

● 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. 3x 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. 3x per week (Mon, Tue, Thu).

● WEDNESDAY

Legs

Quads first, then hams, then calves. If hack squat isn't available, sub goblet squats (4x10) and DB walking lunges (3x10/leg). No cardio today — legs are toast.

Hack Squat

Rest 2 min

4 sets × 8 reps

Machine Seated Leg Extension

Rest 60s

3 sets × 12 reps

SUPERSET · 3 SETS

Machine Lying Leg Curl

12 reps

Dumbbell Romanian Deadlift

10 reps

Rest 75s between rounds

Dumbbell Split Squat

Rest 60s

3 sets × 10 reps/leg

Machine Standing Calf Raise

Rest 45s

3 sets × 15 reps

● 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. 3x 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 Curl 15 reps

Incline Skull Crusher 12–15 reps

Rest 60s between rounds

SUPERSET · 3 SETS

Cable Bicep Curl 12 reps

Cable Straight Bar Tricep Pushdown 12 reps

Rest 60s between rounds

SUPERSET · 3 SETS

Dumbbell Hammer Curl 12 reps

DB Single Arm Preacher Curl 10 reps/arm

Rest 45s between rounds

Hanging Leg Raise

Rest 45s

3 sets x 12 reps