

Full body split. (if you're a busy individual/only want to be in the gym 2-3 times a week)
Add more sets if you're recovering and progressing!

- 1x Chest press
- 1x Shoulder press
- 1x Lateral raise
- 1x Lat pull down
- 1x Seated row
- 1x Kelso shrug
- 1x Tricep extension
- 1x Bicep curl
- 1x Hamstring curl
- 1x Leg extension
- 1x Leg press/squat pattern
- 1x Calves
- 1x Sldl or weighted 45s

If you're a girl I recommend this instead:

- 2x Hamstring curl
- 1x Leg extension
- 1x Leg press/squat pattern
- 2x Hip thrust
- 1x Hip abduction
- 1x calves
- 2x Lat pull down
- 2x bicep curl
- 2x triceps
- 1x Sholder press
- 1x lateral raises
- 1x chest press

UPPER LOWER REST REPEAT
(I want to be in the gym a little more!!)

UPPER DAY

- 2x chest press
- 1-2x Sholder press
- 1-2x Lateral raise
- 1-2 x Lat pull down
- 1-2 x Seated row
- 1-2 Kelso shrugs
- 2x tricep extensions

2x bicep curls

Lower day

2x hamstring curl

2x Leg extension

2x leg press/ squat pattern

1-2x calves

2x SLDL or 45s

OR hip thrust

If you're a girl you still follow the same program however you can do, LOWER, UPPER, LOWER then rest. Just repeat it after that. It will just prioritize your lower body more. (Guys you can also do this as well!)

PUSH PULL LEGS

(I want to be in the gym 6 days a week!!)

PUSH

1-2x chest press

1-2x incline chest press/fly

1-2x Shoulder press

2-3 x lateral raises

2-3x Tricep extension

1-2x JM press or overhead extension (OPTIONAL)

PULL

2x Lat pull down

2x Row

2x Upper back down or kelsos

2x bicep curl of choice

1-2x or rear delts (OPTIONAL)

Recommend reverse pec Dec

LEGS

2x hamstring curl

2x Leg extension

2x leg press/ squat pattern

1-2x calves

2x SLDL or 45s
OR hip thrust

You can throw abs whenever you want, just ensure that you do them weighted and only 2 sets at a time. Give them 48 hours to recover and don't hit them on your rest days. Message me and comment on any questions. I hope this helps you guys. I wish nothing but to help you guys get strong and build muscle so we can all feel better about ourselves 🤝