

Training Plans Request Pack (Synthetic RFP)

This document contains plan descriptions that act like 'projects/RFPs' for a matching task. Each plan specifies focus, equipment requirements, and exercise components. The matching system should recommend plans that fit a user's goal, constraints, and available equipment.

Plan: Strength 3D Full Body

Schedule: 2 days/week, about 45 minutes/session. Primary focus: Strength. Required equipment: Barbell, Bodyweight, Cable, Dumbbells, Machine, Trap Bar. Core exercises (selection): Bench Press, Back Squat, Deadlift, Barbell Row, Overhead Press, Dips, Incline Dumbbell Press, Lateral Raise, Leg Curl.

Plan: Hypertrophy Upper/Lower 4D

Schedule: 4 days/week, about 30 minutes/session. Primary focus: Hypertrophy. Required equipment: Bodyweight, Cable, Dumbbells, Machine. Core exercises (selection): Incline Dumbbell Press, Lat Pulldown, Lateral Raise, Biceps Curl, Triceps Pushdown, Leg Press, Leg Curl, Chest Fly, Calf Raise, Incline Walk.

Plan: Fat Loss Circuit 3D

Schedule: 3 days/week, about 40 minutes/session. Primary focus: Fat loss. Required equipment: Barbell, Bodyweight, Cable, Dumbbells, Kettlebell, Machine, Resistance Band. Core exercises (selection): Push-Up, Goblet Squat, Kettlebell Swing, Plank, Rowing Erg, Cycling, Face Pull, Hip Thrust.

Plan: Rehab Shoulders 2D

Schedule: 2 days/week, about 30 minutes/session. Primary focus: Rehab & mobility. Required equipment: Bodyweight, Cable, Dumbbells, Machine, Resistance Band. Core exercises (selection): Face Pull, Lateral Raise, Seated Cable Row, Plank, Incline Walk, Chest Fly, Biceps Curl.

Plan: Endurance + Strength 4D

Schedule: 4 days/week, about 30 minutes/session. Primary focus: Strength. Required equipment: Barbell, Dumbbells, Kettlebell, Machine, Trap Bar. Core exercises (selection): Bench Press, Back Squat, Deadlift, Barbell Row, Overhead Press, Hip Thrust, Incline Dumbbell Press, Leg Curl, Kettlebell Swing.

Plan: Powerbuilding 5D

Schedule: 5 days/week, about 60 minutes/session. Primary focus: Strength. Required equipment: Barbell, Bodyweight, Dumbbells, Machine, Trap Bar. Core exercises (selection): Bench Press, Back Squat, Deadlift, Barbell Row, Overhead Press, Dips, Leg Curl.

Plan: Home Gym Minimalist 3D

Schedule: 3 days/week, about 45 minutes/session. Primary focus: General fitness. Required equipment: Barbell, Bodyweight, Cable, Dumbbells, Kettlebell, Machine. Core exercises (selection): Push-Up, Goblet Squat, Romanian Deadlift, Biceps Curl, Triceps Pushdown, Plank, Lat Pulldown, Front Squat, Hanging Knee Raise, Chest Fly.

Plan: Knee-Friendly Lower 3D

Schedule: 3 days/week, about 45 minutes/session. Primary focus: Rehab & mobility, Strength. Required equipment: Barbell, Bodyweight, Cable, Dumbbells, Machine, Resistance Band. Core exercises (selection): Hip Thrust, Romanian Deadlift, Leg Curl, Calf Raise, Seated Cable Row, Push-Up, Face Pull, Front Squat, Walking Lunge.