



My Training Split.

Four training sessions built around steady progress and clean execution.

WEEKLY FLOW

01 UPPER BODY 1

02 LOWER BODY 1

03 REST

04 UPPER BODY 2

05 LOWER BODY 2

06 REST

07 REST

HOW TO USE THIS PDF

Track your best set in the PR / DATE column. Keep technique clean, then progress when the full rep range is yours.



Upper Body 1

An incline-press upper session balanced with heavy rows, pulldowns, delts, and focused arm work.

EXERCISE	SETS	REPS	REST	PR / DATE	NOTES
Incline barbell bench press	3	68	23 min		Plant your feet, set the shoulder blades, keep the wrists stacked, and lower the bar to the upper chest under control without bouncing.
Machine row	3	68	23 min		Brace your torso, pull the elbows back, squeeze at the top, and control the return without rocking for momentum.
Machine shoulder press	2	1012	23 min		Keep your back supported and ribs down, line the forearms up with the handles, and press through a comfortable range without forcing the bottom.
Close-grip lat pulldown	3	810	23 min		Keep the torso steady, drive the elbows down, and return to a full controlled stretch at the top.
Cable fly	2	1215	6090 sec		Keep a soft bend in the elbows, sweep the arms together, and control the stretch without letting the shoulders roll forward.
Cable lateral raise	3	810	6090 sec		Keep the motion strict with no swinging. Lead with the elbow and stop around shoulder height.
Overhead cable triceps extension	2	1012	6090 sec		Keep the upper arms steady, allow a comfortable stretch behind the head, and extend the elbows without flaring them wide.
Bayesian curl	3	1012	6090 sec		Keep the working shoulder slightly behind the torso and the upper arm still. Curl without swinging and control the full return.



Lower Body 1

A squat-led lower session with direct hamstring, adductor, calf, and core work.

EXERCISE	SETS	REPS	REST	PR / DATE	NOTES
Seated leg curl	3	810	6090 sec		Keep your hips and pelvis against the pad, squeeze the curl at the top, then lower under control.
Back squat	3	68	23 min		Brace before each rep, keep the knees tracking with the toes, and use a controlled not deliberately slow descent. Drive up through the midfoot without bouncing.
Leg press	2	1520	23 min		Use a medium stance and keep your hips and lower back planted. Lower under control and reverse the rep smoothly do not bounce out of the bottom.
Leg extension	3	1012	6090 sec		Lift smoothly, squeeze the quads at the top, and lower slowly without kicking the weight.
Hip adductor	2	1215	6090 sec		Keep your pelvis still, close the pads under control, hold the squeeze for one second, then return slowly.
Seated calf raise	3	1012	6090 sec		Lower into a controlled one-second stretch, rise through the ball of the foot, and finish with a hard squeeze no bouncing.
Cable woodchop	2	1012 / side	6090 sec		Brace your trunk and rotate smoothly through a comfortable range. Keep the cable controlled and avoid wrenching through the lower back.



Upper Body 2

A flat-press and pull-up session with rows, rear delts, traps, arms, and forearms.

EXERCISE	SETS	REPS	REST	PR / DATE	NOTES
Bench press	3	68	23 min		Plant your feet, set the shoulder blades, keep the forearms stacked, and touch the chest under control without bouncing.
Weighted pull-up	3	68	23 min		Use a dip belt for added load. Start from a controlled stretch, keep the body quiet, drive the elbows toward the ribs, and lower without swinging.
Close-grip cable row	2	1215	23 min		Keep the torso steady, pull the elbows close to the body, squeeze at the top, and control the forward stretch without rocking.
Pec deck	2	1215	6090 sec		Keep a soft elbow, bring the arms together without shrugging, pause in the contracted position, and control the return.
Reverse cable fly	3	1012	6090 sec		Keep the shoulders down, elbows softly bent, and reps strict. Move from the rear delts without swinging or shrugging.
Dumbbell shrug	3	1015	6090 sec		Let the shoulders reach a controlled stretch at the bottom, shrug straight up without rolling them, and pause at the top.
EZ-bar curl	3	812	6090 sec		Keep the elbows near your sides and torso still. Curl through a controlled range without using the hips.
Cable triceps kickback	3	1012 / arm	6090 sec		Keep the upper arm fixed beside the torso, extend the elbow to a firm squeeze, and return under control without swinging the shoulder.
Wrist curl	3	1215	6090 sec		Support the forearms, move only at the wrists, and use a smooth range without forcing the bottom stretch.



Lower Body 2

A posterior-chain lower session built around hip thrusts, hinges, and single-leg strength.

EXERCISE	SETS	REPS	REST	PR / DATE	NOTES
Lying leg curl	3	1012	6090 sec		Keep your hips against the pad, squeeze at the top, and lower slowly to a controlled stretch.
Hip thrust	3	810	23 min		Keep the ribs down, drive through the feet, and hold a one-second glute squeeze at lockout without overextending the lower back. Lower under control.
Romanian deadlift	3	68	23 min		Use straps if grip limits the set. Keep the bar close, push the hips back with soft knees, lower under control to a strong hamstring stretch, and finish tall without leaning back.
Bulgarian split squat	3	810 / leg	23 min		Use straps if needed, take a stable stance with a slight forward torso lean, keep the front knee tracking with the toes, and drive through the whole front foot.
Hip abduction	2	1215	6090 sec		Keep your pelvis steady, open under control, pause briefly at the widest comfortable position, and return slowly.
Standing calf raise	2	812	6090 sec		Drive up with intent, squeeze at the top, and lower under control into a comfortable stretch without bouncing.
Cable crunch	3	1012	6090 sec		Keep the hips mostly fixed and bring the ribs toward the pelvis. Pause in the shortened position, then return slowly without pulling with the arms.