

Day	Exercises (3 × 8–12 unless noted)
Upper A	Bench press, one-arm row, overhead press, rear-delt fly, curl, triceps extension
Lower A	Goblet squat, Romanian deadlift, reverse lunge, calf raise, dead bug
Upper B	Incline press, bent-over row, lateral raise, push-up, hammer curl
Lower B	Split squat, hip thrust, step-up, farmer's carry, plank