

This is a straightforward workout routine I designed for myself a few years ago that played a key role in helping me reach my current physique. For a more comprehensive roadmap, check out my premium program, which includes:

- Training principles
- Exercise variations
- Warm-up protocols
- Progressive overload
- Video demonstrations
- Detailed guidance on progression
- More in-depth and structured than the basic routine.

## DAY 1: PUSH (CHEST, SHOULDERS, TRICEPS)

Exercise	Sets	Rep Range	Rest	My Tips
<b>Incline Chest Press Machine</b>	3	6-12	3-5 min	Keep tension by not fully locking out. Focus on squeezing your chest at the midpoint.
<b>Flat Chest Press Machine</b>	2	6-12	3-5 min	Lower slowly for 2-3 seconds. Try not to use momentum.
<b>Machine Chest Flyes</b>	3	8-12	2-3 min	Keep a slight bend in your elbows (15-20°) the whole time. Focus on the stretch at the bottom and the squeeze at the top.
<b>Shoulder Press Machine</b>	2	6-12	3-5 min	Keep your elbows in line with your body. Press up slowly and control, avoiding momentum.
<b>Dumbbell Lateral Raises</b>	4	8-15	2-3 min	Brief pause at the bottom position to eliminate momentum. Lead with elbows rather than hands.
<b>Straight Bar Tricep Pushdown</b>	3	8-15	2-3 min	Keep your elbows locked at your sides. Focus on fully extending and controlling the return. Try different grip widths to find the best engagement.
<b>Weighted Tricep Dips</b>	3	8-12	3-5 min	Keep your torso upright with a slight forward lean (no more than 15°) to target the triceps. Control the range to protect your shoulders and keep tension.

## DAY 2: PULL (BACK, BICEPS)

Exercise	Sets	Rep Range	Rest	My Tips
<b>Weighted Pull Ups</b>	2	8-10	3-5 min	Avoid swinging & use full range of motion for maximum strength and growth.
<b>Plate-Loaded Row Machine</b>	3	6-12	3-5 min	Start the pull with your elbows, keep a neutral spine
<b>Chest-Supported T-Bar Row</b>	3	6-12	3-5 min	Keep your chest against the pad, pull with your elbows
<b>Cable Lat Pulldown</b>	4	8-12	3-5 min	Pull to upper chest with slight backward lean (max 10°). Focus on feeling lats stretch at the top and contract at the bottom.
<b>Dumbbell Bicep Curls</b>	3	8-12	2-3 min	Maintain strict elbow position without allowing forward drift.
<b>Cable Curls (Flat Bar)</b>	3	8-12	2-3 min	Achieve full stretch at the bottom position. Maintain consistent tension throughout the movement arc.

### DAY 3: LEGS (QUADS, HAMSTRINGS, CALVES)

Exercise	Sets	Rep Range	Rest	My Tips
Smith Machine Squats	3	6-10	3-5 min	Place your feet 15-20 cm ahead of the bar. Keep your shins vertical. Descend to parallel or slightly below, depending on your mobility.
Leg Extension Machine	3	10-15	3-5 min	Pause for 1 second at the top to fully contract your quads, and control the lowering phase.
Lying Leg Curl Machine	3	10-15	2-4 min	Keep your hips pressed into the pad and focus on contracting your hamstrings at peak flexion with a brief hold.
Adductor Machine	3	10-15	2-3 min	Use a controlled tempo (2-3 seconds on the way down, 1-2 seconds on the way up). Avoid going too far to maintain proper pelvic position.
Calf Raise Machine	3	12-20	2-3 min	Stretch at the bottom, squeeze at the top, and keep the movement smooth.
Seated Calf Raises	3	12-20	2-3 min	Vary foot position slightly between sets (toes straight, slightly in, slightly out).

### DAY 4: REST