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FREE
TRAINING PROGRAM
For Muscle Building & Strength

by Harun Rahahla

Day 1: Push Day

| Exercise | Sets | Rep Range | Rest | My Tips |
|-------------------------------------|------|-----------|---------|--|
| Incline Chest Press Machine | 3 | 6-12 | 3-5 min | Keep tension by not fully locking out. Focus on squeezing your chest at the midpoint. |
| Flat Chest Press Machine | 2 | 6-12 | 3-5 min | Lower slowly for 2-3 seconds. Try not to use momentum. |
| Machine Chest Flyes | 2 | 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. |
| Shoulder Press Machine | 2 | 6-12 | 3-5 min | Keep your elbows in line with your body. Press up slowly and control, avoiding momentum. |
| Dumbbell Lateral Raises | 4 | 8-15 | 2-3 min | Brief pause at the bottom position to eliminate momentum. Lead with elbows rather than hands. |
| Straight Bar Tricep Pushdown | 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. |
| Weighted Tricep Dips | 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 Day

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

Day 3: Leg Day

| Exercise | Sets | Rep Range | Rest | My Tips |
|-------------------------------|------|-----------|---------|--|
| Smith Machine Squats | 2 | 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 | 8-15 | 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 | 8-15 | 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 | 8-16 | 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 | 8-16 | 2-3 min | Stretch at the bottom, squeeze at the top, and keep the movement smooth. |
| Seated Calf Raises | 3 | 8-16 | 2-3 min | Vary foot position slightly between sets (toes straight, slightly in, slightly out). |

Day 4: Rest