

GYM FUNDAMENTALS / 3-DAY FULL BODY SIZE PROGRAM

WEEK 1-4: 3 DAYS

**Try to place at least one rest day between full body sessions*

| FULL BODY #1 | SETS | REPS | RPE | REST | 1 | 2 | 3 | NOTES | LSRPE |
|-----------------------|------|------|-----|--------|---|---|---|--|-------|
| Front/Goblet Squat | 3 | 6 | 7 | 3-4Min | | | | Sit straight down, 15° toe flare, drive knees out laterally | |
| Barbell Bench Press | 3 | 8 | 7 | 3-4Min | | | | Tuck elbows at 45° angle, squeeze your shoulder blades | |
| Lat Pulldowns | 3 | 10 | 8 | 2-3Min | | | | Pull elbows to sides, bar front of head, shoulder-width grip | |
| Hex Bar Deadlift | 3 | 10 | 7 | 2-3Min | | | | Brace lats and glutes, keep chest tall and spine neutral | |
| Assisted/Weighted Dip | 3 | 8 | 7 | 1-2Min | | | | Tuck elbows at a 45° angle, lean your torso forward 15° | |
| Standing Calf Raises | 3 | 10 | 8 | 1-2Min | | | | Stretch your calves at the bottom, don't bounce | |
| Incline Dumbbell Curl | 3 | 10 | 8 | 1-2Min | | | | Squeeze hardest with your pinky finger | |

Total Training Time:

| FULL BODY #2 | SETS | REPS | RPE | REST | 1 | 2 | 3 | NOTES | LSRPE |
|----------------------------------|------|------|-----|--------|---|---|---|--|-------|
| Hex Bar Deadlift | 3 | 8 | 7 | 3-4Min | | | | Brace lats and glutes, keep chest tall and spine neutral | |
| Overhead Press | 3 | 8 | 8 | 3-4Min | | | | Squeeze your glutes, press up and slightly back | |
| Chest-Supported T-Bar Row | 3 | 10 | 8 | 2-3Min | | | | Retract and squeeze your shoulder blades back | |
| Leg Extension | 3 | 12 | 8 | 1-2Min | | | | Focus on squeezing your quads to move the weight | |
| Cable Flye | 3 | 12 | 8 | 1-2Min | | | | Keep shoulder blades back, pull your elbows together | |
| Overhead Cable Triceps Extension | 3 | 12 | 8 | 1-2Min | | | | Don't move upper arms | |

Total Training Time:

| FULL BODY #3 | SETS | REPS | RPE | REST | 1 | 2 | 3+ | NOTES | LSRPE |
|-------------------------|------|------|-----|--------|---|---|----|--|-------|
| Dumbbell Walking Lunge | 3 | 10 | 8 | 2-3Min | | | | 10 steps each leg, medium strides, lean forward with torso | |
| Incline Dumbbell Press | 3 | 8 | 7 | 2-3Min | | | | Keep your scapulae retracted and depressed | |
| Lat Pulldowns | 3 | 10 | 8 | 2-3Min | | | | Pull elbows to sides, bar front of head, shoulder-width grip | |
| Barbell Hip Thrust | 3 | 12 | 8 | 2-3Min | | | | Tuck chin, only move your hips, use a pad | |
| Face Pulls | 3 | 12 | 8 | 1-2Min | | | | Pull arms back and out | |
| Dumbbell Lateral Raises | 3 | 10 | 8 | 1-2Min | | | | Arms straight out, raise to 90°, tilt dumbbell slightly pinky-up | |
| Leg Curls | 3 | 10 | 8 | 1-2Min | | | | Focus on squeezing your hamstrings to move weight | |

Total Training Time:

Nomenclature SS: Superset RPE: Rate of Perceived Exertion (1-10) LSRPE: Last Set Rate of Perceived Exertion (1-10)

GYM FUNDAMENTALS / 3-DAY FULL BODY SIZE PROGRAM

WEEK 5-8: 3 DAYS

**Try to place at least one rest day between full body sessions*

| FULL BODY #1 | SETS | REPS | RPE | REST | 1 | 2 | 3 | NOTES | LSRPE |
|--------------------------------|------|------|-----|--------|---|---|---|---|-------|
| Front/Goblet Squat | 3 | 6 | 7 | 3-4Min | | | | Sit straight down, 15° toe flare, drive knees out laterally | |
| Dumbbell Seated Overhead Press | 3 | 10 | 8 | 3-4Min | | | | Bring the dumbbells down to shoulders, keep torso upright | |
| Single-Arm Lat Pulldowns | 3 | 12 | 9 | 2-3Min | | | | Start with non-dominant arm, match reps with dominant | |
| Barbell Hip Thrust | 3 | 8 | 9 | 2-3Min | | | | Tuck chin, only move your hips, use a pad | |
| Pec Deck | 3 | 15 | 9 | 1-2Min | | | | Keep shoulder blades back, pull elbows together | |
| Reverse Pec Deck | 3 | 15 | 9 | 1-2Min | | | | Protract shoulder blades, sweep weight out and back | |
| Cable Lateral Raise | 3 | 12 | 9 | 1-2Min | | | | Lean away from machine, arms straight out to side | |

Total Training Time:

| FULL BODY #2 | SETS | REPS | RPE | REST | 1 | 2 | 3 | NOTES | LSRPE |
|--------------------------------|------|------|-----|--------|---|---|---|--|-------|
| Hex Bar Deadlift | 3 | 3 | 8 | 3-4Min | | | | Brace lats and glutes, keep chest tall and spine neutral | |
| Close-Grip Barbell Bench Press | 3 | 5 | 7 | 3-4Min | | | | Tuck elbows against your sides | |
| Dumbbell Row | 3 | 12 | 8 | 2-3Min | | | | Brace onto bench for support, pull elbows to sides | |
| Dumbbell Walking Lunge | 3 | 12 | 8 | 1-2Min | | | | 12 steps each leg, medium strides, lean forward with torso | |
| Assisted/Weighted Dip | 3 | 12 | 8 | 1-2Min | | | | Tuck elbows at a 45° angle, lean your torso forward 15° | |
| Single-Arm Cable Curl | 3 | 12 | 8 | 1-2Min | | | | Face away from the cable, keep arm behind your torso | |

Total Training Time:

| FULL BODY #3 | SETS | REPS | RPE | REST | 1 | 2 | 3+ | NOTES | LSRPE |
|-----------------------------|------|------|-----|--------|---|---|----|--|-------|
| Front/Goblet Squat | 3 | 5 | 8 | 2-3Min | | | | Sit straight down, 15° toe flare, drive knees out laterally | |
| Barbell Bench Press | 3 | 10 | 8 | 2-3Min | | | | Tuck elbows at 45° angle, squeeze your shoulder blades | |
| Lat Pulldowns | 3 | 15 | 8 | 2-3Min | | | | Pull elbows to sides, bar front of head, shoulder-width grip | |
| Leg Curls | 3 | 10 | 8 | 1-2Min | | | | Focus on squeezing your hamstrings to move weight | |
| Face Pulls | 3 | 12 | 8 | 1-2Min | | | | Pull arms back and out | |
| Single-Arm Tricep Extension | 3 | 12 | 8 | 1-2Min | | | | Pull your arm behind torso, don't move upper arm | |
| Standing Calf Raise | 3 | 10 | 8 | 1-2Min | | | | Stretch your calves at the bottom, don't bounce | |

Total Training Time: