

Coach Sharna's generic training schedule 2026

Focus: Wellness bodybuilding

Cardio: 4x30 min fasted sessions p/w

LEGS

Lying leg curl 3x8-12

Leg extension 3x12-15

Leg press wide stance 2x10-12

Smith machine single leg RDL 2x8-12

Machine abduction 3x12-20

Machine adduction 3x12-20

UPPER BODY

DB shoulder press 3x10-15

Cable side lat raise 4x10-15

Machine rear delt fly 3x10-15

Assisted pull up supinated 3x12-15

DB bent over row 3x8-12

Cable straight bar bicep curl 3x10-15

Cable EZ bar tricep pushdown 3x8-12

Cable kneeling crunch 4x10-15

LEGS

Leg extension 3x10-15

Seated leg curl 3x10-15

Smith machine squat 2x8-12

DB split squat quad focused 2x8-12

Machine hip thrust 3x10-15

Standing calf raise 3x10-15

DELTS/BACK

Supported DB lat raise 3x12-15

Shoulder press machine 3x8-12

Facepulls 3x10-15

Lat pulldown 3x10-15

Cable single arm lat pulldown 2x8-12

Cable seated row 3x8-12

Cable kneeling crunch 4x10-15

Please remember:

- ✓ Warm up and cool down properly
- ✓ Adjust exercises where needed
- ✓ If you have injuries or limitations, avoid movements that aggravate them
- ✓ Train smart and focus on good technique