PUSH DAY

EXERCISE	SETS	REPS	REST
Dumbbell Side Lateral Raises With soft elbows, raise the dumbbells out to shoulder height. Lower slowly.	2	6–15	1 min
Dumbbell Incline Bench Press Keep your feet flat. Lower to your upper chest, then press up smoothly.	2	6–12	2 min
Machine Chest Press Set the handles at chest height. Press forward and return slowly.	2	12	2 min
Dips Lean slightly forward, bend your elbows to lower, then press back up.	2	Failure	2 min
Pec Dec Flys + 1 DROP SET Keep a soft bend in your elbows and bring your arms together like a hug.	2	12	2 min
Machine Shoulder Press Sit tall with feet flat. Press overhead, then lower the handles with control.	2	12	2 min
Machine Shoulder Raises + 1 DROP SET Lead with your elbows to shoulder height, then lower without shrugging.	3	6–15	1 min
Close Grip Tricep Press Keep elbows tucked. Press your hands down, then bend your elbows to reset.	2	6–15	1 min
Overhead Tricep Extension Keep upper arms steady. Straighten your elbows, then lower behind your head.	2	12	1 min

Rest times are between sets.

If you need assistance, ask at the front desk.

After the last set, lower the weight once and keep going without resting.

PULL DAY

EXERCISE	SETS	REPS	REST
Close Grip Pulldown + 1 DROP SET Pull the handle to your upper chest, driving your elbows down by your sides.	2	10–15	2 min
Cable Row + 1 DROP SET Sit tall and pull the handle towards your ribs. Let your arms extend slowly.	3	8–12	1 min
Upper Back Pulldown Pull to your upper chest with elbows out. Let your arms extend slowly.	2	12	2 min
Single Arm Dumbbell Row Brace with one hand. Row the dumbbell towards your hip, then lower slowly.	2	6–15	2 min
Lat Pullovers With a slight elbow bend, sweep the handle down to your thighs. Return slowly.	2	15	1 min
Hammer Curls Keep palms facing in and elbows by your sides. Curl up and lower slowly.	2	6–15	1 min
Incline Dumbbell Curls Lie back on the incline bench. Keep upper arms still as you curl and lower.	2	6–15	1 min

Rest times are between sets.

If you need assistance, ask at the front desk.

After the last set, lower the weight once and keep going without resting.

LEGS DAY

EXERCISE	SETS	REPS	REST
Adductor Machine Sit tall and squeeze the pads together with your thighs. Open slowly.	4	6–15	1 min
Leg Extension + 1 DROP SET Hold the handles and straighten your knees. Lower the pad slowly.	2	10–12	2 min
Prone Leg Curl Machine + 1 DROP SET Keep hips on the pad. Curl your heels towards your glutes, then lower slowly.	3	15	2 min
Hack Squat Keep your back against the pad and heels down. Lower, then drive back up.	3	8–10	2 min
Leg Press Keep feet shoulder-width apart. Lower while keeping your hips on the pad.	2	12–15	2 min
Lunges Step forward, bend both knees, then drive through your front foot to stand.	3	Failure	1 min
Standing Calf Raises Lower your heels slowly, then rise onto your toes and pause at the top.	4	15	1 min

Rest times are between sets.

If you need assistance, ask at the front desk.

After the last set, lower the weight once and keep going without resting.

ABS DAY

EXERCISE	SETS	REPS	REST
Rope Crunches + 1 DROP SET Kneel with the rope by your head. Curl your ribs towards your hips.	4	15	1 min
Hanging Knee Raises Hang still, lift your knees and tuck your pelvis. Lower without swinging.	4	15	1 min
Ab Wheel Rollouts Kneel and brace your abs. Roll forward without arching your back, then pull back in.	3	10	1 min

Rest times are between sets.

If you need assistance, ask at the front desk.

After the last set of Rope Crunches, lower the weight once and keep going without resting.