

Day 1: Lower Body (Strength Focus)

1. **Barbell Back Squat** – 4 sets of 5 reps (Focus on progressive overload)
2. **Romanian Deadlifts** – 4 sets of 6-8 reps
3. **Leg Press** – 3 sets of 8-10 reps
4. **Walking Lunges** – 3 sets of 10 reps per leg
5. **Seated Calf Raises** – 4 sets of 12-15 reps

Day 2: Upper Body Push (Strength Focus)

1. **Bench Press** – 4 sets of 5 reps
2. **Overhead Barbell Press** – 3 sets of 5-6 reps
3. **Incline Dumbbell Press** – 3 sets of 8-10 reps
4. **Tricep Dips** – 3 sets to failure
5. **Cable Lateral Raises** – 3 sets of 12-15 reps

Day 3: Lower Body (Hypertrophy Focus)

1. **Front Squats or Goblet Squats** – 4 sets of 8-10 reps
2. **Hip Thrusts** – 3 sets of 8-10 reps
3. **Lunges (Dumbbell)** – 3 sets of 8-10 reps per leg
4. **Hamstring Curls** – 3 sets of 10-12 reps
5. **Calf Raises (Standing)** – 4 sets of 12-15 reps

Day 4: Upper Body Pull (Hypertrophy Focus)

1. **Pull-Ups (or Lat Pulldown)** – 4 sets to failure
2. **Dumbbell Rows** – 4 sets of 8-10 reps
3. **Barbell Rows** – 3 sets of 6-8 reps
4. **Face Pulls** – 3 sets of 12-15 reps
5. **EZ Bar Bicep Curls** – 3 sets of 10-12 reps

Day 5: Full Body (Strength and Hypertrophy Focus)

1. **Deadlifts (Light)** – 3 sets of 5 reps
2. **Overhead Press (Light)** – 3 sets of 5 reps
3. **Dumbbell Lunges** – 3 sets of 10 reps per leg
4. **Cable Tricep Extensions** – 3 sets of 10-12 reps
5. **Hammer Curls** – 3 sets of 10-12 reps
6. **Plank** – 3 sets of 30-60 seconds

Day 6 and 7 you can Rest but be Active with small exercises and stretching .

Optional points > Meditation, Yoga, Mudra, Weapon practice.

