

## Push Day (Chest, Shoulders, Triceps)

#	Exercise	Sets x Reps	Notes
1	Incline Machine Press	4 x 8-10	Controlled tempo, 2 sec down
2	Dumbbell Shoulder Press	3 x 10-12	Full range of motion
3	Cable Chest Fly + Lateral Raises (Superset)	3 x 12-15	Minimal rest between moves
4	Triceps Pushdown	3 x 12-15	Keep elbows pinned
5	Overhead Cable Extension	3 x 12-15	Focus on stretch

## Pull Day (Back, Biceps, Rear Delts)

#	Exercise	Sets x Reps	Notes
1	Lat Pulldown	4 x 8-10	Controlled motion, full stretch
2	Chest Supported Row	3 x 10-12	Neutral grip for safety
3	Single Arm Cable Row + Incline Dumbbell Curl (Superset)	3 x 12-15	Alternate arms; then move to curls
4	Hammer Curl	3 x 10-12	Keep wrists neutral
5	Reverse Pec Deck	3 x 12-15	For rear delts

## Leg Day (Quads, Hamstrings, Glutes, Calves)

#	Exercise	Sets x Reps	Notes
1	Leg Press	4 x 10-12	Focus on depth and control
2	Romanian Deadlift (Dumbbells)	4 x 10-12	Emphasize stretch, soft knees
3	Walking Lunges + Seated Leg Curl (Superset)	3 x 12 steps + 12-15	Use dumbbells for lunges
4	Leg Extension	3 x 15	Peak contraction at top
5	Calf Raise Machine	4 x 15-20	2 second pause at top