

WORKOUT SPLITS



Upper, Lower, Total Body

Choose the one that suits you



FIT & PROUD

2

FULL BODY

EXERCISES



SQUAT



BENCH PRESS



**SEATED ROW /
LAT PULLDOWN**



SHOULDER PRESS



BICEPS CURL



TRICEPS PUSHDOWN



2-3 WORKOUTS / WEEK

3

UPPER

EXERCISES



BENCH PRESS



**SEATED ROW /
LAT PULLDOWN**



SHOULDER PRESS



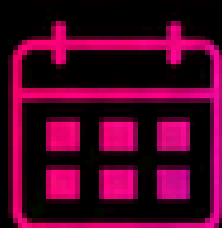
LATERAL RAISE



BICEPS CURL



TRICEPS PUSHDOWN



2–3 WORKOUTS / WEEK

4

LOWER

EXERCISES



SQUAT



ROMANIAN DEADLIFT



LUNGE



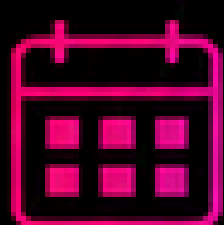
HIP THRUST



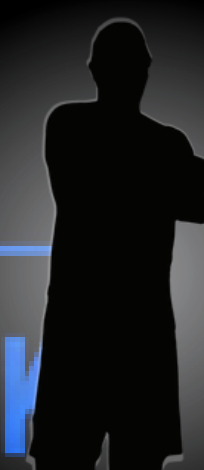
LEG CURL



CALF RAISE



2-3 WORKOUTS / WEEK

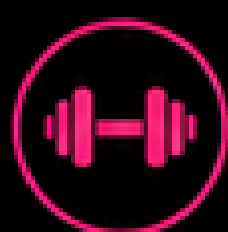


FIT & PROUD

5

RECOMMENDED SPLIT

EXERCISES



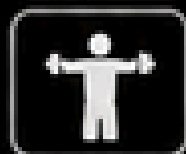
PUSH + QUADS



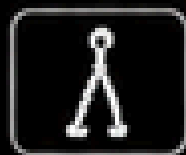
BENCH PRESS



SHOULDER PRESS



LATERAL RAISE



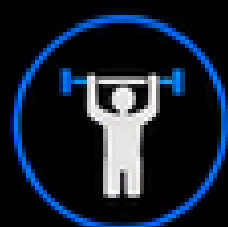
TRICEPS PUSHDOWN



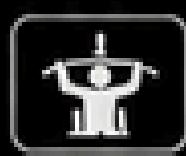
LEG EXTENSION



SQUAT (OR LEG PRESS – CHOOSE ONE)



PULL + HAMSTRINGS



LAT PULLDOWN



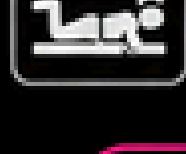
SEATED ROW



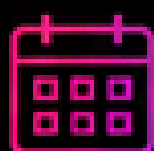
BICEPS CURL



RDL (DEADLIFT)



LEG CURL



4 WORKOUTS / WEEK