

3-Day Split Program (RPE 6-7, Corrected Weights)

Day 1 - Lower Body + Push Accessories

Warm-Up: 5-7 min: light cardio (e.g., walk/jump rope) + dynamic stretching

Exercise	Sets	Reps	Weight (kg)	Rest
Deadlift (Barbell)	3	8	93.8	2 min
Front Squat (Barbell)	3	10	75	90 sec
Calf Raise (Dumbbell/Bodyweight)	3	15	25	60 sec
Dumbbell Lateral Raise	2	15	10	60 sec
Overhead Dumbbell Triceps Extension	2	12	15	60 sec

Day 2 - Upper Body Push + Light Pull

Warm-Up: 5-7 min: arm swings, band pull-aparts, push-up warm-up set

Exercise	Sets	Reps	Weight (kg)	Rest
Bench Press (Barbell)	3	8	84.4	2 min
Incline Dumbbell Press (2-arm)	3	10	37.5	90 sec
Seated Dumbbell Shoulder Press	3	10	45.0	90 sec
Seated Row (Dumbbell/Bench)	3	12	25	90 sec
Barbell Curl	3	10	48.8	60 sec

Day 3 - Posterior Chain + Arms + Volume

Warm-Up: 5-7 min: glute bridges, light RDLs, arm circles

Exercise	Sets	Reps	Weight (kg)	Rest
Romanian Deadlift (Dumbbells)	3	10	52.5	90 sec
Goblet Squat (Dumbbell)	3	12	34.5	90 sec
Hammer Curl (Dumbbell)	2	12	11.2	60 sec
Bench Press (Barbell, Light)	3	12	75	90 sec
Plank (Bodyweight)	2	45s	-	60 sec