

NEXT LEVEL MOMENTUM

Free 4-Day special Torso / Limbs Training Plan

Goal: Build muscle, get stronger, and create a routine you can stick to.

Important: This plan does not guarantee a magical transformation or specific results. It is simply a training structure I personally prefer and that works well for me. Your progress will depend on your consistency, training effort, recovery, nutrition, and individual circumstances.

Pro tip: For optimal results use the Gym equipment and supplements linked in our Instagram bio @nextlevel.momentum

Schedule:

- Monday — Torso A
- Tuesday — Limbs A
- Wednesday — Rest or easy walking/Zone 2
- Thursday — Torso B
- Friday — Limbs B
- Saturday/Sunday — Rest, easy cardio, or mobility

This is a general educational plan for healthy adults. If you have pain, an injury, are pregnant, or have a medical condition, speak with a qualified clinician or coach before training.

How to use this plan

- Do 1–3 lighter warm-up sets before your first big exercise for that muscle group. Warm-up sets do not count as working sets.
- Use a weight that leaves roughly **1–3 reps in reserve (RIR)** on most working sets. In simple terms: finish a set knowing you could still do 1–3 clean reps.
- Rest **2–3 minutes** after compound lifts and **60–90 seconds** after isolation exercises.
- Keep every rep controlled and pain-free. Do not sacrifice form to add weight.

Progressive overload: the rule that matters

Each exercise has a rep range. Start at the lower end using good technique. When you can reach the **top of the range on every set** at the prescribed RIR, increase the load next time:

- Upper-body exercises: add the smallest available increment (often 2.5–5 lb total).
- Lower-body exercises: add the smallest available increment you can control (often 5–10 lb total).

Example: Bench press is 3 × 6–10. If you get 10, 10, 10 with 2 RIR, add a small amount of weight next session. If you get 10, 9, 8, keep the same weight until you own the top of the range.

Day 1 — Torso A

Exercise	Sets x Reps	Focus
Barbell or Dumbbell Bench Press	3 x 6-10	Keep your upper back stable and lower the weight with control
Lat Pulldown or Assisted Pull-Up	3 x 8-12	Pull your elbows toward your hips
Incline Dumbbell Press	3 x 8-12	Use a full and controlled range of motion
Chest-Supported Row or Cable Row	3 x 8-12	Pause briefly when your elbows are back
Dumbbell Lateral Raise	2 x 12-20	Use light weight and avoid swinging
Cable Crunch or Dead Bug	2 x 10-15	Brace your core and control every rep

Day 2 — Limbs A

Exercise	Stes x Reps	Focus
Back Squat or Leg Press	3 x 6-10	Use a stable, pain-free depth
Romanian Deadlift	3 x 8-12	Push hips back, keep a neutral spine, feel your hamstrings
Bulgarian Split Squat	2 x 8-12 per leg	Use controlled reps; hold onto support if needed
Leg Curl	3 x 10-15	Use a full range and avoid rushing
Standing Calf Raise	3 x 10-15	Pause briefly at the bottom stretch
Cable Triceps Pressdown	2 x 10-15	Keep your elbows still
Dumbbell or Cable Curl	2 x 10-15	Control the lowering phase

Day 3 — Torso B

Exercise	Sets x Reps	Focus
Overhead Press or Machine Shoulder Press	3 x 6-10	Keep ribs down; avoid excessive back arch
Pull-Up, Assisted Pull-Up, or Close-Grip Lat Pulldown	3 x 8-12	Pull smoothly and with control
Machine Chest Press or Weighted Push-Up	3 x 8-12	Stop if you experience shoulder pain
One-Arm Dumbbell Row or Seated Cable Row	3 x 8-12	Pull the elbow back without twisting your body
Rear-Delt Fly or Face Pull	2 x 12-20	Use light, controlled reps

Day 4 — Limbs B

Exercise	Sets x Reps	Focus
Hack Squat, Leg Press, or Deadlift Variation	3 x 6-10	Choose the variation you can perform safely and consistently
Hip Thrust or Glute Bridge	3 x 8-12	Pause and squeeze at the top
Walking Lunge or Reverse Lunge	2 x 10-12 per leg	Take controlled steps and keep the knee stable
Leg Extension	3 x 8-12	Use smooth reps; do not kick the weight
Seated Leg Curl	2 x 10-15	Control both the curl and return
Seated Calf Raise	3 x 10-15	Use full range and pause briefly at the top
Hammer Curl	2 x 10-15	Keep your shoulders still

Cardio and recovery

- For general health, aim for regular walking and gradually build cardio around your lifting.
- An easy starting point: 2–3 sessions of 20–30 minutes per week at a pace where you can talk but not sing.
- Sleep, food intake, protein, and consistency matter as much as exercise selection.

The non-negotiables

1. Train consistently for at least 8 weeks before judging the plan.
2. Log every working set: exercise, load, reps, and RIR.
3. Add reps or a small amount of load over time.
4. If performance drops for multiple sessions and you feel unusually fatigued, reduce sets for one week and rebuild.

You do not need a perfect workout. You need a workout you repeat and gradually improve.

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