

Know the plan before you train.

Push / Pull / Legs - 4-week gym block

Three weekly gym sessions for experienced recreational lifters. The full product includes warm-ups, working sets, rest periods, exercise cues, equipment swaps, progression rules and printable logs.

Session	What is inside
Push + Arms	Barbell bench press, paired chest work, shoulder accessories and arm supersets.
Pull	Pull-ups, supported rows, pulldowns and trap work.
Legs + Power	Box jumps, squat and trap-bar strength, paired leg accessories, calves and a core circuit.

Real excerpt / Push + Arms

Block	Exercise	Dose / rest
A	Barbell Bench Press	4 x 5 / 2.5-3 min
B1	Incline Dumbbell Press	3 x 8-10
B2	Cable Fly	3 x 10-12 / 90 sec after B2

How loading works

Your starting load is based on your current ability. Week 1 establishes a baseline, Week 2 repeats it, Week 3 permits earned progression and Week 4 lowers volume for review. No personal starting weights or guaranteed results are prescribed.

Equipment / format

Standard gym equipment including cables, machines, free weights and a trap bar. PDF, US Letter. Printable and viewable on a phone. This preview is an excerpt, not the full program.