

GYM FUNDAMENTALS / 4-DAY UPPER-LOWER SIZE PROGRAM

WEEK 1-8: 4 DAYS

**Weekly Schedule: Lower Body #1 / Upper Body #1 / Rest / Lower Body #2 / Upper Body #2 / Rest / Rest*

LOWER 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	
Hex Bar Deadlift	3	10	7	2-3Min				Brace lats and glutes, keep chest tall and spine neutral	
Barbell Hip Thrust	3	12	8	2-3Min				Tuck your chin down, only move your hips, use a pad	
Leg Extension	3	12	9	1-2Min				Focus on squeezing your quads to move the weight	
Leg Curls	3	10	8	1-2Min				Focus on squeezing your hamstrings to move weight	
Seated Hip Abduction	3	6	7	1-2Min				Focus on squeezing your glutes to move weight	

Total Training Time:

UPPER BODY #1	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	
Lat Pulldowns	3	10	8	2-3Min				Pull elbows to sides, bar front of head, shoulder-width grip	
Overhead Press	3	10	8	3-4Min				Squeeze your glutes, press up and slightly back	
Chest-Supported T-Bar Row	3	12	8	2-3Min				Retract and squeeze your shoulder blades back	
Cable Flye	3	12	8	1-2Min				Keep shoulder blades back, pull your elbows together	
Incline Dumbbell Curl	3	10	8	1-2Min				Squeeze hardest with your pinky finger	
Single-Arm Rope Tricep Extension	3	12	8	1-2Min				Pull arm behind your torso, don't move upper arm	

Total Training Time:

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

LOWER 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	
Dumbbell Walking Lunge	3	10	8	1-2Min				10 steps each leg, medium strides, lean forward with torso	
Single-Leg Leg Extension	3	15	8	1-2Min				Focus on squeezing your quads to move the weight	
Single-Leg Leg Curl	3	15	8	1-2Min				Focus on squeezing your hamstrings to move weight	
Seated Hip Abduction	3	15	9	1-2Min				Focus on squeezing your glutes to move weight	
Standing Calf Raise	3	12	8	1-2Min				Stretch your calves at the bottom, don't bounce	
Plank	3	20sec	8	1-2Min				Squeeze glutes, keep hips low	

Total Training Time:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Incline Dumbbell Press	3	8	8	2-3Min				Keep your scapulae retracted and depressed	
Reverse Grip Lat Pulldowns	3	8	8	2-3Min				Pull elbows to sides, bar front of head, shoulder-width grip	
Assisted/Weighted Dip	3	10	7	2-3Min				Tuck elbows at a 45° angle, lean your torso forward 15°	
Dumbbell Row	3	12	7	2-3Min				Brace onto bench for support, pull elbows to sides	
Dumbbell Lateral Raises	3	15	8	1-2Min				Arms straight out, raise to 90°, tilt dumbbell slightly pinky-up	
Face Pulls	3	13	8	1-2Min				Pull arms back and out	
Hammer Curls	4	10	9	1-2Min				Neutral grip, prevent upper arm from moving	

Total Training Time:

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