

U/L x3 Split

6-8 reps to failure

3-5 minute rest between sets

Upper A - Chest Focus

20 total sets

Chest:

- 2x Incline Smith Press
- 2x Pec Deck Chest Flyes
- 2x Machine Chest Press

Back:

- 2x Wide Grip Lat Pulldowns
- 2x Chest-Supported Bent Over Rows

Shoulders:

- 2x Reverse Cable Flyes
- 2x Dumbbell Lateral Raise

Biceps:

- 2x Machine Preacher Curls
- 2x Hammer Curls

Triceps:

- 2x Overhead Tricep Cable Extensions

Lower A - Hamstring Focus

20 total sets

Hamstrings:

- 3x Hamstring Curls
- 3x Smith Machine SLDLs

Quads:

- 2x Leg Press
- 2x Leg Extensions (Superset Sisyphus squats to failure)

Glutes:

- 2x Hip Thrusts

Calves:

- 3x Calf Press

Adductors:

- 2x Hip Adductions

Abs:

- 3x Cable Crunches

Upper B - Back Focus

20 total sets

Chest:

- 3x Pec Deck Chest Flyes

Back:

- 2x Chest-Supported Bent Over Rows
- 2x Close Grip Cable Rows
- 2x Wide Grip Lat Pulldowns

Shoulders:

- 2x Machine Shoulder Press
- 3x Cable Lateral Raise

Biceps:

- 2x Machine Preacher Curls

Triceps:

- 2x Tricep Cable Pulldowns
- 2x Overhead Tricep Cable Extensions

Lower B - Quad Focus

20 total sets

Hamstrings:

- 2x Hamstring Curls

Quads:

- 3x Smith Machine Squats
- 3x Leg Extensions (Superset Sisyphus squats to failure)

Glutes:

- 2x Hip Abductions
- 2x Smith Machine RDLs

Calves:

- 3x Calf Press

Adductors:

- 2x Hip Adductions

Abs:

- 3x Cable Crunches

Upper C - Arm Focus

20 total sets

Chest:

- 3x Plate Loaded Machine Incline Press

Back:

- 2x Close Grip Cable Rows

Shoulders:

- 3x Dumbbell Lateral Raise

Biceps:

- 2x Cable Curls
- 2x Dumbbell Hammer Curls
- 2x Machine Preacher Curls

Triceps:

- 2x JM Press
- 2x Tricep Cable Pulldowns
- 2x Overhead Tricep Extensions

Lower C - Glute Focused

20 total sets

Hamstrings:

- 2x Hamstring Curls
- 2x Smith Machine SLDLs

Quads:

- 2x Leg Extensions (Superset Sisyphus squats to failure)

Glutes:

- 2x Hip Thrusts
- 2x Hip Abductions
- 2x Back Extension

Calves:

- 3x Calf Press

Adductors:

- 2x Hip Adductions

Abs:

- 3x Cable Crunches

Muscle	Sets per cycle	Frequency per cycle
Chest	12	3x
Back	12	3x
Shoulders	12	3x
Biceps	12	3x
Triceps	12	3x
Hamstrings	12	3x
Quads	12	3x
Glutes	12	3x
Calves	9	3x
Abs	9	3x
Adductors	6	3x