

Upper Body

Friday • Weight Gain Workout

45-75 min/session | 5-6 days/week | HIIT + Strength | Calorie Deficit
Rest: 30-60 sec (isolation) / 60-90 sec (compound)

#	EXERCISE	SETS x REPS
1	Incline Dumbbell Press	4 x 12
2	Lat Pulldown	4 x 12
3	Shoulder Press	4 x 12
4	Seated Cable Row	4 x 12
5	Tricep Pushdown	3 x 15
6	Bicep Curl	3 x 15

TRAINER RECOMMENDATIONS

- Create a calorie deficit of 300-500 calories daily
- Eat high protein: 1.6-2.2 g per kg of body weight
- Lift heavy, do HIIT, and stay active
- Drink 3-4 liters of water daily
- Sleep 7-8 hours every night
- Track progress every week - consistency is the key