

Session A

7 exercises

Between sessions: 1 rest day (~48 h).

1. Leg press / Legs

2 x 8-12 rep | 150 s rest

Press without lifting your pelvis.

[Watch demonstration](#)



2. Lying leg curl / Legs

2 x 10-15 rep | 90 s rest

Heels toward glutes; keep hips supported.

[Watch demonstration](#)



3. Standing calf raise / Calves

2 x 10-15 rep | 90 s rest

Raise your heels; lower without bouncing.

[Watch demonstration](#)



4. Machine chest press / Chest

2 x 8-12 rep | 150 s rest

Press with your back supported.

[Watch demonstration](#)



5. Chest-supported row / Back

2 x 8-12 rep | 150 s rest

Chest supported; draw elbows back.

[Watch demonstration](#)



6. Lateral raise / Shoulders

2 x 10-15 rep | 90 s rest

Raise out to the sides without swinging.

[Watch demonstration](#)



7. Preacher curl / Biceps

4 x 10-15 rep | 90 s rest

Curl without lifting your upper arms.

[Watch demonstration](#)



Session B

6 exercises

Between sessions: 1 rest day (~48 h).

1. Leg press / Legs

2 x 8-12 rep | 150 s rest

Press without lifting your pelvis.

[Watch demonstration](#)



2. Lying leg curl / Legs

2 x 10-15 rep | 90 s rest

Heels toward glutes; keep hips supported.

[Watch demonstration](#)



3. Machine chest press / Chest

2 x 8-12 rep | 150 s rest

Press with your back supported.

[Watch demonstration](#)



4. Lat pulldown / Back

2 x 8-12 rep | 150 s rest

Pull toward your chest without swinging.

[Watch demonstration](#)



5. Standing calf raise / Calves

2 x 10-15 rep | 90 s rest

Raise your heels; lower without bouncing.

[Watch demonstration](#)

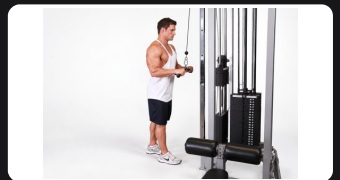


6. Cable pushdown / Triceps

6 x 10-15 rep | 90 s rest

Straighten your arms; elbows at your sides.

[Watch demonstration](#)



Session C

6 exercises

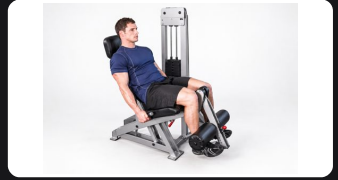
Between sessions: 1 rest day (~48 h).

1. Leg extension / Legs

2 x 10-15 rep | 90 s rest

Straighten your knees; lower with control.

[Watch demonstration](#)



2. Lying leg curl / Legs

2 x 10-15 rep | 90 s rest

Heels toward glutes; keep hips supported.

[Watch demonstration](#)



3. Machine chest press / Chest

2 x 8-12 rep | 150 s rest

Press with your back supported.

[Watch demonstration](#)



4. Lat pulldown / Back

2 x 8-12 rep | 150 s rest

Pull toward your chest without swinging.

[Watch demonstration](#)



5. Lateral raise / Shoulders

2 x 10-15 rep | 90 s rest

Raise out to the sides without swinging.

[Watch demonstration](#)



6. Machine crunch / Abs

6 x 10-15 rep | 90 s rest

Bring your ribs toward your pelvis.

[Watch demonstration](#)

