PPL + UL Masterplan (5x/week) - Aesthetics, Symmetry, Arm Upgrade Weekly Schedule Monday – Push (Chest, Shoulders, Triceps) Tuesday – Pull (Back, Biceps) Wednesday – Legs (Quads, Glutes, Calves) Thursday – Upper (Balanced Push/Pull) Friday – Lower (Glute Focus + Loading) Saturday/Sunday – Rest or light walking/mobility Push – Chest / Shoulders / Triceps

2. Dumbbell shoulder press – 3x8-10

1. Flat bench press – 3x6-8

- 3. Lateral raises 3x12-15
- 4. Cable flyes 3x12-15
- 5. Triceps pushdown 3x10-12

Pull – Back / Biceps

- 1. Pull-ups (or negative/assisted) 3x8-10
- 2. Barbell row 3x8-10
- 3. Lat pulldown 3x10-12
- 4. Preacher curls 3x10-12

5. Hammer curls – 2x12 6. Dead hang – 2x max time Legs – Quads / Glutes / Calves 1. Squat (rotate sumo every 2 weeks) – 3x8 2. Romanian deadlift – 3x10 3. Walking lunges – 2x12 4. Calf raises – 3x15

5. Tibialis raises – 2x15

Upper – Balanced Push/Pull Day

1. Incline dumbbell press – 3x8

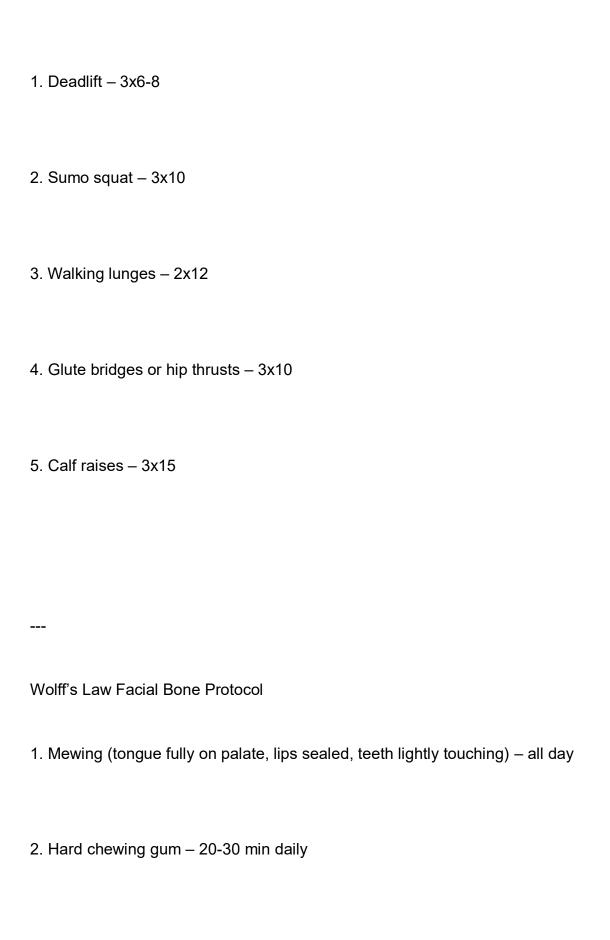
2. Seated cable row – 3x10-12

3. Lateral raises – 2x15

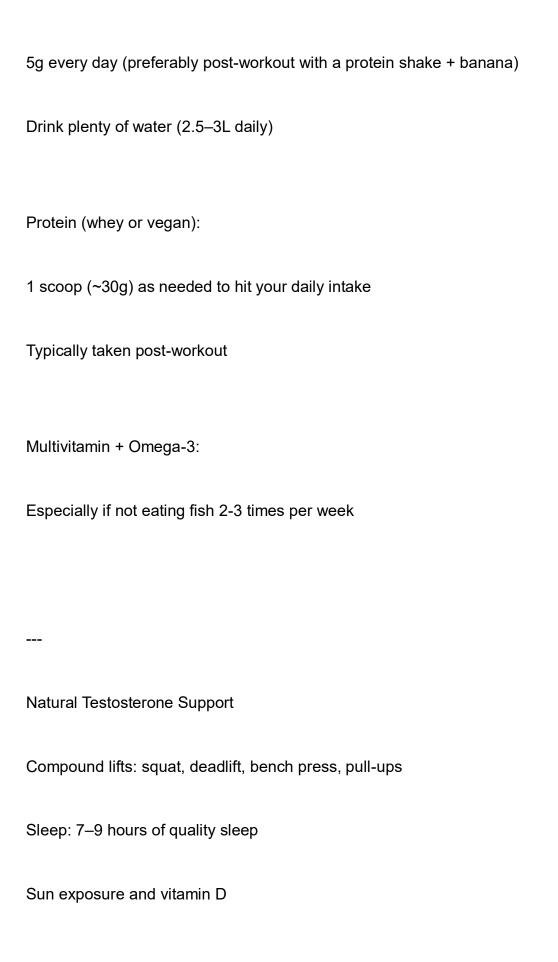
4. Bicep curls – 3x10

5. Reverse curls – 2x12

Lower - Glute Focus + Loading



3. Tongue chewing – 5-10 min daily
4. Chin tucks – 3x20
5. Neck resistance training (forward, backward, side) – 3x15 each
6. Vitamin D3 (2000 IU), K2 (100 mcg), Calcium (1000 mg), Magnesium (300-400 mg)
7. No mouth breathing – always breathe through your nose
8. Hard foods daily (apples, carrots, almonds)
Supplementation
Creatine monohydrate:



Healthy fats: olive oil, nuts, avocado
No extreme caloric deficit (max -25%)
Proper recovery and avoiding overtraining
Final Notes
Calories: ~2300–2400 kcal/day
Protein: 150–170g/day
Train smart – prioritize form and proportion
Be disciplined with chewing and mewing for Wolff's Law benefits
Sleep and eat consistently – goal is 12% body fat, aesthetic symmetry, stronger facia structure