

GYM FUNDAMENTALS / 5-DAY BODY PART SPLIT SIZE PROGRAM

WEEK 1-8: 5 DAYS

**Weekly Schedule: Chest & Triceps / Legs & Abs #1 / Back & Biceps / Rest / Legs & Abs #2 / Shoulders & Arms / Rest*

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Barbell Bench Press	3	6	7	3-4Min				Tuck elbows at 45° angle, squeeze your shoulder blades	
Incline Dumbbell Press	3	8	8	2-3Min				Keep your scapulae retracted and depressed	
Cable Flye	3	12	8	1-2Min				Keep shoulder blades back, pull your elbows together	
Assisted/Weighted Dip	3	10	7	1-2Min				Tuck elbows at a 45° angle, lean your torso forward 15°	
Overhead Cable Triceps Extension	3	8	8	1-2Min				Don't move upper arms	

Total Training Time:

LEGS & ABS #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	8	7	2-3Min				Brace lats and glutes, keep chest tall and spine neutral	
Barbell Hip Thrust	3	12	8	2-3Min				Tuck chin, only move your hips, use a pad	
Leg Extension	3	12	8	1-2Min				Focus on squeezing the quads to move the weight	
Leg Curls	3	12	8	1-2Min				Focus on squeezing your hamstrings to move weight	
Standing Calf Raise	2	8	7	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:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Reverse Grip Lat Pulldowns	3	8	8	2-3Min				Pull elbows to sides, bar front of head, shoulder-width grip	
Seated Cable Rows	3	10	8	2-3Min				Keep lower back neutral, squeeze shoulder blades back	
Chest-Supported T-Bar Row	3	12	8	2-3Min				Retract and squeeze your shoulder blades back	
Face Pulls	3	15	8	1-2Min				Pull arms back and out	
Incline Dumbbell Curl	3	15	8	1-2Min				Squeeze hardest with your pinky finger	

Total Training Time:

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

LEGS & ABS #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Hex Bar Deadlift	3	5	7	3-4Min				Brace lats and glutes, keep chest tall and spine neutral	
Dumbbell Walking Lunge	3	10	8	2-3Min				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	7	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:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
Overhead Press	3	6	7	3-4Min				Squeeze your glutes, press up and slightly back	
Dumbbell Lateral Raises	3	12	8	1-2Min				Arms straight out, raise to 90°, tilt dumbbell slightly pinky-up	
Reverse Pec Deck	3	15	8	1-2Min				Protract shoulder blades, sweep weight out and back	
Triceps Pushdown	2	12	8	1-2Min				Don't move upper arms	
Standing Barbell Curl	2	12	8	1-2Min				Squeeze hardest with your pinky finger, use straight bar	

Total Training Time:

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