

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

1. Flat bench press – 3x6-8

2. Dumbbell shoulder press – 3x8-10

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

1. Deadlift – 3x6-8

2. Sumo squat – 3x10

3. Walking lunges – 2x12

4. Glute bridges or hip thrusts – 3x10

5. Calf raises – 3x15

Wolff's Law Facial Bone Protocol

1. Mewing (tongue fully on palate, lips sealed, teeth lightly touching) – all day

2. Hard chewing gum – 20-30 min daily

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:

5g every day (preferably post-workout with a protein shake + banana)

Drink plenty of water (2.5–3L daily)

Protein (whey or vegan):

1 scoop (~30g) as needed to hit your daily intake

Typically taken post-workout

Multivitamin + Omega-3:

Especially if not eating fish 2-3 times per week

Natural Testosterone Support

Compound lifts: squat, deadlift, bench press, pull-ups

Sleep: 7–9 hours of quality sleep

Sun exposure and vitamin D

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 facial structure