.95)
		Day 3		90.4	1.Row – Barbell 2.Deadlift – Fat Bar 3.One-Handed Cross-Body Curl 4.Shrug – Trap Bar 5.One-Handed Wrist Curl – Dumbbell	Optimal alignment (0.89)
8	4 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		92.5	1.Squat – Barbell 2.Row – Dumbbell 3.Towel Pull-Up 4.One-Handed Cross-Body Curl 5.Glute Kickback – Machine	Optimal alignment (1.00)
		Day 3		89.5	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Push-Up 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.94)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 4		92.5	1.Romanian Deadlift – Barbell 2.One-Handed Row – Dumbbell 3.Isometric Pull-Up Hold 4.Cable Curl – Rope 5.Standing Glute Kickback – Machine	Optimal alignment (1.00)
9	4 Days	Day 1	Tier 5 Chest Tier 5 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 2 Core	93.5	1.Decline Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Reverse Fly – Dumbbell 4.One-Handed Standing Chest Fly – Cable 5.Lateral Raise – Machine	Optimal alignment (0.95)
		Day 2		105.6	1.Squat – Barbell 2.Hip Thrust – Barbell 3.Single Arm Half Kneeling High Row – Cable 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.95)
		Day 3		93.6	1.Rear Delt Row – Dumbbell 2.One-Handed Chest Press – Dumbbell 3.Reverse Fly – Machine 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.95)
		Day 4		104.7	1.Squat – Bodyweight 2.Shallow Lunge – Bodyweight 3.Leg Press – Machine 4.Standing Glute Kickback – Machine 5.Shrug – Trap Bar	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
10	4 Days	Day 1	Tier 4 Chest Tier 3 Back Tier 4 Shoulder Tier 4 Arm Tier 3 Leg Tier 3 Core	99.6	1.Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		96.0	1.Row – Dumbbell 2.Lunge – Dumbbell 3.One-Handed Cross-Body Curl 4.Shrug – Trap Bar 5.Glute Kickback – Machine	Optimal alignment (0.95)
		Day 3		97.0	1.Close-Grip Feet-Up Bench Press – Barbell 2.Seated Shoulder Press – Dumbbell 3.Dip – Bar 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.89)
		Day 4		95.1	1.One-Handed Row – Dumbbell 2.Front Rack Low Switch Cossack Squat – Kettlebell 3.Cable Curl – Rope 4.Standing Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.95)
11	5 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg	78.7	1.Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.Push-Up 4.Low Chest Fly – Cable 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2	Tier 3 Core	87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)
		Day 3		70.7	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Optimal alignment (0.78)
		Day 4		80.5	1.Behind the Neck Press – Barbell 2.Rear Delt Row – Barbell 3.Face Pull 4.Lateral Raise – Machine 5.One-Handed Lateral Raise – Cable	Optimal alignment (1.00)
		Day 5		85.7	1.Close-Grip Feet-Up Bench Press – Barbell 2.Feet-Elevated Bulgarian Row – Ring 3.Towel Pull-Up 4.Wrist Curl – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.94)
12	5 Days	Day 1	Tier 5 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 2 Leg Tier 2 Core	74.0	1.Decline Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.Standing Chest Fly – Cable 4.Chest Fly – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2		80.0	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)
		Day 3		63.8	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Suboptimal alignment (0.73)
		Day 4		68.9	1.Behind the Neck Press – Barbell 2.Rear Delt Row – Barbell 3.Reverse Fly – Machine 4.Seated Incline Front Raise – Dumbbell 5.Lateral Raise – Machine	Optimal alignment (0.84)
		Day 5		80.3	1.Close-Grip Feet-Up Bench Press – Barbell 2.Feet-Elevated Bulgarian Row – Ring 3.Dip – Bench 4.Wrist Curl – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
13	5 Days	Day 1	Tier 2 Chest Tier 5 Back Tier 2 Shoulder Tier 2 Arm Tier 2 Leg Tier 2 Core	72.5	1.Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.One-Handed Shoulder Press – Landmine 4.Low Chest Fly – Cable 5.Standing Chest Fly – Cable	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2		84.0	1.Romanian Deadlift – Barbell 2.Deadlift – Barbell 3.Back Extension 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)
		Day 3		78.1	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Suboptimal alignment (0.73)
		Day 4		79.3	1.Rear Delt Row – Barbell 2.Behind the Neck Press – Barbell 3.Reverse Fly – Machine 4.Lateral Raise – Machine 5.One-Handed Lateral Raise – Cable	Optimal alignment (0.95)
		Day 5		82.4	1.Close-Grip Feet-Up Bench Press – Barbell 2.Feet-Elevated Bulgarian Row – Ring 3.Towel Pull-Up 4.Wrist Curl – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
14	5 Days	Day 1	Tier 2 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 2 Core	71.8	1.Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.One-Handed Shoulder Press – Landmine 4.Low Chest Fly – Cable 5.Standing Chest Fly – Cable	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2		101.9	1.Squat – Bodyweight 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)
		Day 3		63.8	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Suboptimal alignment (0.73)
		Day 4		73.0	1.Behind the Neck Press – Barbell 2.Rear Delt Row – Barbell 3.Face Pull 4.Lateral Raise – Machine 5.One-Handed Lateral Raise – Cable	Optimal alignment (0.95)
		Day 5		81.9	1.Close-Grip Feet-Up Bench Press – Barbell 2.Deadlift – Fat Bar 3.One-Handed Overhead Tricep Extension – Dumbbell 4.One-Handed Plate Wrist Curl 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
15	6 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2	Tier 3 Core	87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)
		Day 3		85.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.94)
		Day 4		89.5	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Push-Up 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.94)
		Day 5		85.7	1.Romanian Deadlift – Dumbbell 2.Squat – Bodyweight 3.Leg Press – Machine 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.94)
		Day 6		82.7	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Isometric Pull-Up Hold 4.Concentration Curl 5.One-Handed Plate Wrist Curl	Optimal alignment (0.89)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
16	6 Days	Day 1	Tier 4 Chest Tier 4 Back Tier 4 Shoulder Tier 4 Arm Tier 2 Leg Tier 2 Core	99.2	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		87.3	1.Single-Leg Romanian Deadlift – Dumbbell 2.Deadlift – Barbell 3.Lunge – Dumbbell 4.Nordic Hamstring Curl 5.Glute Kickback – Machine	Optimal alignment (0.95)
		Day 3		91.1	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
		Day 4		97.0	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Dip – Bar 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.89)
		Day 5		82.2	1.Romanian Deadlift – Barbell 2.Deadlift – Dumbbell 3.Front Rack Low Switch Cossack Squat – Kettlebell 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.89)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 6		89.6	1.Row – Barbell 2.Pronated Grip Lat Pulldown 3.Reverse Curl – Barbell 4.One-Handed Plate Wrist Curl 5.Shrug – Trap Bar	Optimal alignment (0.84)
17	6 Days	Day 1	Tier 2 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 4 Core	86.3	1.Z Press – Dumbbell 2.Bench Press – Barbell 3.Push-Up 4.One-Handed Standing Chest Fly – Cable 5.Lateral Raise – Machine	Optimal alignment (0.95)
		Day 2		101.9	1.Squat – Bodyweight 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment(0.89)
		Day 3		80.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Isometric Pull-Up Hold 4.One-Handed Cross-Body Curl 5.One-Handed Wrist Curl – Dumbbell	Optimal alignment(0.89)
		Day 4		83.5	1.Z Press – Barbell 2.Close-Grip Feet-Up Bench Press – Barbell 3.Push-Up – Feet in Rings 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment(0.89)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 5		103.1	1.Shallow Lunge – Bodyweight 2.Single-Arm Bulgarian Split Squat – Dumbbell 3.Squat – Belt 4.Standing Glute Kickback – Machine 5.Hip Abduction – Machine	Optimal alignment(0.95)
		Day 6		75.9	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Farmers Walk 4.Concentration Curl 5.One-Handed Plate Wrist Curl	Optimal alignment(0.84)
18	7 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)
		Day 3		85.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.94)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 4		89.5	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Push-Up 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.94)
		Day 5		85.7	1.Romanian Deadlift – Dumbbell 2.Squat – Bodyweight 3.Leg Press – Machine 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.94)
		Day 6		82.7	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Isometric Pull-Up Hold 4.Concentration Curl 5.One-Handed Plate Wrist Curl	Optimal alignment (0.89)
		Day 7		85.5	1.Upright Row – Barbell 2.Floor Press – Dumbbell 3.Rear Delt Row – Dumbbell 4.Standing Chest Fly – Cable 5.Plate Front Raise	Optimal alignment (0.89)
19	7 Days	Day 1	Tier 5 Chest Tier 1 Back Tier 5 Shoulder Tier 1 Arm Tier 1 Leg Tier 1 Core	94.1	1.Shoulder Press – Dumbbell 2.Decline Bench Press – Barbell 3.Lateral Raise – Machine 4.Low Chest Fly – Cable 5.One-Handed Lateral Raise – Cable	Optimal alignment (0.92)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2		77.7	1.Front Rack Knee Over Toe Split Squat – Dumbbell 2.Single-Arm Front Rack Contralateral Walking Lunge – Kettlebell 3.Front Rack Low Switch Cossack Squat – Kettlebell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.92)
		Day 3		74.9	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.86)
		Day 4		88.9	1.Seated Shoulder Press – Dumbbell 2.Close-Grip Incline Bench Press – Dumbbell 3.Front Raise – Dumbbell 4.One-Handed Standing Chest Fly – Cable 5.Plate Front Raise	Optimal alignment (0.86)
		Day 5		75.4	1.Single-Arm Front Rack Walking Lunge – Dumbbell 2.Squat – Barbell 3.Romanian Deadlift – Barbell 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.92)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 6		73.0	1.One-Handed Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Isometric Pull-Up Hold 4.Hammer Curl – Cable With Rope 5.One-Handed Plate Wrist Curl	Optimal alignment (0.81)
		Day 7		93.7	1.Shoulder Press – Barbell 2.Bench Press – Barbell 3.One-Handed Tricep Pushdown – Cable 4.Lateral Raise – Dumbbell 5.Chest Fly – Machine	Optimal alignment (0.86)
20	7 Days	Day 1	Tier 5 Chest Tier 5 Back Tier 3 Shoulder Tier 3 Arm Tier 5 Leg Tier 3 Core	97.8	1.Decline Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Reverse Fly – Dumbbell 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		102.5	1.Squat – Barbell 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)
		Day 3		92.3	1.Row – Barbell 2.Deadlift – Fat Bar 3.Pull-Up 4.Shrug – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.84)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 4		94.8	1.Rear Delt Row – Dumbbell 2.Bench Press – Barbell 3.Reverse Fly – Machine 4.One-Handed Lateral Raise – Cable 5.Low Chest Fly – Cable	Optimal alignment (0.89)
		Day 5		100.5	1.Squat – Bodyweight 2.Shallow Lunge – Bodyweight 3.Standing Glute Kickback – Machine 4.Hip Abduction – Machine 5.Leg Extension	Optimal alignment (0.95)
		Day 6		89.2	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Towel Pull-Up 4.Shrug – Dumbbell 5.Concentration Curl	Optimal alignment (0.84)
		Day 7		91.6	1.Floor Press – Dumbbell 2.Behind the Neck Press – Barbell 3.Chest Press – Cable 4.One-Handed Standing Chest Fly – Band 5.Plate Front Raise	Optimal alignment (0.84)

Table 2
Hybrid Algorithm Test Results

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
1	1 Day	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	93.5	1.Squat – Barbell 2.Bench Press – Barbell 3.Rear Delt Row – Barbell 4.One-Handed Cross-Body Curl 5.Glute Kickback – Machine	Optimal alignment (1.00)
2	1 Day	Day 1	Tier 2 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 2 Core	102.0	1.Squat – Bodyweight 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.One-Handed Cross-Body Curl	Optimal alignment (0.95)
3	2 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		92.5	1.Squat – Barbell 2.Row – Dumbbell 3.Towel Pull-Up 4.One-Handed Cross-Body Curl 5.Glute Kickback – Machine	Optimal alignment (1.00)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
4	2 Days	Day 1	Tier 4 Chest Tier 4 Back Tier 4 Shoulder Tier 4 Arm Tier 2 Leg Tier 2 Core	99.2	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		96.0	1.Row – Dumbbell 2.Single-Leg Romanian Deadlift – Dumbbell 3.One-Handed Plate Wrist Curl 4.Shrug – Trap Bar 5.One-Handed Cross-Body Curl	Optimal alignment (0.95)
5	3 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)
		Day 3		85.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.94)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
6	3 Days	Day 1	Tier 4 Chest Tier 3 Back Tier 4 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	98.1	1.Shoulder Press – Dumbbell 2.Decline Bench Press – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		91.0	1.Front Rack Knee Over Toe Split Squat – Dumbbell 2.Single-Arm Front Rack Contralateral Walking Lunge – Kettlebell 3.Front Rack Low Switch Cossack Squat – Kettlebell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.95)
		Day 3		86.5	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
7	3 Days	Day 1	Tier 3 Chest Tier 4 Back Tier 3 Shoulder Tier 4 Arm Tier 3 Leg Tier 3 Core	94.9	1.Close-Grip Feet-Up Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Chest Press – Machine 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		92.6	1.Single-Leg Romanian Deadlift – Dumbbell 2.Deadlift – Barbell 3.Lunge – Dumbbell	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
					4.Nordic Hamstring Curl 5.Glute Kickback – Machine	
		Day 3		93.4	1.Row – Barbell 2.Deadlift – Fat Bar 3.One-Handed Wrist Curl – Dumbbell 4.Shrug – Trap Bar 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
8	4 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		92.5	1.Squat – Barbell 2.Row – Dumbbell 3.Towel Pull-Up 4.One-Handed Cross-Body Curl 5.Glute Kickback – Machine	Optimal alignment (1.00)
		Day 3		89.5	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Push-Up 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.94)
		Day 4		92.5	1.Romanian Deadlift – Barbell 2.One-Handed Row – Dumbbell 3.Isometric Pull-Up Hold 4.Cable Curl – Rope	Optimal alignment (1.00)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
					5.Standing Glute Kickback – Machine	
9	4 Days	Day 1	Tier 5 Chest Tier 5 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 2 Core	93.5	1.Decline Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Reverse Fly – Dumbbell 4.One-Handed Standing Chest Fly – Cable 5.Lateral Raise – Machine	Optimal alignment (0.95)
		Day 2		105.6	1.Squat – Barbell 2.Hip Thrust – Barbell 3.Single Arm Half Kneeling High Row – Cable 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.95)
		Day 3		93.6	1.Rear Delt Row – Dumbbell 2.One-Handed Chest Press – Dumbbell 3.Reverse Fly – Machine 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.95)
		Day 4		104.7	1.Squat – Bodyweight 2.Shallow Lunge – Bodyweight 3.Leg Press – Machine 4.Standing Glute Kickback – Machine 5.Shrug – Trap Bar	Optimal alignment (0.95)
10	4 Days	Day 1	Tier 4 Chest Tier 3 Back Tier 4 Shoulder Tier 4 Arm Tier 3 Leg	99.6	1.Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2	Tier 3 Core	96.0	1.Row – Dumbbell 2.Lunge – Dumbbell 3.One-Handed Cross-Body Curl 4.Shrug – Trap Bar 5.Glute Kickback – Machine	Optimal alignment (0.95)
		Day 3		97.0	1.Close-Grip Feet-Up Bench Press – Barbell 2.Seated Shoulder Press – Dumbbell 3.Dip – Bar 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.89)
		Day 4		95.1	1.One-Handed Row – Dumbbell 2.Front Rack Low Switch Cossack Squat – Kettlebell 3.Cable Curl – Rope 4.Standing Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.95)
11	5 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	78.7	1.Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.Push-Up 4.Low Chest Fly – Cable 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 3		70.7	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Optimal alignment (0.78)
		Day 4		80.5	1.Behind the Neck Press – Barbell 2.Rear Delt Row – Barbell 3.Face Pull 4.Lateral Raise – Machine 5.One-Handed Lateral Raise – Cable	Optimal alignment (1.00)
		Day 5		85.7	1.Close-Grip Feet-Up Bench Press – Barbell 2.Feet-Elevated Bulgarian Row – Ring 3.Towel Pull-Up 4.Wrist Curl – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.94)
12	5 Days	Day 1	Tier 5 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 2 Leg Tier 2 Core	74.0	1.Decline Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.Standing Chest Fly – Cable 4.Chest Fly – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		80.0	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 3		63.8	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Suboptimal alignment (0.73)
		Day 4		68.9	1.Behind the Neck Press – Barbell 2.Rear Delt Row – Barbell 3.Reverse Fly – Machine 4.Seated Incline Front Raise – Dumbbell 5.Lateral Raise – Machine	Optimal alignment (0.84)
		Day 5		80.3	1.Close-Grip Feet-Up Bench Press – Barbell 2.Feet-Elevated Bulgarian Row – Ring 3.Dip – Bench 4.Wrist Curl – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
13	5 Days	Day 1	Tier 2 Chest Tier 5 Back Tier 2 Shoulder Tier 2 Arm Tier 2 Leg Tier 2 Core	72.5	1.Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.One-Handed Shoulder Press – Landmine 4.Low Chest Fly – Cable 5.Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		84.0	1.Romanian Deadlift – Barbell 2.Deadlift – Barbell 3.Back Extension 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 3		78.1	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Suboptimal alignment (0.73)
		Day 4		79.3	1.Rear Delt Row – Barbell 2.Behind the Neck Press – Barbell 3.Reverse Fly – Machine 4.Lateral Raise – Machine 5.One-Handed Lateral Raise – Cable	Optimal alignment (0.95)
		Day 5		82.4	1.Close-Grip Feet-Up Bench Press – Barbell 2.Feet-Elevated Bulgarian Row – Ring 3.Towel Pull-Up 4.Wrist Curl – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
14	5 Days	Day 1	Tier 2 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 2 Core	71.8	1.Bench Press – Barbell 2.One-Handed Chest Press – Dumbbell 3.One-Handed Shoulder Press – Landmine 4.Low Chest Fly – Cable 5.Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		101.9	1.Squat – Bodyweight 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 3		63.8	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Pull-Up 4.Floor Back Extension 5.Shrug – Trap Bar	Suboptimal alignment (0.73)
		Day 4		73.0	1.Behind the Neck Press – Barbell 2.Rear Delt Row – Barbell 3.Face Pull 4.Lateral Raise – Machine 5.One-Handed Lateral Raise – Cable	Optimal alignment (0.95)
		Day 5		81.9	1.Close-Grip Feet-Up Bench Press – Barbell 2.Deadlift – Fat Bar 3.One-Handed Overhead Tricep Extension – Dumbbell 4.One-Handed Plate Wrist Curl 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
15	6 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 3		85.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.94)
		Day 4		89.5	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Push-Up 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.94)
		Day 5		85.7	1.Romanian Deadlift – Dumbbell 2.Squat – Bodyweight 3.Leg Press – Machine 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.94)
		Day 6		82.7	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Isometric Pull-Up Hold 4.Concentration Curl 5.One-Handed Plate Wrist Curl	Optimal alignment (0.89)
16	6 Days	Day 1	Tier 4 Chest Tier 4 Back Tier 4 Shoulder Tier 4 Arm Tier 2 Leg Tier 2 Core	99.2	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 2		87.3	1.Single-Leg Romanian Deadlift – Dumbbell 2.Deadlift – Barbell 3.Lunge – Dumbbell 4.Nordic Hamstring Curl 5.Glute Kickback – Machine	Optimal alignment (0.95)
		Day 3		91.1	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
		Day 4		97.0	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Dip – Bar 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.89)
		Day 5		82.2	1.Romanian Deadlift – Barbell 2.Deadlift – Dumbbell 3.Front Rack Low Switch Cossack Squat – Kettlebell 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.89)
		Day 6		89.6	1.Row – Barbell 2.Pronated Grip Lat Pulldown 3.Reverse Curl – Barbell 4.One-Handed Plate Wrist Curl 5.Shrug – Trap Bar	Optimal alignment (0.84)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
17	6 dDays	Day 1	Tier 2 Chest Tier 2 Back Tier 2 Shoulder Tier 2 Arm Tier 5 Leg Tier 4 Core	86.3	1.Z Press – Dumbbell 2.Bench Press – Barbell 3.Push-Up 4.One-Handed Standing Chest Fly – Cable 5.Lateral Raise – Machine	Optimal alignment (0.95)
		Day 2		101.9	1.Squat – Bodyweight 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)
		Day 3		81.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Isometric Pull-Up Hold 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.89)
		Day 4		83.5	1.Z Press – Barbell 2.Close-Grip Feet-Up Bench Press – Barbell 3.Push-Up – Feet in Rings 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.89)
		Day 5		103.1	1.Shallow Lunge – Bodyweight 2.Single-Arm Bulgarian Split Squat – Dumbbell 3.Squat – Belt 4.Standing Glute Kickback – Machine 5.Hip Abduction – Machine	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 6		75.9	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Farmers Walk 4.Concentration Curl 5.One-Handed Plate Wrist Curl	Optimal alignment (0.84)
18	7 Days	Day 1	Tier 3 Chest Tier 3 Back Tier 3 Shoulder Tier 3 Arm Tier 3 Leg Tier 3 Core	92.5	1.Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Dip – Bench 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (1.00)
		Day 2		87.5	1.Squat – Barbell 2.Romanian Deadlift – Barbell 3.Deadlift – Barbell 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.94)
		Day 3		85.7	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.94)
		Day 4		89.5	1.Close-Grip Feet-Up Bench Press – Barbell 2.Shoulder Press – Dumbbell 3.Push-Up 4.One-Handed Lateral Raise – Cable 5.Chest Fly – Machine	Optimal alignment (0.94)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
		Day 5		85.7	1.Romanian Deadlift – Dumbbell 2.Squat – Bodyweight 3.Leg Press – Machine 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.94)
		Day 6		82.7	1.Row – Barbell 2.Straight Arm Lat Pulldown 3.Isometric Pull-Up Hold 4.Concentration Curl 5.One-Handed Plate Wrist Curl	Optimal alignment (0.89)
		Day 7		85.5	1.Upright Row – Barbell 2.Floor Press – Dumbbell 3.Rear Delt Row – Dumbbell 4.Standing Chest Fly – Cable 5.Plate Front Raise	Optimal alignment (0.89)
19	7 Days	Day 1	Tier 5 Chest Tier 1 Back Tier 5 Shoulder Tier 1 Arm Tier 1 Leg Tier 1 Core	94.1	1.Shoulder Press – Dumbbell 2.Decline Bench Press – Barbell 3.Lateral Raise – Machine 4.Low Chest Fly – Cable 5.One-Handed Lateral Raise – Cable	Optimal alignment (0.92)
		Day 2		77.7	1.Front Rack Knee Over Toe Split Squat – Dumbbell 2.Single-Arm Front Rack Contralateral Walking Lunge – Kettlebell 3.Front Rack Low Switch Cossack Squat – Kettlebell	Optimal alignment (0.92)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
					4.Glute Kickback – Machine 5.Nordic Hamstring Curl	
		Day 3		73.9	1.Row – Dumbbell 2.Deadlift – Fat Bar 3.Towel Pull-Up 4.One-Handed Wrist Curl – Dumbbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.86)
		Day 4		88.9	1.Seated Shoulder Press – Dumbbell 2.Close-Grip Incline Bench Press – Dumbbell 3.Front Raise – Dumbbell 4.One-Handed Standing Chest Fly – Cable 5.Plate Front Raise	Optimal alignment (0.86)
		Day 5		75.4	1.Single-Arm Front Rack Walking Lunge – Dumbbell 2.Squat – Barbell 3.Romanian Deadlift – Barbell 4.Standing Glute Kickback – Machine 5.Leg Extension	Optimal alignment (0.92)
		Day 6		73.0	1.One-Handed Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Isometric Pull-Up Hold 4.Hammer Curl – Cable With Rope 5.One-Handed Plate Wrist Curl	Optimal alignment (0.81)
		Day 7		93.7	1.Shoulder Press – Barbell 2.Bench Press – Barbell 3.One-Handed Tricep Pushdown – Cable	Optimal alignment (0.86)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
					4.Lateral Raise – Dumbbell 5.Chest Fly – Machine	
20	7 Days	Day 1	Tier 5 Chest Tier 5 Back Tier 3 Shoulder Tier 3 Arm Tier 5 Leg Tier 3 Core	97.8	1.Decline Bench Press – Barbell 2.Rear Delt Row – Barbell 3.Reverse Fly – Dumbbell 4.Lateral Raise – Machine 5.One-Handed Standing Chest Fly – Cable	Optimal alignment (0.95)
		Day 2		102.5	1.Squat – Barbell 2.Hip Thrust – Barbell 3.Leg Press – Machine 4.Glute Kickback – Machine 5.Nordic Hamstring Curl	Optimal alignment (0.89)
		Day 3		92.3	1.Row – Barbell 2.Deadlift – Fat Bar 3.Pull-Up 4.Shrug – Barbell 5.One-Handed Cross-Body Curl	Optimal alignment (0.84)
		Day 4		94.8	1.Rear Delt Row – Dumbbell 2.Bench Press – Barbell 3.Reverse Fly – Machine 4.One-Handed Lateral Raise – Cable 5.Low Chest Fly – Cable	Optimal alignment (0.89)
		Day 5		100.5	1.Squat – Bodyweight 2.Shallow Lunge – Bodyweight 3.Standing Glute Kickback – Machine 4.Hip Abduction – Machine	Optimal alignment (0.95)

ID	Training Split	Day	Preference Setting	Score	Exercises	Standard Alignment
					5.Leg Extension	
		Day 6		89.2	1.Row – Dumbbell 2.Straight Arm Lat Pulldown 3.Towel Pull-Up 4.Shrug – Dumbbell 5.Concentration Curl	Optimal alignment (0.84)
		Day 7		91.6	1.Floor Press – Dumbbell 2.Behind the Neck Press – Barbell 3.Chest Press – Cable 4.One-Handed Standing Chest Fly – Band 5.Plate Front Raise	Optimal alignment (0.84)