

Viego Split

Welcome to my personal split that I give to you. This program follows an Upper/Lower/Core/Cardio split designed to build muscle, and improve overall performance.

If used correctly it will show that results come from effort. You must push yourself in every session. Train with intensity, minimize rest between sets, and avoid distractions. Your workouts should take no longer than 60 to 90 minutes, depending on the day.

On compound lifts (like squats, RDLs, presses), aim to lift around 70–80% of your 1-rep max. Start with weights that challenge you but allow for clean form in the final reps. As the weeks go on, gradually increase your working weight by 0.5 or 1–2 kg every 2–3 weeks as long as you are hitting the rep ranges.

Consistency, effort, and smart progression are key. This plan is built to help you get stronger and grow every month now it's your job to execute. If you are unsure about how the exercises are executed, search them up!

Weekly Overview

Day	Focus
Day 1	Upper Body – Chest/Back/Arms (Incline Focus)
Day 2	Lower Body – Posterior Chain (Glutes, Hamstrings, Calves)
Day 3	Core, Shoulders, Forearms, Calves, Cardio
Day 4	Rest / Recovery
Day 5	Upper Body – Flat Press Variation (Push/Pull Arms)
Day 6	Lower Body – Quad Dominant (Barbell Squats, Hack, Split Squats)
Day 7	Optional Repeat Day 3 (Core/Accessory) or Full Rest

Tip Day 7 is flexible. Repeat Day 3 if recovered. If not, take a full rest day for optimal results.

Day 1 – Upper Body (Incline Focus)

Focus on pushing and pulling movements targeting the mid to upper chest and back, followed by arm isolation.

Warm-Up

- Dynamic arm circles, band pull-aparts, light push-ups
- Cable machine pump sets – light weight, 20 reps for chest and back
- Wrist rotations (20 sec each direction)

Main Workout

- Incline Hacksmith Press – 3–4 sets 8–10 reps
- Seated Cable Row – 2–3 sets 10–12 reps
- Incline Dumbbell Press – 3 sets 10–12 reps
- Lat Pulldown – 3 sets 10–12 reps
- Weighted Dips (or Bodyweight) – 3 sets 10–12 reps
- Dumbbell Curls – 3 sets 10–15 reps
- Cable Overhead Triceps Extension – 3 sets 12–15 reps

Day 2 – Lower Body (Glutes, Hamstrings, Calves)

Posterior chain focused leg day, great for developing hamstrings, glutes, and lower back.

Warm-Up

- 10 min incline walk or stairmaster
- Dynamic stretches for legs and lower back

Main Workout

- RDL (Barbell) – 3–4 sets 8–10 reps
- Hip Thrusts – 3 sets 10–12 reps
- Hamstring Curl Machine – 3 sets 12–15 reps
- Dumbbell RDL (Close to body) – 2–3 sets 12 reps
- Standing Calf Raises – 3–4 sets 15–20 reps

Day 3 – Core, Shoulders, Forearms, Calves, Cardio

Accessory day to build your core, shoulders, grip, and calves with a cardio finisher.

Core Warm-Up

- Basic Crunches – 2 sets 15–20 reps

Main Core

- Cable Crunches – 3–4 sets 12–15 reps
- Hanging Leg Raises – 3 sets 10–15 reps
- Add side-to-side movement to engage obliques/abductors

Shoulders

- Cable Lateral Raises (Low Pulley) – 2 warmup sets 3 working sets 12–15 reps
- Dumbbell Lateral Raises – 3 sets 12–15 reps

Forearms

- Wrist Rotations – inward/outward x 2 rounds
- Cable Wrist Curls (Behind Back) – 3 sets 15–20 reps
- Barbell Wrist Curls – 3 sets 15–20 reps

Calves Cardio

- Calves (only if not sore) – 3–4 sets
- 20–30 min bike or rower – steady pace

Day 4 – Rest / Recovery

Full rest or light activity like stretching, walking, or mobility.

Day 5 – Upper Body (Flat Variation)

Slightly different upper body day using flat pressing instead of incline.

Warm-Up

- Same pump cable warm-up as Day 1

Main Workout

- Flat Hacksmith Press – 3–4 sets 8–10 reps
- Seated Cable Row – 2–3 sets 10–12 reps
- Flat Dumbbell Press – 3 sets 10–12 reps
- Lat Pulldown – 3 sets 10–12 reps
- Cable Chest Flys – 3 sets 12–15 reps
- Back Pullover (Machine or Cable) – 3 sets 10–12 reps
- Dumbbell Curls – 3 sets 10–15 reps
- Cable Tricep Pressdown (Underhand, EZ/straight bar) – 3 sets 12–15 reps
- Cable Shoulder Finishers (Lateral Rear) – 2–3 sets if energy allows

Day 6 – Lower Body (Quad Dominant)

Quad-focused leg day using compound barbell squats and high-volume accessories.

Warm-Up

- Incline treadmill or stairmaster 5–10 min
- Dynamic mobility leg swings, deep bodyweight squats

Main Workout

- Compound Squats (Barbell, squat rack) – 3–4 sets 8–10 reps
- Leg Press (Quad Bias) – 3 sets 10–12 reps
- Bulgarian Split Squats – 2–3 sets 10–12 reps/leg
- Hack Squats (Close Stance) – 3 sets 12–15 reps
- Leg Extensions – 3 sets 15–20 reps
- Adductor Machine (Optional) – 2–3 sets 15–20 reps
- Standing/Seated Calf Raises – 3–4 sets 15–20 reps

Day 7 – Optional Repeat Day 3 (Core/Accessory) or Rest

If fully recovered, repeat Day 3 for more volume. Otherwise, rest and restart at Day 1.

Final Note

This is my split — the exact training structure I personally follow. Note that I do tend to switch up from time to time to expand my own knowledge as you should! I am not a trained professional, this is the knowledge I have gathered from my results over the course of 7 years.

It's built from experience, consistent progress, and the discipline to show up day after day.

Do not forget that the physique is also mostly built in the kitchen! Eat well and good to see the progress and reach your goals! Small steps!

Always remember:

What works for me might not be perfect for you. Everybody is different.

Use this plan as a strong foundation, but don't be afraid to experiment, adjust, and make it your own. The best program is the one that fits your goals, time management and lifestyle.

Keep pushing, stay curious — and most importantly:
Never stop expanding your knowledge.

Good luck 🐱

— Viego