

# ForgeFit Workout Library v1

A complete workout pack designed for your app to generate programs by **Level** (Beginner/Intermediate/Advanced), **Mode** (Hypertrophy/Strength/Weight Loss/General Health/Performance), **Split**, and **Days per Week** (1–7).

## How to Use This Pack

**Step 1:** Pick a split (PPL, Upper/Lower, Full Body, Bro Split, PHUL, Performance Hybrid).

**Step 2:** Pick training days per week (1–7). Use the split's day mapping to build the week.

**Step 3:** Pick level. Use the set/rep column for Beginner/Intermediate/Advanced.

**Step 4:** Pick mode. Apply the Mode Overlay rules to adjust reps, rest, and conditioning.

## Progression Rules (All Levels)

**Double progression:** stay within the rep range. When you hit the top end for all sets with good form, increase weight next session.

**Effort:** most sets should finish with 1–2 reps in reserve (RIR). Strength mode can use longer rest and fewer accessories.

**Deload:** every 4–8 weeks, reduce sets by ~30–40% for 1 week or keep weights and cut volume.

## Mode Overlays

Mode	How to modify the workouts
Hypertrophy	Primary rep focus: 6-12 (compounds), 10-20 (accessories). 1-2 RIR. Rest 60-120s accessories, 120-180s compounds. Add 1-2 sets for intermediate/advanced if recovery is good.
Strength	Primary rep focus: 2-6 on main lifts, 4-8 on secondary. 2-4 RIR early; 0-2 later. Rest 2-4 min on main lifts. Reduce accessory volume by ~20% vs hypertrophy.
Weight Loss	Keep lifting similar to hypertrophy or strength (depending on preference) BUT: use supersets for accessories and add 2-4 cardio sessions/week (Zone 2 + 1 interval). Keep sessions 45-60 min.
General Health	Moderate volume: 2-3 sets per lift, avoid failure, prioritize movement quality. Add mobility 8-12 min/session + daily steps.
Performance	Add power primer (jumps/throws/sprints) 2-4x/week, keep strength lifts heavy and crisp, avoid junk volume. Conditioning 2-3x/week (one interval max).

## Exercise Substitutions (Swap Pool)

Movement Pattern	Swap Options
Squat pattern	Back squat; Front squat; Goblet squat; Hack squat; Leg press; Smith squat
Hinge	RDL; Trap-bar deadlift; Deadlift; Hip thrust; Back extension
Horizontal press	Bench press; DB bench; Incline DB; Machine press; Push-up
Vertical press	OHP; DB shoulder press; Machine press; Landmine press
Horizontal pull	Chest-supported row; Cable row; DB row; T-bar row
Vertical pull	Pull-up; Chin-up; Lat pulldown; Assisted pull-up

Knee flexion	Seated leg curl; Lying leg curl; Nordic regression
Delts	Cable lateral; DB lateral; Machine lateral; Rear delt fly; Face pull
Arms	EZ curl; DB curl; Preacher curl; Pressdown; Overhead ext
Core	Cable crunch; Palloff; Ab wheel; Plank; Carries
Conditioning	Zone 2 walk/bike/row; Intervals bike/row; Sled pushes; Incline walk

# Full Body (A/B/C)

**Best for:** 1–4 days/week, general fitness, busy schedules, beginners.

## Days per Week Mapping (1–7)

Days/Week	Week Plan (order)
1	Full Body A
2	Full Body A, Full Body B
3	Full Body A, Full Body B, Full Body C
4	Full Body A, Full Body B, Full Body C, Full Body A (lighter/pump)
5	Full Body A, Full Body B, Full Body C, Conditioning + Core, Full Body A (pump)
6	Full Body A, Full Body B, Full Body C, Full Body A (pump), Full Body B (pump), Conditioning + Mobility
7	Full Body A, Full Body B, Full Body C, Full Body A (pump), Full Body B (pump), Conditioning, Recovery (Zone 2 + Mobility)

## Workouts (with level scaling)

### Full Body A

Exercise	Beginner	Intermediate	Advanced	Notes
Squat pattern (Goblet/Front/Back)	3x8-10	4x6-10	5x4-8	Strength mode: use back/front squat.
Horizontal press (DB Bench/Bench)	3x8-12	4x6-10	5x4-8	
Vertical pull (Pulldown/Pull-up)	3x8-12	4x6-10	4x6-10	
Hinge (RDL/Hip hinge)	2x8-10	3x6-10	4x5-8	
Lateral raise	2x12-20	3x12-20	4x12-20	
Core (Cable crunch/Plank)	2x10-15	3x10-15	4x8-15	

### Full Body B

Exercise	Beginner	Intermediate	Advanced	Notes
Hinge (Trap bar DL / RDL)	3x6-8	4x4-8	5x3-6	Keep technique crisp.
Vertical press (DB Press/OHP)	3x8-10	4x6-10	5x4-8	
Horizontal pull (Row)	3x8-12	4x6-10	5x6-10	
Knee-dominant (Leg press/Front squat)	2x10-15	3x8-12	4x6-12	
Ham curl	2x10-15	3x10-15	4x8-15	
Arms superset (Curl + Pressdown)	2 rounds 10-15	3 rounds 10-15	4 rounds 8-15	

### Full Body C

Exercise	Beginner	Intermediate	Advanced	Notes
Single-leg squat (Split squat)	3x8-10/leg	4x6-10/leg	4x6-10/leg	
Incline press (DB/Machine)	3x8-12	4x6-10	5x5-8	
Vertical pull (Pulldown/Chin-up)	3x8-12	4x6-10	4x6-10	
Hip thrust / Glute bridge	2x10-12	3x8-12	4x6-10	
Rear delt fly	2x15-25	3x15-25	4x12-25	
Carry or Pallof press	2x30-45s	3x30-45s	4x30-60s	

## Conditioning + Core

Exercise	Beginner	Intermediate	Advanced	Notes
Zone 2 cardio (bike/walk/row)	20-30 min	25-40 min	30-45 min	Nasal breathing pace.
Core circuit (choose 2)	2 rounds	3 rounds	4 rounds	Ab wheel, cable crunch, side plank, pallof.
Mobility (hips/ankles/T-spine)	8-10 min	10-12 min	12-15 min	

## Recovery (Zone 2 + Mobility)

Exercise	Beginner	Intermediate	Advanced	Notes
Easy Zone 2	20-30 min	25-40 min	30-50 min	Keep it easy.
Full-body mobility	10 min	12 min	15 min	Hips, T-spine, shoulders, ankles.
Optional: light pump band work	5-8 min	5-10 min	8-12 min	

## Full Body A (lighter/pump)

Exercise	Beginner	Intermediate	Advanced	Notes
Leg press	2x12-15	3x10-15	3x10-15	No grinding.
Machine press	2x12-15	3x10-15	3x8-12	
Cable row	2x12-15	3x10-15	3x8-12	
Leg curl	2x12-15	3x10-15	3x10-15	
Lateral raise	2x15-25	3x15-25	4x12-25	
Arms finisher	1-2 rounds	2-3 rounds	3-4 rounds	

## Full Body A (pump)

Exercise	Beginner	Intermediate	Advanced	Notes
Machine squat/leg press	2x12-15	3x12-15	3x10-15	
Incline machine press	2x10-15	3x10-15	3x8-12	
Pulldown	2x10-15	3x10-15	3x8-12	

Lateral raise	2x15-25	3x15-25	4x12-25	
Cable curl	2x10-15	3x10-15	4x8-15	

### **Full Body B (pump)**

Exercise	Beginner	Intermediate	Advanced	Notes
Hack squat/leg press	2x12-15	3x12-15	3x10-15	
Chest-supported row	2x10-15	3x10-15	3x8-12	
DB shoulder press	2x10-12	3x8-12	3x6-10	
Ham curl	2x12-15	3x10-15	3x10-15	
Triceps pressdown	2x10-15	3x10-15	4x8-15	

### **Conditioning**

Exercise	Beginner	Intermediate	Advanced	Notes
Intervals (bike/row)	8x:30/:90	10x:45/:75	12x:60/:60	Hard but controlled.
Cool-down + mobility	8-10 min	10-12 min	12-15 min	

# Upper/Lower (Strength or Hypertrophy)

**Best for:** 2–6 days/week, simple progression, balanced development.

## Days per Week Mapping (1–7)

Days/Week	Week Plan (order)
1	Full Body A (from Full Body split)
2	Upper A, Lower A
3	Upper A, Lower A, Upper B
4	Upper A, Lower A, Upper B, Lower B
5	Upper A, Lower A, Upper B, Lower B, Weak Point + Zone 2
6	Upper A, Lower A, Upper B, Lower B, Upper Pump, Lower Pump
7	Upper A, Lower A, Upper B, Lower B, Upper Pump, Lower Pump, Recovery (Zone 2 + Mobility)

## Workouts (with level scaling)

### Upper A

Exercise	Beginner	Intermediate	Advanced	Notes
Bench press / DB bench	3x6-10	4x4-8	5x3-6	Strength: barbell bench; Hypertrophy: DB incline swap allowed.
Row (chest-supported/cable)	3x8-12	4x6-10	5x6-10	
Overhead press (DB/OHP)	2x8-10	3x6-10	4x4-8	
Lat pulldown / Pull-up	3x8-12	4x6-10	4x6-10	
Lateral raise	2x12-20	3x12-20	4x12-20	
Arms (curl + pressdown)	2 rounds	3 rounds	4 rounds	10-15 reps each.

### Lower A

Exercise	Beginner	Intermediate	Advanced	Notes
Squat (back/front) or Leg press	3x6-10	4x4-8	5x3-6	
RDL / Trap-bar hinge	3x6-10	4x4-8	5x3-6	
Split squat / Lunge	2x8-10/leg	3x6-10/leg	4x6-10/leg	
Leg curl	2x10-15	3x10-15	4x8-15	
Calves	3x10-15	4x10-15	5x8-15	
Core	2x10-15	3x10-15	4x8-15	

### Upper B

Exercise	Beginner	Intermediate	Advanced	Notes
Incline press (DB/machine)	3x8-12	4x6-10	5x5-8	
Vertical pull (pull-up/pulldown)	3x8-12	4x6-10	4x6-10	
Machine chest press / Dips	2x10-15	3x8-12	4x6-10	
Cable row	2x10-15	3x8-12	4x6-10	
Rear delts	2x15-25	3x15-25	4x12-25	
Arms superset	2 rounds	3 rounds	4 rounds	

## Lower B

Exercise	Beginner	Intermediate	Advanced	Notes
Front squat / Hack squat	3x6-10	4x4-8	5x3-6	
Hip thrust	3x8-12	4x6-10	5x5-8	
Leg press (high rep)	2x12-15	3x10-15	4x10-15	
Ham curl	2x10-15	3x10-15	4x8-15	
Calves	3x10-15	4x10-15	5x8-15	
Optional: conditioning finisher	5-8 min	6-10 min	8-12 min	Sled, bike, incline walk.

## Weak Point + Zone 2

Exercise	Beginner	Intermediate	Advanced	Notes
Weak point (choose 2 areas)	20-25 min	25-35 min	30-40 min	Delts/Arms/Glutes/Upper back/Calves.
Zone 2 cardio	20-30 min	25-40 min	30-45 min	

## Upper Pump

Exercise	Beginner	Intermediate	Advanced	Notes
Machine press	2x12-15	3x10-15	3x8-12	
Pulldown	2x10-15	3x10-15	3x8-12	
Cable row	2x10-15	3x10-15	3x8-12	
Lateral raise	2x15-25	3x15-25	4x12-25	
Arms	2 rounds	3 rounds	4 rounds	

## Lower Pump

Exercise	Beginner	Intermediate	Advanced	Notes
Leg press	2x12-15	3x12-15	4x10-15	
RDL light	2x8-10	3x8-10	3x6-10	

Leg curl	2x12-15	3x10-15	4x10-15	
Leg extension	2x12-20	3x12-20	4x10-20	
Calves	3x12-20	4x10-20	5x10-20	

### **Recovery (Zone 2 + Mobility)**

Exercise	Beginner	Intermediate	Advanced	Notes
Easy Zone 2	20-30 min	25-40 min	30-50 min	Keep it easy.
Full-body mobility	10 min	12 min	15 min	Hips, T-spine, shoulders, ankles.
Optional: light pump band work	5-8 min	5-10 min	8-12 min	

# Push / Pull / Legs (PPL)

**Best for:** 3–6 days/week, hypertrophy-focused, straightforward.

## Days per Week Mapping (1–7)

Days/Week	Week Plan (order)
1	Full Body A (from Full Body split)
2	Upper (from Upper/Lower), Lower (from Upper/Lower)
3	Push A, Pull A, Legs A
4	Push A, Pull A, Legs A, Weak Point + Zone 2
5	Push A, Pull A, Legs A, Push B, Pull B
6	Push A, Pull A, Legs A, Push B, Pull B, Legs B
7	Push A, Pull A, Legs A, Push B, Pull B, Legs B, Recovery (Zone 2 + Mobility)

## Workouts (with level scaling)

### Push A

Exercise	Beginner	Intermediate	Advanced	Notes
Incline DB press	3x8-12	4x6-10	5x5-8	
Machine chest press	2x10-15	3x8-12	4x6-10	
Seated DB shoulder press	2x8-10	3x6-10	4x4-8	
Cable lateral raise	2x12-20	3x12-20	4x12-25	
Rope pressdown	2x10-15	3x10-15	4x8-15	
Overhead cable ext	1-2x12-20	2-3x12-20	3-4x10-20	

### Pull A

Exercise	Beginner	Intermediate	Advanced	Notes
Lat pulldown / Pull-up	3x8-12	4x6-10	5x5-8	
Chest-supported row	3x8-12	4x6-10	5x6-10	
Cable row (neutral)	2x10-15	3x8-12	4x6-12	
Rear delt fly	2x15-25	3x15-25	4x12-25	
DB curl	2x8-12	3x8-12	4x6-12	
Hammer curl	1-2x10-14	2-3x10-14	3-4x8-14	

### Legs A

Exercise	Beginner	Intermediate	Advanced	Notes

Hack squat / Leg press	3x10-12	4x8-12	5x6-10	
RDL	3x8-10	4x6-10	5x5-8	
Leg curl	2x10-15	3x10-15	4x8-15	
Leg extension	2x12-20	3x12-20	4x10-20	
Calves	3x10-15	4x10-15	5x8-15	
Core	2x10-15	3x10-15	4x8-15	

## **Push B**

Exercise	Beginner	Intermediate	Advanced	Notes
Flat bench / DB bench	3x8-12	4x6-10	5x5-8	
Incline machine press	2x10-15	3x8-12	4x6-10	
Landmine press / OHP	2x8-10	3x6-10	4x4-8	
Lateral raise (different)	2x15-25	3x15-25	4x12-25	
Skullcrusher / cable ext	2x10-15	3x10-15	4x8-15	
Dips or push-up finisher	1 set AMRAP	1-2 sets AMRAP	2 sets AMRAP	

## **Pull B**

Exercise	Beginner	Intermediate	Advanced	Notes
Chin-up / Close pulldown	3x8-12	4x6-10	5x5-8	
Barbell row / T-bar row	3x6-10	4x5-8	5x4-8	
Single-arm cable row	2x10-15	3x8-12	4x8-12	
Face pull	2x12-20	3x12-20	4x12-25	
Preacher curl	2x8-12	3x8-12	4x6-12	
Cable curl burn	1x15-25	2x15-25	3x12-25	

## **Legs B**

Exercise	Beginner	Intermediate	Advanced	Notes
Front squat / Hack squat	3x8-10	4x6-10	5x4-8	
Hip thrust	3x8-12	4x6-10	5x5-8	
Leg press high rep	2x12-15	3x10-15	4x10-15	
Seated leg curl	2x10-15	3x10-15	4x8-15	
Calves	3x12-20	4x10-20	5x10-20	
Optional finisher (sled)	5 min	6-8 min	8-10 min	

## **Weak Point + Zone 2**

Exercise	Beginner	Intermediate	Advanced	Notes
Weak point (choose 2 areas)	20-25 min	25-35 min	30-40 min	Delts/Arms/Glutes/Upper back/Calves.
Zone 2 cardio	20-30 min	25-40 min	30-45 min	

### **Recovery (Zone 2 + Mobility)**

Exercise	Beginner	Intermediate	Advanced	Notes
Easy Zone 2	20-30 min	25-40 min	30-50 min	Keep it easy.
Full-body mobility	10 min	12 min	15 min	Hips, T-spine, shoulders, ankles.
Optional: light pump band work	5-8 min	5-10 min	8-12 min	

### **Upper (from Upper/Lower)**

Exercise	Beginner	Intermediate	Advanced	Notes
Bench press / DB bench	3x6-10	4x4-8	5x3-6	Strength: barbell bench; Hypertrophy: DB incline swap allowed.
Row (chest-supported/cable)	3x8-12	4x6-10	5x6-10	
Overhead press (DB/OHP)	2x8-10	3x6-10	4x4-8	
Lat pulldown / Pull-up	3x8-12	4x6-10	4x6-10	
Lateral raise	2x12-20	3x12-20	4x12-20	
Arms (curl + pressdown)	2 rounds	3 rounds	4 rounds	10-15 reps each.

### **Lower (from Upper/Lower)**

Exercise	Beginner	Intermediate	Advanced	Notes
Squat (back/front) or Leg press	3x6-10	4x4-8	5x3-6	
RDL / Trap-bar hinge	3x6-10	4x4-8	5x3-6	
Split squat / Lunge	2x8-10/leg	3x6-10/leg	4x6-10/leg	
Leg curl	2x10-15	3x10-15	4x8-15	
Calves	3x10-15	4x10-15	5x8-15	
Core	2x10-15	3x10-15	4x8-15	

### **Full Body A (from Full Body split)**

Exercise	Beginner	Intermediate	Advanced	Notes
Squat pattern (Goblet/Front/Back)	3x8-10	4x6-10	5x4-8	Strength mode: use back/front squat.
Horizontal press (DB Bench/Bench)	3x8-12	4x6-10	5x4-8	

Vertical pull (Pulldown/Pull-up)	3x8-12	4x6-10	4x6-10	
Hinge (RDL/Hip hinge)	2x8-10	3x6-10	4x5-8	
Lateral raise	2x12-20	3x12-20	4x12-20	
Core (Cable crunch/Plank)	2x10-15	3x10-15	4x8-15	

# Bro Split (Body Part Days)

**Best for:** 5–6 days/week hypertrophy, lifters who like focus days.

## Days per Week Mapping (1–7)

Days/Week	Week Plan (order)
1	Full Body A
2	Upper, Lower
3	Full Body A, Full Body B, Full Body C
4	Upper (push emphasis), Back, Legs, Shoulders+Arms
5	Chest, Back, Legs, Shoulders, Arms
6	Chest, Back, Legs, Shoulders, Arms, Weak Point + Zone 2
7	Chest, Back, Legs, Shoulders, Arms, Weak Point + Zone 2, Recovery (Zone 2 + Mobility)

## Workouts (with level scaling)

### Chest

Exercise	Beginner	Intermediate	Advanced	Notes
Bench press / DB press	3x8-12	4x6-10	5x5-8	
Incline DB press	3x8-12	4x6-10	4x6-10	
Machine press	2x10-15	3x8-12	4x6-12	
Cable fly	2x12-20	3x12-20	4x12-25	
Triceps pressdown	2x10-15	3x10-15	4x8-15	

### Back

Exercise	Beginner	Intermediate	Advanced	Notes
Pull-up / Pulldown	3x8-12	4x6-10	5x5-8	
Row (supported)	3x8-12	4x6-10	5x6-10	
Row (cable)	2x10-15	3x8-12	4x6-12	
Rear delts	2x15-25	3x15-25	4x12-25	
Biceps curl	2x8-12	3x8-12	4x6-12	

### Legs

Exercise	Beginner	Intermediate	Advanced	Notes
Squat/Leg press	3x8-12	4x6-10	5x5-8	
RDL	3x8-10	4x6-10	5x5-8	

Leg curl	2x10-15	3x10-15	4x8-15	
Leg extension	2x12-20	3x12-20	4x10-20	
Calves	3x10-15	4x10-15	5x8-15	

## Shoulders

Exercise	Beginner	Intermediate	Advanced	Notes
OHP / DB press	3x8-10	4x6-10	5x4-8	
Lateral raise	3x12-20	4x12-20	5x12-25	
Rear delts	2x15-25	3x15-25	4x12-25	
Upright row (optional)	1-2x10-15	2-3x10-15	3x8-15	
Traps (shrug)	2x10-15	3x10-15	4x8-15	

## Arms

Exercise	Beginner	Intermediate	Advanced	Notes
EZ curl	3x8-12	4x6-12	5x6-10	
Incline DB curl	2x10-15	3x8-12	4x8-12	
Pressdown	3x10-15	4x8-15	5x8-12	
Overhead triceps ext	2x12-20	3x10-15	4x10-15	
Forearms (optional)	1-2x12-20	2-3x12-20	3-4x10-20	

## Weak Point + Zone 2

Exercise	Beginner	Intermediate	Advanced	Notes
Weak point (choose 2 areas)	20-25 min	25-35 min	30-40 min	Delts/Arms/Glutes/Upper back/Calves.
Zone 2 cardio	20-30 min	25-40 min	30-45 min	

## Recovery (Zone 2 + Mobility)

Exercise	Beginner	Intermediate	Advanced	Notes
Easy Zone 2	20-30 min	25-40 min	30-50 min	Keep it easy.
Full-body mobility	10 min	12 min	15 min	Hips, T-spine, shoulders, ankles.
Optional: light pump band work	5-8 min	5-10 min	8-12 min	

## Upper

Exercise	Beginner	Intermediate	Advanced	Notes

Bench press / DB bench	3x6-10	4x4-8	5x3-6	Strength: barbell bench; Hypertrophy: DB incline swap allowed.
Row (chest-supported/cable)	3x8-12	4x6-10	5x6-10	
Overhead press (DB/OHP)	2x8-10	3x6-10	4x4-8	
Lat pulldown / Pull-up	3x8-12	4x6-10	4x6-10	
Lateral raise	2x12-20	3x12-20	4x12-20	
Arms (curl + pressdown)	2 rounds	3 rounds	4 rounds	10-15 reps each.

## Lower

Exercise	Beginner	Intermediate	Advanced	Notes
Squat (back/front) or Leg press	3x6-10	4x4-8	5x3-6	
RDL / Trap-bar hinge	3x6-10	4x4-8	5x3-6	
Split squat / Lunge	2x8-10/leg	3x6-10/leg	4x6-10/leg	
Leg curl	2x10-15	3x10-15	4x8-15	
Calves	3x10-15	4x10-15	5x8-15	
Core	2x10-15	3x10-15	4x8-15	

## Upper (push emphasis)

Exercise	Beginner	Intermediate	Advanced	Notes
Incline DB press	3x8-12	4x6-10	5x5-8	
OHP / DB press	2x8-10	3x6-10	4x4-8	
Pulldown	3x8-12	4x6-10	4x6-10	
Row	2x10-15	3x8-12	4x6-12	
Triceps + lateral raises	2 rounds	3 rounds	4 rounds	

## Shoulders+Arms

Exercise	Beginner	Intermediate	Advanced	Notes
DB press	3x8-10	4x6-10	5x4-8	
Lateral raise	3x12-20	4x12-20	5x12-25	
Rear delts	2x15-25	3x15-25	4x12-25	
EZ curl	2x8-12	3x8-12	4x6-12	
Pressdown	2x10-15	3x10-15	4x8-15	

## Full Body A

Exercise	Beginner	Intermediate	Advanced	Notes

Squat pattern (Goblet/Front/Back)	3x8-10	4x6-10	5x4-8	Strength mode: use back/front squat.
Horizontal press (DB Bench/Bench)	3x8-12	4x6-10	5x4-8	
Vertical pull (Pulldown/Pull-up)	3x8-12	4x6-10	4x6-10	
Hinge (RDL/Hip hinge)	2x8-10	3x6-10	4x5-8	
Lateral raise	2x12-20	3x12-20	4x12-20	
Core (Cable crunch/Plank)	2x10-15	3x10-15	4x8-15	

### **Full Body B**

Exercise	Beginner	Intermediate	Advanced	Notes
Hinge (Trap bar DL / RDL)	3x6-8	4x4-8	5x3-6	Keep technique crisp.
Vertical press (DB Press/OHP)	3x8-10	4x6-10	5x4-8	
Horizontal pull (Row)	3x8-12	4x6-10	5x6-10	
Knee-dominant (Leg press/Front squat)	2x10-15	3x8-12	4x6-12	
Ham curl	2x10-15	3x10-15	4x8-15	
Arms superset (Curl + Pressdown)	2 rounds 10-15	3 rounds 10-15	4 rounds 8-15	

### **Full Body C**

Exercise	Beginner	Intermediate	Advanced	Notes
Single-leg squat (Split squat)	3x8-10/leg	4x6-10/leg	4x6-10/leg	
Incline press (DB/Machine)	3x8-12	4x6-10	5x5-8	
Vertical pull (Pulldown/Chin-up)	3x8-12	4x6-10	4x6-10	
Hip thrust / Glute bridge	2x10-12	3x8-12	4x6-10	
Rear delt fly	2x15-25	3x15-25	4x12-25	
Carry or Pallof press	2x30-45s	3x30-45s	4x30-60s	

# PHUL (Power Hypertrophy Upper/Lower)

**Best for:** 4 days/week base; scales well to 5–7 with add-ons.

## Days per Week Mapping (1–7)

Days/Week	Week Plan (order)
1	Full Body A
2	Upper Power, Lower Power
3	Upper Power, Lower Power, Upper Hypertrophy
4	Upper Power, Lower Power, Upper Hypertrophy, Lower Hypertrophy
5	Upper Power, Lower Power, Upper Hypertrophy, Lower Hypertrophy, Weak Point + Zone 2
6	Upper Power, Lower Power, Upper Hypertrophy, Lower Hypertrophy, Upper Pump, Conditioning + Mobility
7	Upper Power, Lower Power, Upper Hypertrophy, Lower Hypertrophy, Upper Pump, Conditioning, Recovery (Zone 2 + Mobility)

## Workouts (with level scaling)

### Upper Power

Exercise	Beginner	Intermediate	Advanced	Notes
Bench press	4x4-6	5x3-5	6x2-4	
Weighted pull-up / Pulldown	4x4-6	5x3-5	6x3-5	
OHP	3x4-6	4x3-5	5x2-4	
Row (heavy)	3x4-6	4x4-6	5x3-6	
Arms (optional)	2x8-12	2-3x8-12	3x6-12	

### Lower Power

Exercise	Beginner	Intermediate	Advanced	Notes
Squat	4x4-6	5x3-5	6x2-4	
Deadlift / Trap-bar	3x3-5	4x2-4	5x2-3	
Split squat	2x6-10	3x6-10	4x5-8	
Ham curl	2x8-12	3x8-12	4x6-12	
Calves + core	3 sets	4 sets	5 sets	

### Upper Hypertrophy

Exercise	Beginner	Intermediate	Advanced	Notes
Incline DB press	3x8-12	4x6-10	5x6-10	

Cable row	3x10-15	4x8-12	5x8-12	
Machine press	2x10-15	3x8-12	4x8-12	
Pulldown	2x10-15	3x8-12	4x8-12	
Lateral raise	3x12-20	4x12-20	5x12-25	
Arms	2 rounds	3 rounds	4 rounds	

## Lower Hypertrophy

Exercise	Beginner	Intermediate	Advanced	Notes
Leg press / Hack squat	3x10-15	4x8-12	5x8-12	
RDL	3x8-10	4x6-10	5x6-10	
Leg curl	2x10-15	3x10-15	4x8-15	
Leg extension	2x12-20	3x12-20	4x10-20	
Calves	4x10-20	5x10-20	6x8-20	
Core	2-3 sets	3 sets	4 sets	

## Upper Pump

Exercise	Beginner	Intermediate	Advanced	Notes
Machine press	2x12-15	3x10-15	3x8-12	
Pulldown	2x10-15	3x10-15	3x8-12	
Cable row	2x10-15	3x10-15	3x8-12	
Lateral raise	2x15-25	3x15-25	4x12-25	
Arms	2 rounds	3 rounds	4 rounds	

## Weak Point + Zone 2

Exercise	Beginner	Intermediate	Advanced	Notes
Weak point (choose 2 areas)	20-25 min	25-35 min	30-40 min	Delts/Arms/Glutes/Upper back/Calves.
Zone 2 cardio	20-30 min	25-40 min	30-45 min	

## Conditioning + Mobility

Exercise	Beginner	Intermediate	Advanced	Notes
Zone 2 cardio (bike/walk/row)	20-30 min	25-40 min	30-45 min	Nasal breathing pace.
Core circuit (choose 2)	2 rounds	3 rounds	4 rounds	Ab wheel, cable crunch, side plank, pallof.
Mobility (hips/ankles/T-spine)	8-10 min	10-12 min	12-15 min	

## **Conditioning**

Exercise	Beginner	Intermediate	Advanced	Notes
Intervals (bike/row)	8x:30/:90	10x:45/:75	12x:60/:60	Hard but controlled.
Cool-down + mobility	8-10 min	10-12 min	12-15 min	

## **Recovery (Zone 2 + Mobility)**

Exercise	Beginner	Intermediate	Advanced	Notes
Easy Zone 2	20-30 min	25-40 min	30-50 min	Keep it easy.
Full-body mobility	10 min	12 min	15 min	Hips, T-spine, shoulders, ankles.
Optional: light pump band work	5-8 min	5-10 min	8-12 min	

## **Full Body A**

Exercise	Beginner	Intermediate	Advanced	Notes
Squat pattern (Goblet/Front/Back)	3x8-10	4x6-10	5x4-8	Strength mode: use back/front squat.
Horizontal press (DB Bench/Bench)	3x8-12	4x6-10	5x4-8	
Vertical pull (Pulldown/Pull-up)	3x8-12	4x6-10	4x6-10	
Hinge (RDL/Hip hinge)	2x8-10	3x6-10	4x5-8	
Lateral raise	2x12-20	3x12-20	4x12-20	
Core (Cable crunch/Plank)	2x10-15	3x10-15	4x8-15	

# Performance Hybrid (Strength + Power + Conditioning)

**Best for:** 3–7 days/week, athletes and performance-focused users.

## Days per Week Mapping (1–7)

Days/Week	Week Plan (order)
1	Conditioning + Mobility
2	Upper Strength, Power + Lower Strength
3	Power + Lower Strength, Upper Strength, Conditioning + Mobility
4	Power + Lower Strength, Upper Strength, Speed + Full Body, Conditioning + Mobility
5	Power + Lower Strength, Upper Strength, Speed + Full Body, Zone 2 + Core, Accessory Pump + Mobility
6	Power + Lower Strength, Upper Strength, Speed + Full Body, Zone 2 + Core, Accessory Pump, Intervals + Mobility
7	Power + Lower Strength, Upper Strength, Speed + Full Body, Zone 2 + Core, Accessory Pump, Intervals + Mobility, Recovery (Zone 2 + Mobility)

## Workouts (with level scaling)

### Power + Lower Strength

Exercise	Beginner	Intermediate	Advanced	Notes
Power primer (jumps/throws)	3x3	4x3	5x2-3	Broad jumps, med ball throws, or box jumps.
Squat (strength)	4x3-5	5x3-5	6x2-4	
Hinge (RDL/Trap bar)	3x4-6	4x3-6	5x3-5	
Unilateral (split squat)	2x6-10/leg	3x6-10/leg	4x5-8/leg	
Core anti-rotation	2x30-45s	3x30-45s	4x30-60s	

### Upper Strength

Exercise	Beginner	Intermediate	Advanced	Notes
Bench or incline (strength)	4x3-6	5x3-5	6x2-4	
Pull-up/Pulldown (strength)	4x4-6	5x3-6	6x3-5	
Row (strength)	3x4-6	4x4-6	5x3-6	
OHP (optional)	2x4-6	3x4-6	4x3-5	
Carries	2x30-45s	3x30-45s	4x30-60s	

### Speed + Full Body

Exercise	Beginner	Intermediate	Advanced	Notes
Sprint/assault bike primer	6x10s	8x10s	10x10s	Full recovery between.
Kettlebell swings / Olympic pull	3x6-10	4x6-10	5x5-8	
Push press / Landmine press	3x5-8	4x4-8	5x3-6	
Row or pulldown	3x8-12	4x6-10	5x6-10	
Leg press or front squat (moderate)	2x8-12	3x6-10	4x5-8	

## Zone 2 + Core

Exercise	Beginner	Intermediate	Advanced	Notes
Zone 2	25-35 min	30-45 min	35-60 min	
Core circuit (choose 2)	2 rounds	3 rounds	4 rounds	

## Accessory Pump + Mobility

Exercise	Beginner	Intermediate	Advanced	Notes
Upper pump (deltas/arms/back)	25-35 min	30-40 min	35-50 min	
Mobility	10 min	12 min	15 min	

## Accessory Pump

Exercise	Beginner	Intermediate	Advanced	Notes
Machine press	2x12-15	3x10-15	3x8-12	
Pulldown	2x10-15	3x10-15	3x8-12	
Cable row	2x10-15	3x10-15	3x8-12	
Lateral raise	2x15-25	3x15-25	4x12-25	
Arms	2 rounds	3 rounds	4 rounds	

## Intervals + Mobility

Exercise	Beginner	Intermediate	Advanced	Notes
Intervals (bike/row)	8x:30/:90	10x:45/:75	12x:60/:60	Hard but controlled.
Cool-down + mobility	8-10 min	10-12 min	12-15 min	

## Conditioning + Mobility

Exercise	Beginner	Intermediate	Advanced	Notes
Zone 2 cardio (bike/walk/row)	20-30 min	25-40 min	30-45 min	Nasal breathing pace.
Core circuit (choose 2)	2 rounds	3 rounds	4 rounds	Ab wheel, cable crunch, side plank, pallof.
Mobility (hips/ankles/T-spine)	8-10 min	10-12 min	12-15 min	

## **Recovery (Zone 2 + Mobility)**

Exercise	Beginner	Intermediate	Advanced	Notes
Easy Zone 2	20-30 min	25-40 min	30-50 min	Keep it easy.
Full-body mobility	10 min	12 min	15 min	Hips, T-spine, shoulders, ankles.
Optional: light pump band work	5-8 min	5-10 min	8-12 min	

# Implementation Notes for Your App

This library is designed to replace all existing in-app templates. Store each split as a template with named days and exercises, then generate a weekly plan by selecting a split + days/week mapping. Apply the level column (Beginner/Intermediate/Advanced) and the mode overlay rules at generation time.

**Important:** The importer/seed must **delete all prior workouts and templates** (including any existing custom programs such as “Coach Mason’s split”) before inserting this library to prevent duplicates.