

	Muscle Group	Exercise	Sets × Reps	Rest	Pro Tip
Workout A	Chest	DB Chest Press	3 × 12-15	45-60s	Eccentric control on each rep; stretch at bottom
	Tricep	Machine Press	3 × 12-15	30-45s	Full elbow extension; control the eccentric phase
	Shoulders	Rear Delt Flys	3 × 12-15	60s	Eccentric control
	Quads	Goblet Squat (DB)	3 × 12-15	60s	Squat straight down, knees slightly passing toes; pause at bottom
	Back	Assisted Pull-Ups	3 × 12-15	60s	Reduce assistance weekly; aim for bodyweight
	Biceps	Seated Incline DB Curls	3 × 12-15	30-45s	Control the eccentric phase; elbows stay fixed
	Gastrocs	Standing Calf Raises	3 × 12-15	60s	Deep stretch at bottom; hold stretch after last rep 20s
	Core	Plank	3 × 30-45s	30s	Tight glutes, neutral spine
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Workout B	Hamstrings	Leg Press	3 × 12-15	60-90s	Mid-upper level foot placement; Drive through heels; Do not lock out knees
	Glutes	DB Walking Lunges	3 × 12-15 (each leg)	60s	Push through heel of front foot; Maintain upright posture
	Back	Bentover Barbell Row	3 × 12-15	60s	45°-90° at hips; pause at the top and allow full stretch at bottom
	Biceps	Straight Barbell Curl	3 × 12-15	60s	Control the eccentric phase; keep elbows pinned to sides
	Chest	Incline DB Press	3 × 12-15	60-90s	Press at a 30°-60° incline; control eccentric phase with deep stretch
	Shoulders	Smith Shoulder Press	3 × 12-15	45-60s	Control the ecentric phase; drop bar to upper chest level
	Triceps	Cable Extensions	3 × 12-15	60s	Full extension; control eccentric phase; keeps elbows pinned to sides
	Core	Cable Crunch	3 × 12 - 15	30s	Full stretch, exhale as contracting
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Workout C	Biceps	Cable Isolateral Curls	3 × 12-15	45-60s	Control the eccentric phase; full stretch; do not swing elbow
	Chest	Smith Incline Press	3 × 12-15	60-90s	Keep wrists neutral and chest lifted; control the eccentric
	Triceps	Overhead DB Triceps Extension	3 × 12-15	60s	Slow eccentric; full extension at the elbow
	Back	One-Arm DB Row	3 × 12-15	60s	Pause at the top and allow full stretch at bottom
	Gastroc	Standing Calf Raises	3 × 12-15	60s	Deep stretch at bottom; hold stretch after last rep 20s
	Quads	Quad Extensions	3 × 12-15	60s	Move backpad as far back, keep hips down; control eccentric phase
	Hamstrings	Romanian Deadlift (DB)	3 × 12-15	60-90s	Keep slight knee bend; draw hips back; slow stretch
	Shoulders	Cable Lateral Raises	3 × 12-15	45-60s	Drive up with elbows; slow eccentric