

5-DAY ROUTINE

Weekly training plan — track your progress

DAY 1 — CHEST

EXERCISE	SETS	REPS	WEIGHT	DONE
Parallel bar dips	2-3	8-12		
Dumbbell flyes	2-3	8-12		
Archer push-ups	2-3	To failure		
Ab wheel	—	To failure		

Last rep of archer push-ups: hold halfway down as long as possible (isometric).

DAY 2 — ABS

EXERCISE	SETS	REPS	WEIGHT	DONE
Front plank	3	45-60 sec		
Side plank (each side)	3	30 sec		
Lying leg raises	3	12-15		
Crunches with legs elevated	3	15-20		
Ab wheel	3	To failure		
Mountain climbers	3	30 sec		

Maintain the contraction throughout the movement. Slow and controlled activates more fibers than fast and sloppy.

DAY 3 — LEGS

EXERCISE	SETS	REPS	WEIGHT	DONE
Bulgarian split squat with dumbbells (each leg)	2-3	10-15		
Squats	2-3	10-15		
Glute bridge	2-3	10-15		
The soldier (deep squat walk)	Optional	To failure		
Calf raises	2-3	10-15		

Knees aligned with toes. Don't let them cave inward.

DAY 4 — BACK AND SHOULDERS

EXERCISE	SETS	REPS	WEIGHT	DONE
Bent-over lateral raises	2-3	8-12		
Lateral raises	2-3	8-12		
Wide-grip pull-ups	2-3	8-12		
Close-grip pull-ups	2-3	8-12		
Ab wheel	—	To failure		

If you can't do full pull-ups yet: use a resistance band for assistance, or do negatives (jump up, lower as slowly as possible).

DAY 5 — REST

COMPLETE REST — Sleep well · Protein 1.6-2 g/kg · Hydration

DAY 6 OR 7 — ARMS

EXERCISE	SETS	REPS	WEIGHT	DONE
Concentration curl	2-3	8-12		
Hammer curl	2-3	8-12		
Close-grip pull-ups	2-3	8-12		
Overhead triceps extension	2-3	8-12		
Diamond push-ups	2-3	8-12		
Triceps kickback (with band)	2-3	8-12		

Strict technique over max weight. Arms grow with well-executed volume, not jerky lifts.