Adam Yu's Workout Program V4

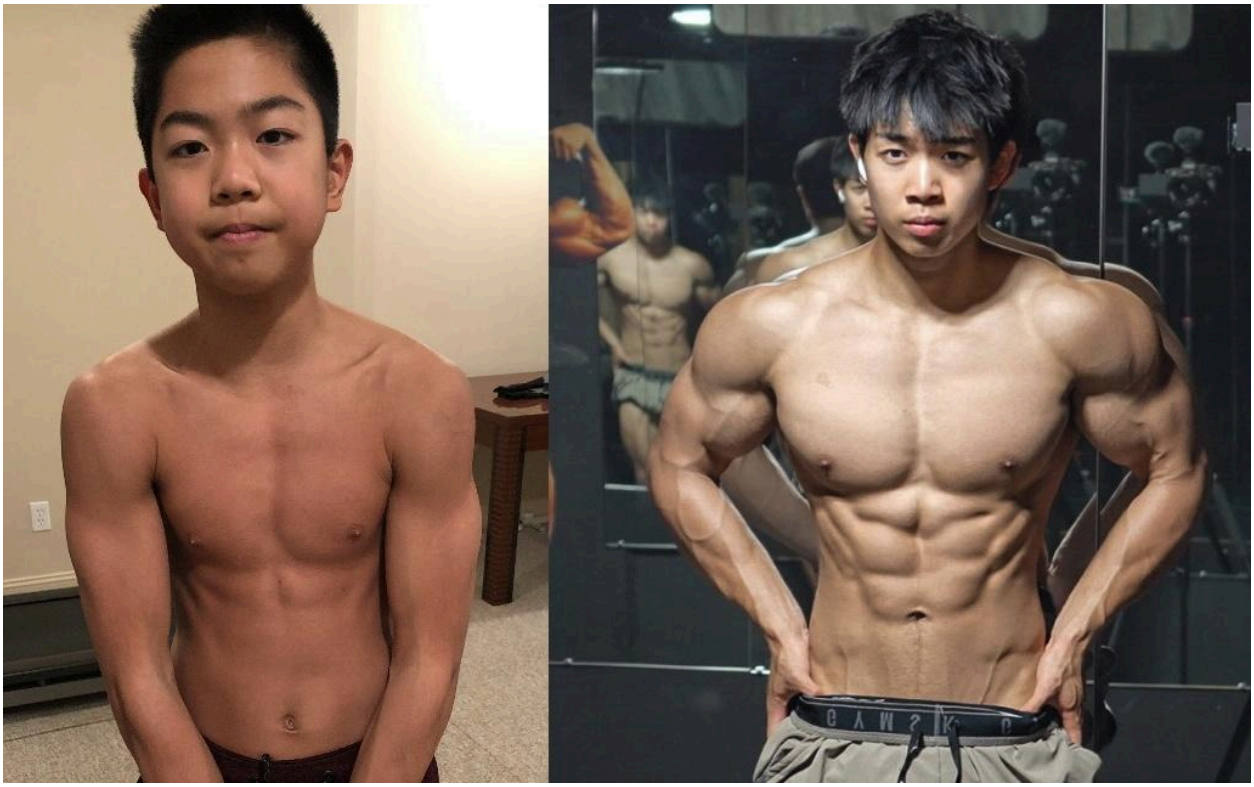
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My 5 year Natural Transformation (13-19):

It's been a process. Countless hours of my day, poured into creating something that I'm proud to look at when I stare in the mirror. The feeling of accomplishment is second to none. I want you guys to feel the same wave of emotions wash over you when you stare in the mirror after thousands of hours of work, and say, "I did it". Not only did fitness change my outward appearance, it trained my mind to be able to manifest. If I can create change to my body, what's to say I can't change everything around me. I'm just an ordinary human. What's to say you can't do the same. I truly believe the only thing inhibiting most people is their fear of judgment from society. F*** society. To be free is to be alive. No one's judgment is more important than yours, and this level of mindset was obtained through lifting for me personally. I know other people have gotten to this level of consciousness/creation by perfecting their own niche craft. All that matters is steady improvement in the thing you love and conviction in yourself <3

13 on the left, 19 on the right (Around 70 pound difference)



Now, for the contents of my new Program V4…

This program extensively breaks down the 5 workout splits I've personally used over my 5+ years lifting.

1) How to structure each split (Exercises, sets, reps, intensity, days, substitute exercises)
2) The best exercises for each day of each split as well as substitute exercises if you don't have a machine or you want to switch up your routine
3) Instead of using the weekdays to structure the split, just start the split whenever, take the rest day (1 day!), then restart.

Here is some **key things** to understand before we start:

- **Feeder Sets:** These are "ramp up" sets to get the blood flowing, gauging what weight you're going to end up using for working sets, the sets that you're going intense on. The further you are into your lift, the less feeders you do because you're already warm.
    - An example of how to set up feeders: Say you're working set is 225, start with the first feeder at the bar for 12-15 reps, 2nd feeder at 135 for 8-12 reps, 3rd feeder at 185 for 6-8 reps, then start the working sets.
- **Working Sets:** These are the sets where you're using the highest weight you're going to do for the exercise that day for your intended reps (This is gauged using the feeder sets)
- **Partials:** Partials are repetitions that do NOT go through the full range of motion. These should only be done after repetitions cannot be completed through the full range, occurring at the end of the set. (With the sets that go to failure + partials, try to finish in the 8-12 rep range)
- **Rest Time:** For rest, I recommend doing a 3-5 min rest for compound movements, and 2-3 minutes on anything other movements that isolate more.
- **Diet:** More in depth information on my Guide to Aesthetics v2, but what I can say is make sure you eat at least 1g protein per lb of body weight. Cut down on unnecessary carbs. My diet mainly consists of fruits, meat, and vegetables. (occasional grains). DO NOT CONSUME SEED OILS IF YOU CAN, I use olive oil, some use butter!
- **Rate of Perceived Exertion (RPE):** Since it's hard for me to tell you what to go to, I will rank how hard to go in these exercises: Here's the general overview of RPE:

RPE Scale Rating of Perceived Exertion Scale	
10	Could not do more repetitions or weight
9.5	Could not do more repetitions, could do slightly more weight
9	Could do 1 more repetition
8.5	Could do 1 more repetitions, possible 2 more repetitions
8	Could do 2 more repetitions
7.5	Could do 2 more, possibly 3 more repetitions
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light effort
Mike Tuchscherer's Rating of Perceived Exertion Scale	

Before starting these exercises, ALWAYS warm-up. Having blood in the muscle before the compound movement is critical for healthy joints/ligaments.

*Here is my warmups before my 1st exercises in every split:

- These are designed to get your body, ligaments, and tendons ready for your first heavy compound exercise. Remember, you can't lift if you injure yourself so STAY SAFE.

For Chest:

- Tricep Cable Pushdowns (15-20 reps) x 2
- Lateral raises (20-25 reps)
- Lat pullovers (20 reps)

For Back:

- Lat pullovers (15 reps) x 2
- Lateral raises (25 reps)

For Legs:

- Leg extensions (12 reps) x 3 with holds at the top
- Hamstring curls (20 reps)

For Shoulders:

- Lateral raises (20 reps) x 1
- Bent over lateral raises (12-15 reps) x 2
- Tricep Cable Pushdowns (20 reps) x 2

Lastly, here is the ONLY thing I do for abs:

- Hanging Leg Raises (4-6 times a week) 4 sets all to failure after the lift is finished
    - Ease into it. You'll be sore for about 2 weeks but after that it's way easier to implement to your routine. Go 2-3 times a week to first and ramp up the frequency after.

Injury Prevention:

When I first started going to the gym, I thought that nothing I did could injure me. Now in my 6th year, I've realized how many mistakes I've actually made with tempo, feeling the contraction, etc. I'm still progressively overloading, but to prevent injuries, make sure you aren't going for things like one rep maxes everytime you train. When I first started, my ego told me that I could go for one reps every training session, and not only did that inhibit my growth, it actually set me back in terms of feeling good. Make sure you take care of your body. Injuries can set you back years. I had multiple wrist sprains, a bulged disc, and multiple sprains just because I was stupid with my training. I guess the grit was there (id train injured didn't gaf lol), but in the long run, my bicep growth was strongly inhibited until recently because my wrists were on and off injured for over 2 years.

Now, lets begin with the 5 splits: (PPL, My Current Split, BRO, Arnold, + a PURELY AESTHETICS SPLIT)

1st split (Most common, Prioritizes Main Muscle Groups): Push, Pull, Legs (PPL)

**This is a beginner lift, the volume on this split is too high in my opinion, but stick with this if you're a relatively new lifter in order to get situated with intensity and overall stimulus + mind muscle control.*

Day 1: Push (Chest, Medial delts, Triceps):

- First Exercise: **Barbell Bench Press (Works entire chest)**
  - 3 feeders into 2-3 working sets of 6-8
  - RPE 8 without spotter, 9-9.5 with a spotter
    - **Substitute exercise(s):**
      - Dumbbell Bench Press
      - Neutral Hammer Press
- Second Exercise: **Incline Dumbbell Bench Press (Works upper chest)**
  - 1 feeder into 3 working sets of 10-12
  - RPE 9
    - **Substitute exercise(s):**
      - Incline Smith Machine Press
      - Incline Hammer Press
- Third Exercise: **Mid-set Chest Flys right into Decline Chest Flys (Works entire chest)**
  - 3 sets all to failure + partials on the decline chest flys
    - **Substitute exercise(s): *Only for Mid, Still do Decline**
      - Pec Deck
      - Incline Dumbbell Flyes
- Fourth Exercise: **Dumbbell Lateral Raises (Works medial delt)**
  - 1 feeder into 3 sets all to failure + partials
    - **Substitute exercise(s):**
      - Cable Lateral Raises
- Fifth Exercise: **Straight bar Tricep Pushdowns (Works entire tricep)**
  - 1 feeder into 3 sets all to failure + partials
    - **Substitute exercise(s):**
      - Tricep Rope Extensions
      - Incline Dumbbell Skull Crushers
      - Incline EZ Bar Skull Crushers
      - JM Press

Day 2: Pull (Back, Rear delts, Biceps):

- First Exercise: **Barbell Row (Works entire back, thickness)**
    - (3 feeders into 3-4 working sets of 6-8)
    - RPE 8.5-9
        - **Substitute exercise(s):**
            - Dumbbell Rows
            - Hammer Strength Plate Loaded Row
            - Smith Machine Row
- Second Exercise: **Lat Pulldowns (Works lats and mid back, width)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Single hand lat pulldowns with D-Grip
            - Lat Pullovers
- Third Exercise: **Seated Neutral Grip Chest-supported Rows (Works lower lats)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Seated Cable Rows
- Fourth Exercise: **JPG's Single-hand Lat Pulldowns (Works lats, width)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - None, theses are too good not to have in every back day
- Fifth Exercise: **Bent over dumbbell lateral raises (Works rear delts, traps)**
    - 4 sets all to failure + partials
        - Lower weight as needed, start heavy
            - **Substitute exercise(s):**
                - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
                - Reverse Pec Deck
- Sixth Exercise: **EZ Bar Preacher Curls (Works short head of bicep)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Dumbbell Preacher Curls
            - Seated Incline Curls
- Seventh Exercise: **Alternating Standing Bicep Curls (Works all of your bicep)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Straight Bar Curls
            - Cable Single Hand D Grip Curls

Day 3: Legs (Quad Focused):

- First Exercise: **Barbell Squats (Works hamstrings, glutes, quads)**
    - 3-4 feeder sets into 2 working sets of 8-12
    - RPE 9 with safety racks
        - **Substitute exercise(s):**
            - Smith Machine Squats (Can be normal or heel elevated)
            - Heel Elevated Barbell Squats
- Second Exercise: **Hack Squats (Works quads)**
    - 1 feeder into 2 working sets of 6-8
    - RPE 9.5
        - **Substitute exercise(s):**
            - Dumbbell Bulgarian Split Squats
            - Leg Press
- Third Exercise: **Leg Extensions (Works quads)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Can't replace this movement EVER
- Fourth Exercise: **Seated Hamstring Curls (Works hamstrings)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Stiff Leg Deadlift
            - Lying Hamstring Curls
- Fifth Exercise: **Seated Calf Raises (Works calves)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Use Machine Leg Press to do Calves
- Sixth Exercise: **Standing Calf Raises (Works calves)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Tibia Raises w/ Kettlebell

Day 4: Push (Chest, Medial delts, Triceps):

- First Exercise: **Dumbbell Bench Press (Works entire chest)**
    - 3 feeders into 2-3 working sets of 6-8
    - RPE 8 without spotter, 9-9.5 with a spotter
        - **Substitute exercise(s):**
            - Barbell Bench Press
            - Neutral Hammer Press
- Second Exercise: **Incline Dumbbell Bench Press (Works upper chest)**
    - 1 feeder into 3 working sets of 10-12

    - RPE 9
        - **Substitute exercise(s):**
            - Incline Smith Machine Press
            - Incline Hammer Press
            - Incline Barbell Press
- Third Exercise: **Mid-set Chest Flys right into Decline Chest Flys (Works entire chest)**
    - 3 sets all to failure + partials on the decline chest flys
        - **Substitute exercise(s): *Only for Mid, Still do Decline**
            - Pec Deck
            - Incline Dumbbell Flyes
- Fourth Exercise: **Dumbbell Lateral Raises (Works medial delt)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Lateral Raises
- Fifth Exercise: **Incline EZ Bar Skull Crushers (Works long head of the tricep)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Tricep Rope Extensions
            - Incline Dumbbell Skull Crushers
            - Tricep Pushdowns (Straight bar)
            - JM Press

Day 5: Pull (Back, Rear delts, Biceps):

- First Exercise: **Barbell Row (Works entire back, thickness)**
    - (3 feeders into 3-4 working sets of 6-8)
    - RPE 8.5-9
        - **Substitute exercise(s):**
            - Dumbbell Rows
            - Hammer Strength Chest Supported Row
            - Smith Machine Row
- Second Exercise: **Seated Chest-supported rows (Works entire back, thickness)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Seated Cable Rows
- Third Exercise: **Single-hand Lat Pulldowns (JPG's) (Works lats, width)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - None, theses are too good not to have in every back day
- Fourth Exercise: **Lat Pullovers (Works lats and serratus, width)**
    - 3 sets all to failure + partials

        - Essential to fully fatigued the mid-back as well as the serratus.
- Fifth Exercise: **Bent over dumbbell lateral raises (Works rear delts, traps)**
    - 4 sets all to failure + partials
        - Lower weight as needed, start heavy
            - **Substitute exercise(s):**
                - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
                - Reverse Pec Deck
- Sixth Exercise: **EZ Bar Preacher Curls (Works short head of bicep)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Dumbbell Preacher Curls
            - Seated Incline Curls
- Seventh Exercise: **Alternating Standing Bicep Curls (Works all of your bicep)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Straight Bar Curls
            - Cable Single Hand D Grip Curls

Day 6: Legs (Hamstring Focused/ “Light Day”):

- First Exercise: **Barbell Squats (Works hamstrings, glutes, quads)**
    - 3-4 feeder sets into 2 working sets of 8-12
    - RPE 6 with safety racks
        - **Substitute exercise(s):**
            - Hack Squats
            - Wide Stance Smith Machine Squats
- Second Exercise: **Dumbbell Romanian Deadlifts (Works hamstrings)**
    - 1 feeder into 3 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Bulgarian Split Squats
- Third Exercise: **Leg Extensions (Works quads)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Can’t Sub this staple out
- Fourth Exercise: **Back Extensions (Works erectors, glutes)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Glute Push Backs
            - Sus Machine, In and Out Superset

- Fifth Exercise: **Seated Hamstring Curls (Works hamstrings)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Lying Hamstring Curl
- Sixth Exercise: **Seated Calf Raises (Works calves)**
    - 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Standing Calf Raises
            - Calves on the Seated Leg Press

Day 7- Rest
Repeat

2nd split (The one I'm currently running right now, Prioritizing Arm Growth in exchange for suboptimal Chest & Back Growth):

Day 1: Chest & Biceps

- First Exercise: **Barbell Bench Press (Works entire chest)**
    - 3 feeders into 2-3 working sets of 6-8
    - RPE 8 without spotter, 9-9.5 with
        - **Substitute exercise(s):**
            - Dumbbell Bench Press
            - Neutral Hammer Press
- Second Exercise: **Incline Dumbbell Bench Press (Works upper chest)**
    - 1 feeder into 3 working sets of 10-12
    - RPE 9
        - **Substitute exercise(s):**
            - Incline Smith Machine Press
            - Incline Hammer Press
- Third Exercise: **Mid-set Chest Flys right into Decline Chest Flys (Works entire chest)**
    - 3 sets all to failure + partials on the decline chest flys
        - **Substitute exercise(s): *Only for Mid, Still do Decline**
            - Pec Deck
            - Incline Dumbbell Flyes
- Fourth Exercise: **EZ Bar Preacher Curls (Works short head of bicep)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Dumbbell Preacher Curls
            - Seated Incline Curls
- Fifth Exercise: **Alternating Standing Bicep Curls (Works all of your bicep)**

- 2 sets all to failure + partials
    - **Substitute exercise(s):**
        - Cable Straight Bar Curls
        - Cable Single Hand D Grip Curls

Day 2: Back & Triceps

- First Exercise: **Barbell Row (Works entire back, thickness)**
    - (3 feeders into 3-4 working sets of 6-8)
    - RPE 8.5-9
        - **Substitute exercise(s):**
            - Dumbbell Rows
            - Hammer Strength Plate Loaded Row
            - Smith Machine Row
- Second Exercise: **Seated Neutral Grip Chest-supported Rows (Works lower lats)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Seated Cable Rows
            - Incline Bench Dumbbell Rows
- Third Exercise: **Lat Pulldowns (Works lats and mid back, width)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Single hand lat pulldowns with D-Grip
            - Lat Pullovers
- Fourth Exercise: **Single-hand Lat Pulldowns (JPG's) (Works lats, width)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - None, theses are too good not to have in every back day
- Fifth Exercise: **EZ Bar Incline Bench Skull-Crushers (Works long head of the tricep)**
    - 2 feeders into 3 working sets all to failure
        - **Substitute exercise(s):**
            - Incline Dumbbell Skull Crushers
            - JM Press
            - Overhead Tricep Extensions
- Sixth Exercise: **Straight Bar Tricep Pushdowns (Works entire tricep)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Tricep Rope Extensions

Day 3: Legs

- First Exercise: **Barbell Squats (Works hamstrings, glutes, quads)**

    - 3-4 feeder sets into 3 working sets of 8-12
    - RPE 9 with safety racks
        - **Substitute exercise(s):**
            - Smith Machine Squats (Can be normal or heel elevated)
            - Heel Elevated Barbell Squats
- Second Exercise: **Hack Squats (Works quads)**
    - 1 feeder into 2 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Leg Press
            - Bulgarian Split Squats
- Third Exercise: **Dumbbell Romanian Deadlifts (Works hamstrings)**
    - 1 feeder into 2 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Barbell RDLS
- Fourth Exercise: **Leg Extensions (Works quads)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Don't, these are too staple
- Fifth Exercise: **Seated Hamstring Curls (Works hamstrings)**
    - 2 sets all to failure + partials
        - Lying Hamstring Curls
        - Standing Leg Curls
- Sixth Exercise: **Seated Calf Raises (Works calves)**
    - 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - If you want, add tibia extensions in here too
            - If not, either do these seated or standing, whichever give you the best contraction

Day 4: Shoulders

- First Exercise: **Reverse Pec Deck (Works rear delt)**
    - 3 sets to get the blood moving, close to failure
        - **Substitute exercise(s):**
            - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
            - Face Pulls
- Second Exercise: **Dumbbell Overhead Press (Works front delt)**
    - 3 feeders into 3 top sets of 6-10 reps

    - RPE 9
        - **Substitute exercise(s):**
            - Barbell Overhead Press
            - Smith Machine Overhead Press
- Third Exercise: **Dumbbell Lateral Raises (Works medial delt)**
    - 1 feeder into 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Lateral Raises
            - Machine Laterals (If Medial Delts are a strong point, do front raises)
- Fourth Exercise: **Bent over dumbbell lateral raises (Works rear delt)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Reverse Pec Deck
            - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
            - Face Pulls

Day 5: Rest
Repeat

3rd split: BRO Split (One muscle group a day, MOST effective for flexibility as well as strength IMO)

Day 1: Chest

- First Exercise: **Barbell Bench Press (Works entire chest)**
    - 3 feeders into 3 working sets of 6-8
    - RPE 8 without spotter, 9-9.5 with
        - **Substitute exercise(s):**
            - Dumbbell Bench Press
            - Neutral Hammer Press
- Second Exercise: **Incline Smith Machine Press (Works upper chest)**
    - 1 feeder into 2 working sets of 10-12
    - RPE 9
        - **Substitute exercise(s):**
            - Incline Dumbbell Bench Press
            - Incline Hammer Press
            - Incline Barbell Press
- Third Exercise: **Incline Hammer Press (Works upper chest)**

    - 2 working sets all to failure
        - **Substitute exercise(s):**
            - Incline Dumbbell Bench Press
- Fourth Exercise: **Pec Deck (Works entire chest)**
    - 3 sets all to failure + partials on the decline chest flys
        - **Substitute exercise(s):**
            - Mid-set Chest Flyes w/ Bench
            - Incline Dumbbell Flyes
            - Incline Cable Flyes w/ Bench

Day 2: Back

- First Exercise: **Barbell Row (Works entire back, thickness)**
    - (3 feeders into 3 working sets of 6-8)
    - RPE 8.5-9
        - **Substitute exercise(s):**
            - Dumbbell Rows
            - Hammer Strength Plate Loaded Row
            - Smith Machine Row
- Second Exercise: **Lat Pulldowns (Works lats and mid back, width)**
    - 1 feeder into 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Don’t Substitute These on BRO Split
- Third Exercise:**Seated Neutral Grip Chest-supported Rows (Works lower lats)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Seated Cable Rows
- Fourth Exercise: **JPG’s single-hand Lat Pulldowns (Works lats, width)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - None, These are too good
- Fifth Exercise: **Lat Pullovers (Works lats and serratus, width)**
    - 3 sets all to failure
        - **Substitute exercise(s):**
            - Assisted Pull-ups (My new favorite burnout movement)

Day 3: Legs

- First Exercise: **Barbell Squats (Works hamstrings, glutes, quads)**
    - 3-4 feeder sets into 2 working sets of 8-12
    - RPE 9 with safety racks
        - **Substitute exercise(s):**

        - Smith Machine Squats (Can be normal or heel elevated)
        - Heel Elevated Barbell Squats
- Second Exercise: **Hack Squats (Works quads)**
    - 1 feeder into 2 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Bulgarian Split Squats
            - Leg Press
- Third Exercise: **Dumbbell Romanian Deadlifts (Works hamstrings)**
    - 1 feeder into 2 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Cable RDLs
            - Smith Machine RDLs
            - Barbell RDLs
- Fourth Exercise: **Leg Extensions (Works quads)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Can't change this movement
- Fifth Exercise: **Seated Hamstring Curls (Works hamstrings)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Lying Hamstring Curls
            - Standing Hamstring Curls
            - Back Extensions
- Sixth Exercise: **Seated Calf Raises (Works calves)**
    - 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Use Machine Leg Press to do Calves
            - Standing Calf Raises
            - If Calves are weak point, do Tibia Raises too w/ Kettlebell

Day 4: Shoulders

- First Exercise: **Dumbbell Overhead Press (Works front delt)**
    - 3 feeders into 3 top sets of 6-10 reps
    - RPE 9
        - **Substitute exercise(s):**
            - Barbell Overhead Press
            - Smith Machine Overhead Press
- Second Exercise: **Dumbbell Lateral Raises (Works medial delt)**

    - 1 feeder into 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Lateral Raises
- Third Exercise: **Bent over dumbbell lateral raises (Works rear delt)**
    - 5 sets all to failure + partials
        - **Substitute exercise(s):**
            - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
            - Reverse Pec Deck

Day 5: Arms

- First Exercise: **EZ Bar Preacher Curls (Works short head of the bicep)**
    - 2 feeder into 3-4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Dumbbell Preacher Curls
            - Incline Curl
            - Machine Preachers
- Second Exercise: **Alternating Standing Bicep Curls (Works entire biceps)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Drag Curls
            - EZ Bar Curls
            - Straight Bar Cable Curls
- Third Exercise: **EZ Bar Incline Bench Skull-Crushers (Works long head of tricep)**
    - 2 feeders into 3 working sets all to failure
        - **Substitute exercise(s):**
            - Incline Dumbbell Skull Crushers
            - JM Press
            - Overhead Tricep Extensions
- Fourth Exercise: **Straight Bar Tricep Pushdowns (Works entire tricep)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Tricep Rope Extensions

Day 6: Rest

Repeat. This split could be 5 days on, 1 day off, OR You could take 2 rest day. If you want this split to fit your week schedule, just find 2 days you're especially busy and don't go.

4th split: Arnold Split (Common blueprint to get an arm-dominant physique)

*****If you want to prioritize back, hit back first. Vice-versa if you want to have a bigger chest
I know this is a lot of volume for one day of training. You can alter sets as needed. If you want more volume on the chest, stick with these exercises but up the number of working sets on each exercise. If you want less volume on a muscle group, remove working sets. Make sure to stick with these movements, however.

Day 1: Chest & Back

- First Exercise: **Barbell Bench Press (Works entire chest)**
    - 3 feeders into 3 working sets of 6-8
    - RPE 8 without spotter, 9-9.5 with spotter
        - **Substitute exercise(s):**
            - Dumbbell Bench Press
            - Neutral Hammer Press
- Second Exercise: **Incline Dumbbell Bench Press (Works upper chest)**
    - 1 feeder into 3 working sets of 10-12
    - RPE 9
        - **Substitute exercise(s):**
            - Incline Smith Machine Press
            - Incline Hammer Press
            - Incline Barbell Press
- Third Exercise: **Mid-set Chest Flys right into Decline Chest Flys (Works entire chest)**
    - 2 sets all to failure + partials on the decline chest flys
        - **Substitute exercise(s): *Only for Mid, Still do Decline**
            - Pec Deck
            - Incline Dumbbell Flyes
- Fourth Exercise: **Barbell Row (Works entire back, thickness)**
    - (3 feeders into 3 working sets of 6-8)
    - RPE 8.5-9
        - **Substitute exercise(s):**
            - Dumbbell Rows
            - Hammer Strength Plate Loaded Row
            - Smith Machine Row
- Fifth Exercise: **Lat Pulldowns (Works lats and mid back, width)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Lat Pullovers
- Sixth Exercise: **Seated Neutral Grip Chest-supported Rows (Works lower lats)**
    - 3 sets all to failure + partials

        - **Substitute exercise(s):**
            - Seated Cable Rows
- Seventh Exercise: **JPG's Single-hand Lat Pulldowns (Works lats, width)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Don't Substitute This Movement

Day 2: Legs

- First Exercise: **Barbell Squats (Works hamstrings, glutes, quads)**
    - 3-4 feeder sets into 3-4 working sets of 8-12
    - RPE 9 with safety racks
        - **Substitute exercise(s):**
            - Smith Machine Squats (Can be normal or heel elevated)
            - Heel Elevated Barbell Squats
- Second Exercise: **Hack Squats (Works quads)**
    - 1 feeder into 2 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Dumbbell Bulgarian Split Squats
            - Leg Press
- Third Exercise: **Dumbbell Romanian Deadlifts (Works hamstrings)**
    - 1 feeder into 3 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Barbell RDLs
            - Smith Machine RDLs
            - Cable RDLs
- Fourth Exercise: **Leg Extensions (Works quads)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Don't Substitute This Movement
- Fifth Exercise: **Seated Hamstring Curls (Works hamstrings)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Standing Hamstring Curls
            - Lying Hamstring Curls
- Sixth Exercise: **Seated Calf Raises (Works calves)**
    - 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Standing Calf Raises

- Do both Seated, Standing, and Tibia Raises if you have weak calves
    - 2-3 sets of each all to failure + partials, focus on lengthened portion

Day 3: Shoulders & Arms

- First Exercise: **Dumbbell Overhead Press (Works front delts)**
    - 3 feeders into 3 top sets of 6-10 reps
    - RPE 9
        - **Substitute exercise(s):**
            - Barbell Overhead Press
            - Smith Machine Overhead Press
- Second Exercise: **Dumbbell Lateral Raises (Works medial delts)**
    - 1 feeder into 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Lateral Raises
            - Machine Laterals
            - If Medial Delts are a strong point, do front raises
- Third Exercise: **Bent over dumbbell lateral raises (Works rear delts)**
    - 5 sets all to failure + partials
        - **Substitute exercise(s):**
            - Reverse Pec Deck
            - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
            - Face Pulls
- Fourth Exercise: **EZ Bar Preacher Curls (Works short head of the bicep)**
    - 2 feeder into 3-4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Dumbbell Preacher Curls
            - Seated Incline Curls
            - Machine Preacher Curls
- Fifth Exercise: **Alternating Standing Bicep Curls (Works entire bicep)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Straight Bar Curls
            - Cable Single Hand D Grip Curls
- Sixth Exercise: **Incline Bench Skull-Crushers (Works long head of the tricep)**
    - 2 feeders into 3 working sets all to failure
        - **Substitute exercise(s):**
            - Incline Dumbbell Skull Crushers

        - JM Press
        - Overhead Tricep Extensions
- Seventh Exercise: **Tricep Pushdowns (Works entire tricep)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Tricep Rope Extensions
            - Single Hand Tricep Pushdowns

Day 4: Rest
Repeat

NEW 5th split (Catered towards building aesthetics specifically):

Day 1: Push (Chest, Medial delts):
- First Exercise: **Incline Barbell Bench Press (Works upper chest)**
    - 3 feeders into 2-3 working sets of 6-8
    - RPE 8 without spotter, 9-9.5 with a spotter
        - **Substitute exercise(s):**
            - Incline Smith Machine Press
- Second Exercise: **Incline Dumbbell Bench Press (Works upper chest)**
    - 1 feeder into 3 working sets of 10-12
    - RPE 9
        - **Substitute exercise(s):**
            - Incline Hammer Press
            - Incline Hammer Press
- Third Exercise: **Low to High Flys**
    - 3 sets all to failure + partials on the decline chest flys
        - **Substitute exercise(s): *Only for Mid, Still do Decline**
            - Pec Deck
            - Incline Dumbbell Flyes
- Fourth Exercise: **Dumbbell Lateral Raises (Works medial delt)**
    - 1 feeder into 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Lateral Raises
            - Y Raises

Day 2: Pull (Back, Rear delts):
- First Exercise: **Barbell Row (Works entire back, thickness)**
    - (3 feeders into 3-4 working sets of 6-8)

    - RPE 8.5-9
        - **Substitute exercise(s):**
            - Dumbbell Rows
            - Hammer Strength Plate Loaded Row
            - Smith Machine Row
- Second Exercise: **Lat Pulldowns (Works lats and mid back, width)**
    - 1 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Single hand lat pulldowns with D-Grip
            - Lat Pullovers
- Third Exercise: **Seated Neutral Grip Chest-supported Rows (Works lower lats)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Seated Cable Rows
- Fourth Exercise: **JPG's Single-hand Lat Pulldowns (Works lats, width)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - None, theses are too good not to have in every back day
- Fifth Exercise: **Bent over dumbbell lateral raises (Works rear delts, traps)**
    - 4 sets all to failure + partials
        - Lower weight as needed, start heavy
            - **Substitute exercise(s):**
                - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
- Sixth Exercise: **Reverse Pec Deck (Works rear delts, traps)**
    - 2 sets all to failure + partials
        - Lower weight as needed, start heavy

Day 3: Legs (Quad Focused):

- First Exercise: **Barbell Squats (Works hamstrings, glutes, quads)**
    - 3-4 feeder sets into 3 working sets of 8-12
    - RPE 9 with safety racks
        - **Substitute exercise(s):**
            - Smith Machine Squats (Can be normal or heel elevated)
            - Heel Elevated Barbell Squats
- Second Exercise: **Hack Squats (Works quads)**
    - 1 feeder into 2 working sets of 8-10
    - RPE 9.5
        - **Substitute exercise(s):**
            - Dumbbell Bulgarian Split Squats

        - Leg Press
- Third Exercise: **Leg Extensions (Works quads)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Can't replace this movement EVER
- Fourth Exercise: **Seated Hamstring Curls (Works hamstrings)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Stiff Leg Deadlift
            - Lying Hamstring Curls
- Fifth Exercise: **Seated Calf Raises (Works calves)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Use Machine Leg Press to do Calves
- Sixth Exercise: **Standing Calf Raises (Works calves)**
    - 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Tibia Raises w/ Kettlebell

Day 4: Shoulders & Arms

- First Exercise: **Dumbbell Overhead Press (Works front delt)**
    - 3 feeders into 3 top sets of 6-10 reps
    - RPE 9
        - **Substitute exercise(s):**
            - Barbell Overhead Press
            - Smith Machine Overhead Press
- Second Exercise: **Dumbbell Lateral Raises (Works medial delt)**
    - 1 feeder into 4 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Lateral Raises
- Third Exercise: **Bent over dumbbell lateral raises (Works rear delt)**
    - 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Rear Delts on cable (Set to shoulder and do it like a reverse pec deck, but pull with elbows slightly bent)
            - Reverse Pec Deck
- Fourth Exercise: **EZ Bar Preacher Curls (Works short head of the bicep)**
    - 2 feeder into 3 sets all to failure + partials
        - **Substitute exercise(s):**
            - Dumbbell Preacher Curls

        - Seated Incline Curls
        - Machine Preacher Curls
- Fifth Exercise: **Alternating Standing Bicep Curls (Works entire bicep)**
    - 1 feeder into 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Cable Straight Bar Curls
            - Cable Single Hand D Grip Curls
- Sixth Exercise: **Incline Bench Skull-Crushers (Works long head of the tricep)**
    - 2 feeders into 3 working sets all to failure
        - **Substitute exercise(s):**
            - Incline Dumbbell Skull Crushers
            - JM Press
            - Overhead Tricep Extensions
- Seventh Exercise: **Tricep Pushdowns (Works entire tricep)**
    - 1 feeder into 2 sets all to failure + partials
        - **Substitute exercise(s):**
            - Tricep Rope Extensions
            - Single Hand Tricep Pushdowns

Overview:

PPL (Push, Pull, Legs) Split:
Prioritizes Main Muscle Groups: This split focuses on the major muscle groups
Recommended for Good Arm Genetics: If you naturally have well-developed arms, this split allows you to maintain them while focusing on the larger muscle groups. Since arms are indirectly worked during push and pull days, having strong arms genetically means you can concentrate more on other areas.
Chest+Biceps, Back+Triceps, Legs, Shoulders Split:
Balanced Approach for Similar Genetics: This split is structured to give equal attention to all major muscle groups.
Prevents Overpowering of One Group: By isolating these muscle groups on different days, you can ensure that no single group becomes disproportionately strong or large compared to the others.
Bro Split:
Prioritizes Intensity: Dedicates each day to a single muscle group
Great for Symmetry and Flow: By focusing intensely on one muscle group per session, you can work each muscle to its full potential.
Arnold Split:
Prioritizes Arms: Split is designed for high volume and high intensity
Recommended for Good Chest+Back Genetics: If you have naturally strong chest and back muscles, this split allows you to emphasize arm training while maintaining the development of your chest and back.
Aesthetics Split (IMO best split for the common person that wants to feel confident):
Prioritizes Shoulders: Split is designed to obtain a dominant shoulder look, enhancing your v-taper to look aesthetic. The key to aesthetics is getting a huge and unproportional upper shelf (shoulders + lats) to give the illusion of a small waist.
Recommended for people trying to look like fitness MODELS, not bodybuilders (ie. david laid, jeff seid, jon skywalker, etc)

Words to yall:

What you've probably come to realize now, is that I train hard. Most of these sets are to failure with half reps, which means that I'm pushing my body to the breaking point on every working set. I feel like the only way to grow bigger and better is if you push your body to extremes. No excuses. Eat right, sleep right, but most importantly, in my opinion, your worth ethic in the gym has to be there. None of my workouts are over 90 min long anymore but I'm still growing. Over the past almost 6 years of lifting, these are the best exercises I've personally come across that target each and every muscle group without leaving any openings for imbalances. Of course, barbell squat, bench, and rows may not be the most "optimal", but I enjoy it. I believe that the percentage of muscle built training optimally and training hard is so miniscule that it doesn't even matter at the end of the day. Train hard, and push yourself to be better every single day. To be honest, my diet is so sporadic and I don't ever eat the same food everyday, but I do try to hit protein macros everyday (1-1.2 grams per pound of body weight). Choose a split that you resonate the most with, and remember to progressively overload, meaning you try and train with more and more weight every month. Track your lifts, mentally or tangibly. Results do NOT occur overnight, and everyone has different genetics. Work at your pace, and fall in love with the process rather than the results. The more you put in, the more you get out. It's up to you to train hard. I can give you all these workouts, ordered in perfection. If you don't have the work ethic, the mindset to push beyond your mind's limits, then this document is worth nothing but words. But, if you already have the drive, the discipline to want more, then this is a one way ticket to maxxing out your physique faster than everyone around you. Thanks for 100k on instagram (*Update, holy shit guys I wrote this document at 100k followers on instagram and now I'm at almost 250k lol). Big things to come (*Undoubtedly still true), you guys are making my dream become a reality (*Also still true) and I cannot thank you guys enough.

- Adam <3