

TRAINING PROGRAM

INTERMEDIATE · FREE PDF

UPPER / LOWER · 4 DAYS A WEEK

12-WEEK HYPERTROPHY PROGRAM FOR INTERMEDIATE LIFTERS

A complete muscle-building plan: three training blocks, a planned deload, every session written out set by set, and log pages to track your lifts.

LENGTH	SCHEDULE	SESSION	EQUIPMENT
12 Weeks	4 Days / Week	60-80 Min	Full Gym

1	2	3	4	5	6	7	8	9	10	11	12
BLOCK 1 · FOUNDATION			BLOCK 2 · BUILD			BLOCK 3 · PEAK		DELOAD			

START HERE

HOW TO USE THIS PROGRAM

This is a 12-week, 4-day upper/lower program for building muscle. You train each muscle twice a week. Weekly sets rise from Block 1 to Block 2, effort rises across each block, and Week 12 is a deload so you can recover before your next cycle.

WHO IT IS FOR

- **Intermediate lifters** with at least 1 year of steady training.
- You know how to squat, bench, row and hinge with good form.
- You can train **4 days a week** for 60–80 minutes.
- You train in a gym with barbells, dumbbells, cables and machines. A substitutions table covers missing equipment.

WHAT YOU NEED TO DO

- Do the four sessions in order each week.
- Log every working set: weight, reps and how hard it felt.
- Add reps or weight with **double progression** (page 3).
- Sleep 7–9 hours and eat enough protein. Muscle grows during recovery.

THE 12 WEEKS AT A GLANCE

1	2	3	4	5	6	7	8	9	10	11	12
RIR 3	RIR 2	RIR 2	RIR 1	RIR 3	RIR 2	RIR 2	RIR 1	RIR 2	RIR 1	RIR 1	RIR 4+
BLOCK 1 · FOUNDATION				BLOCK 2 · BUILD				BLOCK 3 · PEAK			DELOAD

PHASE	WEEKS	MAIN-LIFT REPS	SETS / WEEK	EFFORT (RIR)	GOAL
Block 1 · Foundation	1–4	8–10	79	3 → 1	Learn the lifts, set baseline weights, build work capacity.
Block 2 · Build	5–8	6–8	92	3 → 1	More sets and heavier main lifts. This is the main growth block.
Block 3 · Peak	9–11	5–7	92	2 → 1	Same volume, heavier loads, closer to failure on isolation work.
Deload	12	Same as Block 3	47	4+	Half the sets, lighter weights. Recover and keep your gains.

Safety note. General information, not medical advice. Check with a doctor before you start a new exercise or diet plan if you have a health condition or injury. Stop a set if you feel sharp pain.

THE ENGINE

PROGRESSIVE OVERLOAD, EXPLAINED

Muscles grow when you ask them to do a little more over time. Here you add reps until you reach the top of the rep range, then you add weight. This is **double progression**.

DOUBLE PROGRESSION, STEP BY STEP

- 1 Pick a weight you can lift for the **bottom** of the rep range at the target RIR.
- 2 Each session, try to add 1 rep to one or more sets. Keep the same weight.
- 3 When **all sets** reach the **top** of the range at the target RIR, add the smallest weight jump next session.
- 4 Reps fall back toward the bottom of the range. Start adding reps again.
- 5 If the new weight drops you below the range, go back to the old weight and add one more rep first.

WEIGHT JUMPS

- Barbell lower-body lifts: +5–10 lb (2.5–5 kg).
- Barbell upper-body lifts: +5 lb (2.5 kg).
- Dumbbells, cables, machines: the smallest jump available.

EXAMPLE: INCLINE DB PRESS, 3 × 8–10

WEEK	WEIGHT	REPS	NEXT STEP
1	60 lb	10 · 9 · 8	Keep weight, add reps
2	60 lb	10 · 10 · 9	Keep weight, add reps
3	60 lb	10 · 10 · 10	All sets at top: add weight
4	65 lb	9 · 8 · 8	In range: build reps again

Progress is not always linear. Some weeks you add one rep on one set. That still counts. Write it down and beat it next time.

EFFORT: RIR AND RPE

RIR means *reps in reserve*: how many more good reps you could do when you stop the set. **RPE** (rate of perceived exertion) is the same idea on a 1–10 scale. RPE 8 equals RIR 2. Each table in this program gives a target RIR.

RIR 4+ RPE 6	RIR 3 RPE 7	RIR 2 RPE 8	RIR 1 RPE 9	RIR 0 RPE 10
Fast reps, easy to stop. Use for the Week 12 deload and warm-ups.	Smooth. 3 more good reps left. The first week of Blocks 1 and 2.	Hard. The last reps slow down. Most working sets.	Very hard. One more rep, no more. The last weeks of each block.	Failure: no more reps with good form. Isolation lifts only.

Main barbell lifts (squat, bench, RDL, hip thrust, hack squat) never go below RIR 1. Failure on these lifts adds risk and fatigue but little extra growth.

BEFORE EVERY SESSION

WARM-UP PROTOCOL

A good warm-up takes about 10 minutes. It raises body temperature, moves the joints you are about to load, and lets you practise the first lift with light weights.

1 • GENERAL (5 MIN)

Bike, rower or brisk incline walk at an easy pace. You should be warm and breathing a little faster, not tired.

2 • MOBILITY (3-4 MIN)

UPPER DAYS

- Band pull-aparts × 15
- Arm circles × 10 each way
- Scapular push-ups × 10
- Light band or cable external rotation × 12 each arm

LOWER DAYS

- Bodyweight squats × 10
- Leg swings × 10 each direction, each leg
- Hip-flexor stretch with reach × 5 each side
- Glute bridges × 10

3 • RAMP-UP SETS

Build to your first working weight in small steps. Keep reps low so you do not get tired. Example for a 185 lb bench press:

SET	WEIGHT	% OF WORK	REPS
1	Bar (45 lb)	—	10
2	95 lb	~50%	6
3	135 lb	~70%	4
4	160 lb	~85%	2
→	185 lb	100%	Working sets

- **Second compound lift:** 1-2 lighter sets.
- **Isolation lifts:** no ramp needed. Use a light first set if a joint feels stiff.
- Rest about 60 seconds between ramp-up sets.

THE WEEKLY SPLIT

MON	TUE	WED	THU	FRI	SAT	SUN
Upper A Chest, back, shoulders	Lower A Squat, quads	Rest or walk	Upper B Back, chest, arms	Lower B Hips, glutes, hams	Rest	Rest

Any days work. Keep the order Upper A, Lower A, Upper B, Lower B, and avoid more than two training days in a row.

SESSION FLOW

Warm-up (10 min) → main lifts, exercises 1-3, with full rest → accessories, exercises 4-7, with shorter rest → 3-5 minutes of easy walking. Do the exercises in the order shown. The hardest lifts come first, while you are fresh.

WEEKS 1-4

01

BLOCK 1: FOUNDATION

Moderate reps, 79 sets a week. Find your working weights, groove each lift, and finish the block at RIR 1.

WEEK	COMPOUND RIR	ISOLATION RIR	WHAT TO DO
1	3	2	Find working weights. Leave reps in the tank. Write everything down.
2	2	2	Add reps with the same weights.
3	2	1	Add weight where all sets hit the top of the range.
4	1	1	Hardest week of the block. Try to beat Week 3 on every lift.

DAY 1 UPPER A

Chest · back · shoulders
21 sets · about 65 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell bench press	3 × 8-10	3→1	2-3 min	Shoulder blades back and down. Bar touches lower chest.
2	Chest-supported row	3 × 10-12	3→1	2 min	Chest stays on the pad. Pull elbows to hips.
3	Seated dumbbell shoulder press	3 × 10-12	3→1	2 min	Back on the bench. Lower to chin height.
4	Lat pulldown	3 × 10-12	3→1	90 s	Pull to upper chest. Full stretch at the top.
5	Cable lateral raise	3 × 12-15	2→1	60 s	Lead with the elbow. Stop at shoulder height.
6	EZ-bar curl	3 × 10-12	2→1	60-90 s	Elbows stay still. Lower in 2 seconds.
7	Overhead cable triceps extension	3 × 10-12	2→1	60-90 s	Deep stretch behind the head. Lock out fully.

DAY 2 LOWER A

Squat · quads · hamstrings
19 sets · about 65 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell back squat	3 × 8-10	3→1	3 min	Brace before each rep. Hips and chest rise together.
2	Romanian deadlift	3 × 8-10	3→1	2-3 min	Push hips back. Bar stays close. Stop at the stretch.
3	Leg press	3 × 10-12	3→1	2 min	Lower back stays on the pad. Do not lock knees hard.
4	Seated leg curl	3 × 10-12	2→1	90 s	Lean forward a little for a better stretch.
5	Leg extension	2 × 12-15	2→1	90 s	Pause 1 second at the top.
6	Standing calf raise	3 × 10-12	2→1	60 s	Pause 2 seconds at the bottom stretch.
7	Cable crunch	2 × 12-15	2→1	60 s	Curl the spine. Hips stay still.

DAY 3 UPPER B

Back · chest · arms
21 sets · about 65 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Pull-up	3 × 6-10	3→1	2-3 min	Use a band or assisted machine if you get fewer than 6.
2	Incline dumbbell press	3 × 8-10	3→1	2 min	Bench at 30°. Deep stretch at the bottom.
3	Seated cable row	3 × 10-12	3→1	90 s	Torso still. Squeeze shoulder blades together.
4	Cable fly	3 × 12-15	2→1	90 s	Soft elbows. Hug a big tree.
5	Dumbbell lateral raise	3 × 12-15	2→1	60 s	Slight forward lean. No swinging.
6	Reverse pec deck	2 × 15-20	2→1	60 s	Arms wide. Move from the shoulder, not the back.
7a	Incline dumbbell curl	2 × 10-12	2→1	—	Superset with 7b. Arms hang straight down.
7b	Rope triceps pushdown	2 × 10-12	2→1	60 s	Spread the rope at the bottom. Rest after the pair.

DAY 4 LOWER B

Glutes · hamstrings · quads
18 sets · about 60 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell hip thrust	3 × 8-10	3→1	2 min	Chin tucked. Pause 1 second at the top.
2	Hack squat	3 × 8-10	3→1	2-3 min	Go as deep as you can with heels down.
3	Bulgarian split squat	2 × 10-12 / leg	3→1	90 s	Front foot far enough that the heel stays down.
4	Lying leg curl	3 × 10-12	2→1	90 s	Hips stay on the pad. Lower in 3 seconds.
5	45° back extension	2 × 12-15	2→1	90 s	Round the upper back a little to feel the glutes.
6	Seated calf raise	3 × 12-15	2→1	60 s	Full range. Pause at the bottom.
7	Hanging knee raise	2 × 10-15	2→1	60 s	Tilt the pelvis up. No swinging.

How to read "3→1". The RIR column shows the target at the start and the end of the block. Use the week table at the top of each block for the exact number each week.

Session times include the warm-up and the rest periods shown.

FINDING YOUR WEEK 1 WEIGHTS

Pick a weight you think you can lift for the top of the rep range. Do the first set. If you got more reps than the range with RIR 3, add weight for set 2. If you could not reach the bottom of the range, take weight off. Write down the weight you end on: that is your start point for Week 2.

WEEKS 5-8

02

BLOCK 2: BUILD

More sets (92 a week) and heavier main lifts. A few accessories change. Week 5 starts easier, so fatigue from Block 1 can clear.

WEEK	COMPOUND RIR	ISOLATION RIR	WHAT TO DO
5	3	2	New rep ranges. Set new working weights. Easy week.
6	2	1	Add reps. Stay strict on form as sets go up.
7	2	1	Add weight where all sets hit the top of the range.
8	1	0-1	Hardest week so far. Last set of isolation lifts can go to failure.

DAY 1 UPPER A

Chest · back · shoulders
24 sets · about 75 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell bench press	4 × 6-8	3→1	3 min	Heavier now. Use a spotter or safety bars.
2	Chest-supported row	4 × 8-10	3→1	2 min	Pause 1 second with the handles at your ribs.
3	Machine shoulder press	3 × 8-10	3→1	2 min	Set seat so handles start at shoulder height.
4	Neutral-grip lat pulldown	3 × 10-12	3→1	90 s	Palms face each other. Drive elbows down.
5	Cable lateral raise	4 × 12-15	2→0	60 s	Cable starts behind the body for a longer stretch.
6	EZ-bar curl	3 × 8-10	2→0	90 s	No hip swing. Squeeze at the top.
7	Overhead cable triceps extension	3 × 10-12	2→0	90 s	Elbows point forward, not out.

DAY 2 LOWER A

Squat · quads · hamstrings
21 sets · about 75 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell back squat	4 × 6-8	3→1	3 min	Squat in a rack with safety pins set.
2	Romanian deadlift	3 × 8-10	3→1	2-3 min	Use straps if grip fails before hamstrings.
3	Leg press	3 × 10-12	3→1	2 min	Feet mid-platform, shoulder width.
4	Seated leg curl	4 × 10-12	2→0	90 s	Control the way back up. No bouncing.
5	Leg extension	2 × 12-15	2→0	90 s	Lower in 3 seconds.
6	Standing calf raise	3 × 10-12	2→0	60 s	Pause at the bottom. Knees straight.
7	Cable crunch	2 × 12-15	2→0	60 s	Exhale fully as you crunch.

DAY 3 UPPER B

Back · chest · arms
25 sets · about 75 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Weighted pull-up	4 × 6-8	3→1	2-3 min	Add weight only once you get 3 × 8 with body weight.
2	Incline dumbbell press	4 × 8-10	3→1	2 min	Lower in 2-3 seconds.
3	Seated cable row	3 × 10-12	3→1	90 s	Let shoulders reach forward at the stretch.
4	Pec deck	3 × 12-15	2→0	90 s	Pause 1 second when the handles meet.
5	Dumbbell lateral raise	3 × 12-15	2→0	60 s	Raise out to the side, a little in front of the body.
6	Reverse pec deck	2 × 15-20	2→0	60 s	Thumbs down. Light weight, full range.
7a	Incline dumbbell curl	3 × 10-12	2→0	—	Superset with 7b.
7b	Rope triceps pushdown	3 × 10-12	2→0	60 s	Elbows pinned to your sides.

DAY 4 LOWER B

Glutes · hamstrings · quads
22 sets · about 70 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell hip thrust	4 × 8-10	3→1	2 min	Shins vertical at the top. Ribs down.
2	Hack squat	4 × 8-10	3→1	2-3 min	Pause 1 second at the bottom on the first set.
3	Bulgarian split squat	3 × 10-12 / leg	3→1	90 s	Hold dumbbells. Start with the weaker leg.
4	Lying leg curl	3 × 10-12	2→0	90 s	Point toes down for more hamstring work.
5	45° back extension	3 × 12-15	2→0	90 s	Hold a plate to your chest when 15 reps feels easy.
6	Seated calf raise	3 × 12-15	2→0	60 s	Pause at the top and the bottom.
7	Hanging knee raise	2 × 10-15	2→0	60 s	Lower slowly. Add ankle weight when easy.

Starting weights for Block 2. Reps on the main lifts drop from 8-10 to 6-8. Start with about 5-10% more weight than your Week 4 sets, then use double progression as before.

WEEKS 9-11

03

BLOCK 3: PEAK

Same exercises and sets as Block 2 (92 a week). Main lifts get heavier with lower reps. Isolation lifts go closest to failure.

WEEK	COMPOUND RIR	ISOLATION RIR	WHAT TO DO
9	2	1	New rep ranges. Start about 5% heavier than Week 8 on the main lifts.
10	1	1	Add reps or weight. Sleep and food matter most this week.
11	1	0	Hardest week of the program. Isolation sets go to failure with good form.

DAY 1 UPPER A

Chest · back · shoulders
24 sets · about 75 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell bench press	4 × 5-7	2→1	3 min	Same bar path every rep. Safety bars set.
2	Chest-supported row	4 × 6-8	2→1	2-3 min	Heavy but strict. Chest stays on the pad.
3	Machine shoulder press	3 × 6-8	2→1	2 min	Full lockout, controlled descent.
4	Neutral-grip lat pulldown	3 × 8-10	2→1	2 min	Pause 1 second at the bottom.
5	Cable lateral raise	4 × 12-15	1→0	60 s	Last set: to failure in Week 11.
6	EZ-bar curl	3 × 8-10	1→0	90 s	Lower in 3 seconds.
7	Overhead cable triceps extension	3 × 10-12	1→0	90 s	Full stretch each rep.

DAY 2 LOWER A

Squat · quads · hamstrings
21 sets · about 75 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell back squat	4 × 5-7	2→1	3-4 min	Take the full rest. Quality over speed.
2	Romanian deadlift	3 × 6-8	2→1	3 min	Neutral spine. Stop before the back rounds.
3	Leg press	3 × 8-10	2→1	2 min	Deep reps. Lower in 2 seconds.
4	Seated leg curl	4 × 8-10	1→0	90 s	Last set: to failure in Week 11.
5	Leg extension	2 × 12-15	1→0	90 s	Pause 1 second at the top.
6	Standing calf raise	3 × 8-10	1→0	60 s	Heavier. Still pause at the bottom.
7	Cable crunch	2 × 10-12	1→0	60 s	Heavier stack, same strict form.

DAY 3 UPPER B

Back · chest · arms
25 sets · about 75 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Weighted pull-up	4 × 5-7	2→1	3 min	Dead hang at the bottom. Chin over the bar.
2	Incline dumbbell press	4 × 6-8	2→1	2-3 min	Get the dumbbells up with your knees.
3	Seated cable row	3 × 8-10	2→1	2 min	Pause at the ribs.
4	Pec deck	3 × 12-15	1→0	90 s	Slow stretch, hard squeeze.
5	Dumbbell lateral raise	3 × 12-15	1→0	60 s	Last set: to failure in Week 11.
6	Reverse pec deck	2 × 15-20	1→0	60 s	Pause 1 second with arms open.
7a	Incline dumbbell curl	3 × 8-10	1→0	—	Superset with 7b.
7b	Rope triceps pushdown	3 × 10-12	1→0	60 s	Rest 60 seconds after the pair.

DAY 4 LOWER B

Glutes · hamstrings · quads
22 sets · about 70 min

#	EXERCISE	SETS × REPS	RIR	REST	COACHING NOTE
1	Barbell hip thrust	4 × 6-8	2→1	2-3 min	Use a pad on the bar. Pause at the top.
2	Hack squat	4 × 6-8	2→1	3 min	Same depth every rep, even when heavy.
3	Bulgarian split squat	3 × 8-10 / leg	2→1	2 min	Heavier dumbbells. Use straps if grip fails.
4	Lying leg curl	3 × 8-10	1→0	90 s	Last set: to failure in Week 11.
5	45° back extension	3 × 10-12	1→0	90 s	Hold a plate or dumbbell.
6	Seated calf raise	3 × 10-12	1→0	60 s	Heavier. Full range.
7	Hanging knee raise	2 × 10-15	1→0	60 s	Slow and strict.

RED FLAGS IN BLOCK 3

Heavy weeks should feel hard, not painful. If your main lifts drop for two sessions in a row, you sleep badly for several nights, or a joint aches, move to the Week 12 deload now. Then repeat Week 11 if you want.

WEEK 12

12

WEEK 12: DELOAD

About half the sets (47), about 10% less weight than Week 11, and every set at RIR 4 or more. You should finish each session feeling fresh.

WHY THE DELOAD IS IN WEEK 12

Hard training builds fatigue as well as muscle. A deload lets fatigue fall while you keep what you built. Many programs deload in Weeks 4 and 8. This one does not: each new block starts with an easier week (RIR 3), so fatigue drops before effort climbs again, and the hardest weeks come at the end.

Take an early deload if you need one. If your main lifts go down for two sessions in a row, or a joint aches, do this week's plan, then continue where you stopped.

RULES FOR THE WEEK

- Same exercises and reps as Block 3.
- Use about **10% less weight** than in Week 11.
- Stop every set with **4 or more reps** in reserve.
- No sets to failure. No new personal records.
- Walk, stretch and sleep more. Keep protein high.

DELOAD SESSIONS

Sets × exercise · reps. Use about 10% less weight than in Week 11 and stop at RIR 4.

UPPER A · 12 SETS	LOWER A · 12 SETS	UPPER B · 12 SETS	LOWER B · 11 SETS
2 × Barbell bench press · 5–7	2 × Barbell back squat · 5–7	2 × Pull-up (body weight) · 5–7	2 × Barbell hip thrust · 6–8
2 × Chest-supported row · 6–8	2 × Romanian deadlift · 6–8	2 × Incline dumbbell press · 6–8	2 × Hack squat · 6–8
2 × Machine shoulder press · 6–8	2 × Leg press · 8–10	2 × Seated cable row · 8–10	1 × Bulgarian split squat · 8–10 / leg
2 × Neutral-grip lat pulldown · 8–10	2 × Seated leg curl · 8–10	1 × Pec deck · 12–15	2 × Lying leg curl · 8–10
2 × Cable lateral raise · 12–15	1 × Leg extension · 12–15	2 × Dumbbell lateral raise · 12–15	1 × 45° back extension · 10–12
1 × EZ-bar curl · 8–10	2 × Standing calf raise · 8–10	1 × Reverse pec deck · 15–20	2 × Seated calf raise · 10–12
1 × Overhead cable triceps extension · 10–12	1 × Cable crunch · 10–12	1 × Incline dumbbell curl · 8–10	1 × Hanging knee raise · 10–15
		1 × Rope triceps pushdown · 10–12	

After Week 12. Run the program again from Block 1 with your new weights, or swap in variations from the substitutions table. Check your log: give the muscles that grew least 1–2 extra sets next cycle.

THE NUMBERS

WEEKLY VOLUME PER MUSCLE GROUP

Volume means hard working sets per muscle per week. Most intermediate lifters grow well on about 10–20 hard sets per muscle each week. This program starts near the low end and builds up.

MUSCLE GROUP	BLOCK 1 WK 1–4	BLOCK 2 WK 5–8	BLOCK 3 WK 9–11	DELOAD WK 12	EXERCISES THAT COUNT
Chest	9	11	11	5	Bench press, incline DB press, cable fly / pec deck
Back (lats, upper back)	12	14	14	8	Chest-supported row, pulldown, pull-up, cable row
Front delts	3	3	3	2	Shoulder press (plus all pressing)
Side delts	6	7	7	4	Cable and DB lateral raises
Rear delts	2	2	2	1	Reverse pec deck (plus all rows)
Biceps	5	6	6	2	EZ-bar curl, incline DB curl (plus all pulling)
Triceps	5	6	6	2	Overhead extension, pushdown (plus all pressing)
Quads	13	16	16	8	Squat, leg press, leg extension, hack squat, split squat
Hamstrings	9	10	10	6	Romanian deadlift, seated and lying leg curl
Glutes	5	7	7	3	Hip thrust, back extension (plus squats and lunges)
Calves	6	6	6	4	Standing and seated calf raise
Abs	4	4	4	2	Cable crunch, hanging knee raise
Total sets per week	79	92	92	47	Each set is counted once, for the muscle it trains most.

HOW TO READ THIS TABLE

Each set counts once, for its main target. Compound lifts also train other muscles. For example, presses train the triceps and front delts, and rows train the biceps and rear delts. So the real work for small muscles is higher than the direct count.

ADJUSTING VOLUME

- **Lagging muscle:** add 1–2 sets per week to one of its exercises.
- **Always sore or stalling:** remove 1 set from each exercise for that muscle.
- Change one thing at a time, then judge it over 2–3 weeks.

Recovery basics. Sleep 7–9 hours. A common protein target for muscle gain is about 0.7–1 g per pound of body weight per day (1.6–2.2 g per kg). A small calorie surplus helps you gain muscle, but it is not required for progress.

FLEXIBILITY

EXERCISE SUBSTITUTIONS

Swap an exercise if your gym does not have the equipment, or if a lift hurts. Use the same sets, reps and RIR. Keep the swap for the whole block so you can track progress.

PROGRAM EXERCISE	SWAP 1	SWAP 2	GOOD CHOICE WHEN...
Barbell bench press	Dumbbell bench press	Smith machine bench press	Shoulders feel better with a free path.
Incline dumbbell press	Incline barbell press	Incline machine press	Dumbbells are too heavy to get into place.
Cable fly / pec deck	Dumbbell fly	Deficit push-up	No cable station is free.
Seated DB / machine shoulder press	Landmine press	Standing DB press	Overhead pressing irritates the shoulder.
Chest-supported row	Seal row	One-arm DB row	Your lower back is tired from lower days.
Pull-up	Lat pulldown	Assisted pull-up machine	You cannot do 6 clean body-weight reps.
Lat pulldown	Single-arm cable pulldown	Assisted pull-up	You want a deeper stretch per side.
Seated cable row	Machine row	Chest-supported DB row	Your lower back fatigues first.
Lateral raise (cable or DB)	Machine lateral raise	Lean-away DB raise	You want a smoother resistance curve.
Reverse pec deck	Face pull	Bent-over rear-delt raise	The machine is taken.
EZ-bar / incline DB curl	Cable curl	Preacher curl	Wrists or elbows feel strain.
Overhead extension / pushdown	Skull crusher	DB overhead extension	No cable is free. Avoid if elbows ache.
Barbell back squat	Safety-bar squat	Front squat	Shoulders or lower back limit the back squat.
Hack squat	Leg press (feet low)	Smith machine squat	No hack squat machine.
Leg press	Pendulum or belt squat	Goblet squat (higher reps)	No leg press in your gym.
Bulgarian split squat	Reverse lunge	Step-up	Balance is a problem.
Romanian deadlift	Dumbbell RDL	Cable pull-through	Your lower back is sore.
Barbell hip thrust	Machine hip thrust	Smith machine hip thrust	Setting up the barbell is awkward.
Seated / lying leg curl	Swap the two machines	Swiss ball leg curl	Only one curl machine is available.
Leg extension	Spanish squat (band)	Sissy squat (assisted)	No extension machine.
Calf raises	Leg press calf raise	Single-leg DB calf raise	No calf machine.
Cable crunch / knee raise	Ab wheel rollout	Decline sit-up	Grip fails before the abs.

TRACK IT

WORKOUT LOG

Use the tracker below to record your best working set on four key lifts each week. Use the session logs on the next pages for every set. Print as many copies as you need. Write each set as weight × reps, then the RIR, for example "185 × 8 @2".

12-WEEK PROGRESS TRACKER

BEST SET: WEIGHT × REPS

WK	BODY WEIGHT	BENCH PRESS	BACK SQUAT	PULL-UP	HIP THRUST	SLEEP (AVG H)	NOTES
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

WEEK

BLOCK

START DATE

DAY 1 • UPPER A

DATE _____ · BODY WEIGHT _____

EXERCISE	SET 1	SET 2	SET 3	SET 4	NOTES

DAY 2 • LOWER A

DATE _____ · BODY WEIGHT _____

EXERCISE	SET 1	SET 2	SET 3	SET 4	NOTES

WEEK

BLOCK

HOW DID THE WEEK FEEL? (1-10)

DAY 3 • UPPER B

DATE _____ · BODY WEIGHT _____

EXERCISE	SET 1	SET 2	SET 3	SET 4	NOTES

DAY 4 • LOWER B

DATE _____ · BODY WEIGHT _____

EXERCISE	SET 1	SET 2	SET 3	SET 4	NOTES