

 MONDAY

Chest & Triceps

Heaviest chest pressing first while you're fresh. Control the eccentric on every rep — 2 sec down. Triceps and abs to finish, then incline walk.

Dumbbell Bench Press

Rest 90s

4 sets × 10–12 reps · slow & controlled

Smith Machine Incline Bench Press

Rest 90s

3 sets × 10 reps

Machine Seated Chest Fly

Rest 60s

3 sets × 12 reps

SUPERSET · 3 SETS

Cable Straight Bar Tricep Pushdown

10 reps

Overhead Cable Tricep Extension

12 reps

Rest 60s between rounds

SUPERSET · 3 SETS

Incline Skull Crusher

12 reps

Incline Reverse Crunch

12 reps

Rest 60s between rounds

CARDIO FINISHER

Incline Treadmill Walk

20 min · 3.0 mph · 8–12% incline

Zone 2 — conversational pace. 3× per week (Mon, Tue, Thu).

 TUESDAY

Back & Biceps

Lats first, then mid-back, then biceps. Pull with your elbows, not your hands. Squeeze 1 sec at the top of every row. Finish with the incline walk.

Pull Up

Rest 90s

3 sets × 8–10 reps

Underhand Grip Lat Pulldown

Rest 90s

3 sets × 10 reps

Lying T-Bar Row

Rest 90s

3 sets × 10 reps

Kneeling Cable Single Arm Row

Rest 60s

3 sets × 12 reps

SUPERSET · 3 SETS

Dumbbell Hammer Curl

12 reps

Start each set with a 10-sec hold at the top, then begin your reps.

DB Single Arm Preacher Curl

10 reps/arm

Rest 60s between rounds

CARDIO FINISHER

Incline Treadmill Walk

20 min · 3.0 mph · 8–12% incline

Zone 2 — conversational pace. 3× per week (Mon, Tue, Thu).

 WEDNESDAY

Legs

Quads first, then hams, then calves. If hack squat isn't available, sub goblet squats (4×10) and DB walking lunges (3×10/leg). No cardio today — legs are toast.

Hack Squat

4 sets × 8 reps

Rest 2 min

Machine Seated Leg Extension

3 sets × 12 reps

Rest 60s

SUPERSET · 3 SETS

Machine Lying Leg Curl

12 reps

Dumbbell Romanian Deadlift

10 reps

Rest 75s between rounds

Dumbbell Split Squat

3 sets × 10 reps/leg

Rest 60s

Machine Standing Calf Raise

3 sets × 15 reps

Rest 45s

 THURSDAY

Shoulders

Press first, then all three delt heads. Light weight, strict form — shoulders respond to volume, not load. Incline walk to close.

Machine Seated Shoulder Press

Rest 90s

4 sets × 10 reps

Machine Lateral Raise

Rest 45s

3 sets × 12 reps · Start each set with a 10-sec isometric hold at the top.

Cable Face Pull

Rest 45s

3 sets × 12–15 reps

Machine Seated Reverse Fly

Rest 45s

3 sets × 15 reps

SUPERSET · 3 SETS

Dumbbell Front Raise

12 reps

Dumbbell Shrug

12 reps

Rest 45s between rounds

CARDIO FINISHER

Incline Treadmill Walk

20 min · 3.0 mph · 8–12% incline

Zone 2 — conversational pace. 3× per week (Mon, Tue, Thu).

FRIDAY

Arms

Each superset pairs exercises that share a station so you don't have to fight for equipment. Pump-focused — high reps, short rest. Finish with abs.

SUPERSET · 4 SETS

- Standing EZ Bar Curl15 reps
- Incline Skull Crusher12–15 reps

Rest 60s between rounds

SUPERSET · 3 SETS

- Cable Bicep Curl12 reps
- Cable Straight Bar Tricep Pushdown12 reps

Rest 60s between rounds

SUPERSET · 3 SETS

- Dumbbell Hammer Curl12 reps
- DB Single Arm Preacher Curl10 reps/arm

Rest 45s between rounds

Hanging Leg Raise Rest 45s

3 sets × 12 reps

 SATURDAY

Active Recovery

Keep it easy. This isn't a workout — it's blood flow and joint health. Nasal breathing only, no watch-checking.

ACTIVE RECOVERY

Choose One

30 min incline treadmill walk

OR

30 min easy run

Nasal-breathing pace — you should be able to hold a conversation.

 SUNDAY

Rest Day

Full rest. No lifting, no cardio. This is where the adaptation actually happens.

FULL REST

No Lifting. No Cardio.

Sleep · Hydrate · Eat · Walk the dog

Recovery is where progress is made.