

GYM FUNDAMENTALS / 4-DAY PHUL SIZE & STRENGTH PROGRAM

WEEK 1-8: 4 DAYS

**Weekly Schedule: 1: Upper Power / 2: Lower Power / 3: Rest / 4: Upper Hypertrophy / 5: Lower Hypertrophy / 6: Rest / 7: Rest*

UPPER POWER	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Barbell Bench Press	3	5	7	3-4Min				Tuck elbows at 45° angle, squeeze your shoulder blades	
Incline Dumbbell Press	3	8	7	2-3Min				Keep your scapulae retracted and depressed	
Dumbbell Row	3	5	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Lat Pulldowns	3	8	8	2-3Min				Pull elbows to sides, bar front of head, shoulder-width grip	
Overhead Press	3	5	8	3-4Min				Squeeze your glutes, press up and slightly back	
Standing Barbell Curl	3	8	9	2-3Min				Squeeze hardest with your pinky finger, use straight bar	
Overhead Cable Triceps Extension	3	8	9	2-3Min				Don't move upper arms	

Total Training Time:

LOWER POWER	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Front/Goblet Squat	3	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Hex Bar Deadlift	3	5	7	3-4Min				Brace lats and glutes, keep chest tall and spine neutral	
Leg Press	3	12	8	2-3Min				Focus on squeezing your quads to move the weight	
Leg Curls	3	8	8	2-3Min				Focus on squeezing your hamstrings to move weight	
Standing Calf Raises	5	12	8	1-2Min				Stretch your calves at the bottom, don't bounce	

Total Training Time:

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

UPPER HYPERTROPHY	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Incline Barbell Press	3	10	7	2-3Min				Keep your scapulae retracted and depressed	
Flat Bench Dumbbell Flye	3	10	8	2-3Min				Keep shoulder blades back, pull your elbows together	
Seated Cable Rows	3	10	8	2-3Min				Keep lower back neutral, squeeze shoulder blades	
Dumbbell Row	3	10	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Dumbbell Lateral Raises	3	10	9	2-3Min				Arms straight out, raise to 90°, tilt dumbbell slightly pinky-up	
Cable Triceps Pushdown	3	10	8	2-3Min				Don't move upper arms	

Total Training Time:

LOWER HYPERTROPHY	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Front/Goblet Squat	3	10	7	2-3Min				Sit straight down, 15° toe flare, drive knees out laterally	
Dumbbell Walking Lunge	3	10	8	2-3Min				10 steps each leg, medium strides, lean forward with torso	
Leg Extension	3	12	8	2-3Min				Focus on squeezing your quads to move the weight	
Leg Curl	3	12	8	2-3Min				Focus on squeezing your hamstrings to move weight	
Seated Calf Raise	3	10	8	2-3Min				Stretch your calves at the bottom, don't bounce	
Standing Calf Raises	3	10	8	2-3Min				Stretch your calves at the bottom, don't bounce	

Total Training Time:

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