

WEEK 3 - DAY 4

UPPER BODY - PULL

Back / Biceps / Rear Delt / Age 38 Optimized | Body Recomposition (95kg -> 80kg)

Pre-Workout: 30-40 min

Main: 60-75 min

Post-Workout: 40-50 min

PRE-WORKOUT FOUNDATION PROTOCOL (30-40 min)

SCIENCE: At age 38, extended sport-specific warm-ups are CRITICAL. Research shows: 1) Reduces injury risk by 50%+, 2) Improves neural drive and force production, 3) Increases joint synovial fluid for better mobility. Never skip!

Exercise	Sets x Reps	Rest	Age 38 Progression Notes
1. PUSH-UPS (Full ROM)	3 x 14 = 42	30-45s	Chest to floor, protect shoulders
2. PULL-UPS (Mixed Grip OK)	4 x 5 = 20	60-90s	Dead hang, control eccentric
3. WEIGHTED SQUATS (Goblet)	3 x 12 = 36 @ 16kg	45-60s	Below parallel, knee health

FORM CUES (AGE 38 JOINT PROTECTION):

- * Push-ups: Hands slightly wider than shoulders, elbows at 45deg (not 90deg flared)
- * Pull-ups: Full dead hang, controlled descent (3s negative), vary grip weekly
- * Squats: Sit back into hips FIRST, knees track toes, stop if knee pain

MAIN WORKOUT (60-75 min)

SCIENCE: META-ANALYSIS (PMC5684266): Medium-High Weekly Set volume (5-10+ sets/muscle) produces 15-23% greater strength gains. Tempo 2-1-2 (slower) protects joints at 38. Rest: 2-3min compounds (ATP), 60-90s isolation (metabolic stress). BODY RECOMP: Compound lifts preserve muscle in caloric deficit.

Exercise	Sets	Reps/Tempo	Rest	Technique Notes
Barbell Bent Over Row	4	6-8 @2-1-2	2min	45deg torso, lower chest, squeeze
Lat Pulldown (Wide Grip)	4	10-12 @2-1-2	90s	Lean back 15deg, chest up
Seated Cable Row (V-Bar)	4	10-12 @2-1-2	90s	Pull to navel, retract scapula
Single Arm DB Row	3	10-12 each @2-1-2	60s	Support on bench, full stretch
Barbell Curls	3	10-12 @2-1-2	60s	No swing, control 3s negative
Incline DB Curls	3	12-15 @2-1-2	60s	Stretch position, elbow health
Reverse Flyes	3	15 @2-1-2	45s	Rear delts + posture correction
Shrugs (DB or Barbell)	3	12-15 @2-2-2	60s	2s hold at top, no neck strain

POST-WORKOUT CARDIO (35-45 min)

SCIENCE: BODY RECOMPOSITION KEY: Post-workout LISS cardio maximizes fat oxidation without impairing muscle protein synthesis. At 95kg, walking burns ~85-95 kcal/km. This 3km adds ~270 kcal expenditure toward your 500-700 kcal deficit!

Activity	Distance	Target Pace	Calories Burned
1. Main Walk (Brisk)	2.0 km	11-12 min/km	~170-190 kcal
2. Recovery Walk (Easy)	1.0 km	13-14 min/km	~85-95 kcal
TOTAL	3.0 km	35-45 min	~255-285 kcal

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BODY RECOMPOSITION WALKING TIPS (95kg -> 80kg):

- * Walking at 95kg burns 30% MORE calories than at 80kg - use this advantage!
- * Post-workout = peak fat oxidation window (glycogen depleted)
- * Add inclines or stairs when available for +50% calorie burn
- * Track steps: aim for 10,000+/day (including this walk)

COOL-DOWN STRETCHING (10-15 min)

Stretch	Duration	Done
Chest Doorway Stretch	45 sec each side	[]
Cross-Body Shoulder Stretch	30 sec each	[]
Overhead Tricep Stretch	30 sec each	[]
Cat-Cow	10 reps slow	[]
Childs Pose	60 seconds	[]
Thread the Needle	30 sec each	[]

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SESSION TRACKING

Date: _____

Start Time: _____

End Time: _____

Energy Level (1-10): _____

Workout Quality (1-10): _____

Sleep Last Night (hrs): _____

Pain/Discomfort (location): _____

Key Wins Today: _____