



READ ME

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Notion.so is retarded it won't let me copy and share a valid link so I had to export every page and GIFs won't load normally

This program is destined to beginner-intermediate lifters it sure has some volume but keep in mind it's a 3 days split but you can totally do 2 sets to failure only if 3 is too much. You can also do this program on 6 days to make it an arnold split.

⚠️ VERY IMPORTANT GOATED CONTENT HERE PLEASE SUBSCRIBE TO THESE GOATS THEY WILL CHANGE YOUR LIFE

Natural Hypertrophy


This is a channel dedicated to natural bodybuilding. I will be documenting my journey and be as transparent as possible. I will share my body measurements and film / explain my methods.

 <https://www.youtube.com/@NaturalHypertrophy>



Geoffrey Verity Schofield

Helping humanity become healthier, happier and a little bit more huuuge. New Videos Every Day That They're Uploaded! That's about all. Subscribe for informative, educational and

 <https://www.youtube.com/@GVS>



kevstrength


Internal motivation.

 <https://www.youtube.com/@kevstrength>



Team 3D Alpha


 Goal: Helping men QUICKLY increase Testosterone, Muscle mass, & Masculinity, using PROVEN, SIMPLE, and FREE science-backed strategies. - ? About me:  CEO of

 <https://www.youtube.com/@Team3DAlpha>



Mendez Cartel

This is the Mendez Cartel, we are a brotherhood that are here to inspire, story tell, teach, entertain and most importantly bring glory to our bloodline.

 https://www.youtube.com/@Mendez_Cartel





SPLIT

Day 1 : Chest & Back


Day 2 : Arms & Shoulders

Day 3 : Legs


Split notes: At least 1 rest day between each day. During rest day you can either do cardio or just chill. Recovery is key. For the leg day you should be alternating with a quad bias and a hamstring bias weekly.

NOTES: No matter the exercise, the set or anything ALWAYS:

- 3 MINUTES REST BETWEEN EVERY SET AND BETWEEN EXERCICES 3 MINUTES YOU'RE WORKING TO FAILURE BOI YOU NEED TO REST
- ALWAYS DO WARM UP SETS BEFORE EVERY EXERCISE (For example before a bicep curl do them with very light weight just to you know get the hang of the movement and warm up the muscle targeted)
- BRING YOUR WORKING SETS TO FAILURE (the reps should be getting slower and slower until the last one... that almost doesn't go up...)

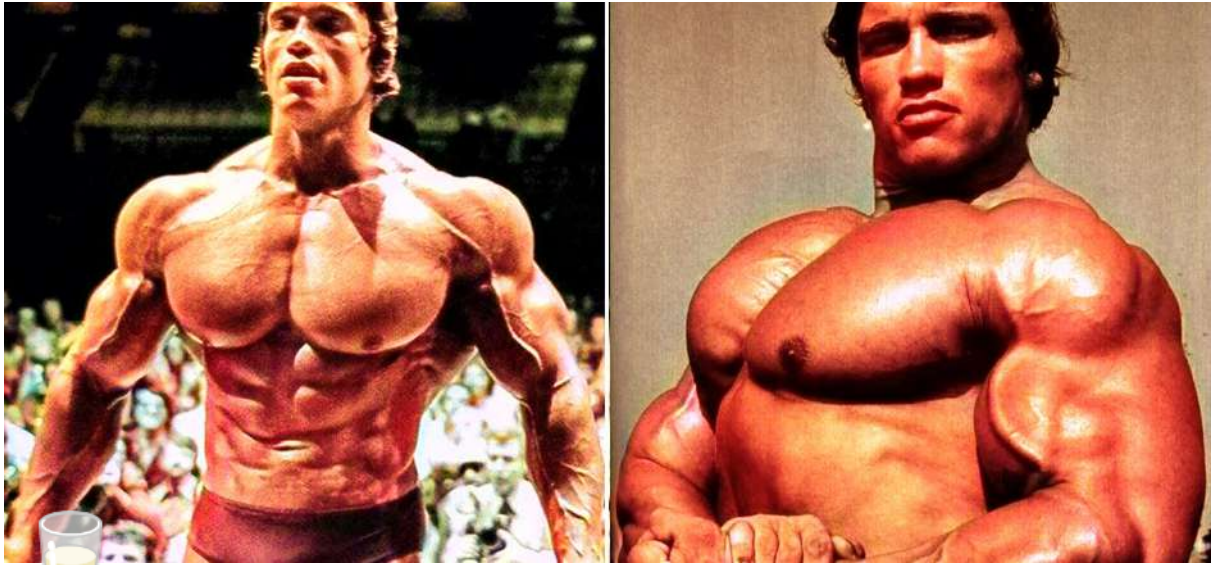
 DAY 1 : CHEST & BACK

 DAY 2 : ARMS & SHOULDERS

 DAY 3 : LEGS

HERE ARE THE VARIATIONS OF THE EXERCISE DONT CHANGE EVERYTIME
TRY TO BE CONSISTENT PLEASE BUT IF YOU WOULD COMFORTABLE ON
ANOTHER MOVEMENT THEN DO DIFFERENT ONES HERE:

 Movements Variations



DAY 1 : CHEST & BACK

1.W.) Warm up

1.A) Bench press

1.B) Incline dumbbell press

1.C) Neutral grip lat pulldown

1.D) Unilateral Cable row

1.BONUS A) Cable Press

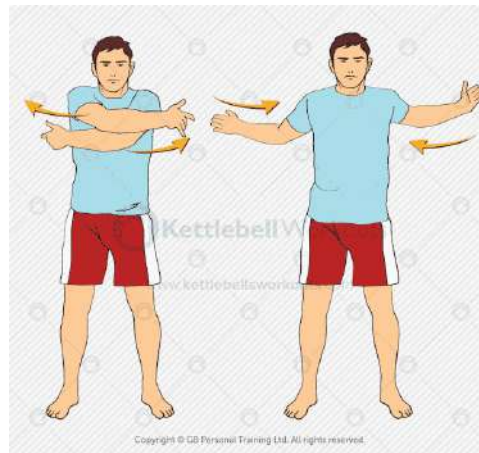
1.BONUS B) Neck Extension

1.W) Warm up

1.W) Warm up (10 minutes at least) :

NOTES: ALWAYS USE SUPER LIGHT WEIGHT WHEN WARMING UP: THE GOAL IS TO WARM UP THE MUSCLE NOT DESTROY IT YOU ONLY WORK HEAVY ON EXERCISES.

- Dynamic stretching



- pick up super light dumbbells like 4kg each and do lateral raises

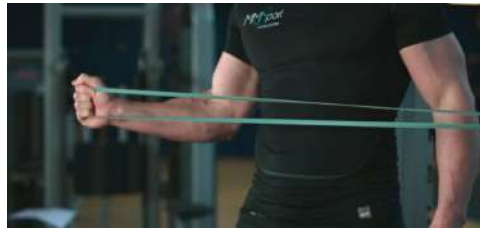


- L-Fly : you can either use the pulley or use elastic bands that you wrap around a bar or a support.



1

2



- Lat pulldown: I like to start my workout with a warmed up back so I go to the randoms on the lat pulldown and ask them if I can do a quick set (they say yes most of the time) go light of course for a lil more than a dozen reps try to feel your lats warming up:



If you did everything in order like shown here, it should take you 10 minutes so gg you can now workout. Do not get fatigued in your warm up it's dumb af

1.A) Bench press

Note : Goated compound movement, never listened to frauds who tell you it's not optimal for hypertrophy. Compound movements are necessary in every workout (squat for legs, bench for chest, deadlift for back) If you keep doing a movement, you keep adding more weight, and the more weight you add through time, the bigger the gains will be 🙌 Compound movements are goated for a physique's harmony.


3 x 8-12 reps/AMRAP (2RIR if no spotter/ 0RIR if you have a spotter)

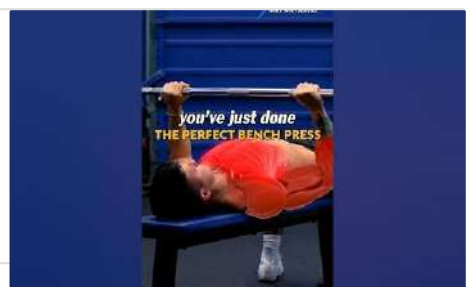
 Fitness
Programmer.com




The PERFECT Bench Press (5 Steps)

Here's how to bench press with proper bench form. Try out this bench press form for a safer, stronger bench press! #shortsfeed #shortsyoutube #shortsvideo #s...

 <https://youtube.com/shorts/0cXAp6WhSj4?si=ug2i5emEEsMIKxvY>



How To Bench Press With PERFECT Form

 <https://youtube.com/shorts/Oy85yiXfykg?si=ZLIyTGHILXhvh7R9>



<https://www.youtube.com/watch?v=dHadZyPflHQ>

^^^ legit the best video for a strong bench watch it with english subtitles it's in french

SET n0 (warm up):

- 10 REPS with an EMPTY bar work on your form work on your balance and control the movement

SET 1/2/3 keep adding 22lbs plates until you can find a comfortable weight to work with on 8 reps at least. If you wanna go for a PR I suggest you do it with a spotter.

1.B) Incline dumbbell press

Note: An all time classic for big chest milkers works the upper part of your chest which is lacking in mostly everyone.

2-3 sets of 8-12 reps

set your bench at a 15 degree angle each dumbbell on each of your knees. Once you're ready retract your scapula behind and downwards and with the momentum push the dumbbell up with your knees either one at a time or both at the same time. Control the eccentric phase of the movement



<https://www.youtube.com/watch?v=0f6-uCUKggA>

YOUR LAST REP SHOULD BE TO FAILURE YOU SHOULD HAVE TO BE STRUGGLING AF TO GET IT UP

1.C) Neutral grip lat pulldown

Note: The lat pulldown, an absolute banger for big lat wings



2-3 x 8-12/AMRAP

Lock your legs under the legpad and grip firmly then imagine you're pulling with your elbows bring them down vertically don't go too deep or you might bring your elbows backwards which is not what we want keep them vertical and most importantly imagine you pull with your elbows.

you can use

either this grip



or this one

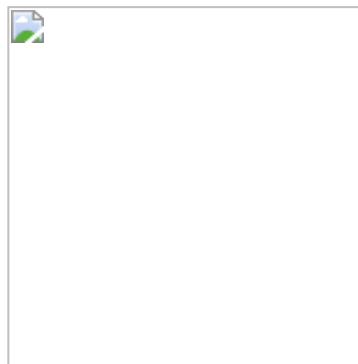


https://youtube.com/shorts/uXBusesZDSA?si=_LALKvqmd5OUUmDL

1.D) Unilateral Cable row

Note: Absolute lat squeezer legit makes my lats grow fast af I love it I put the stack on this one. I suggest you use lifting straps on this one helps a lot if you lack grip strength.

Get on the cable bench from a good distance keep your back straight pull with your elbows close to your body and imagine you squeezing that lat bring your elbow a lil bit behind your body for that squeeze and then control the eccentric and relax your shoulder on the eccentric.



2-3 x 8-12/AMRAP

IMPORTANT: Wait 3 MINUTES BEFORE DOING IT TO THE OTHER SIDE THATS HOW YOU WORK IN UNILATERAL

https://youtube.com/shorts/PUn0V_ukuUo?si=vtabJN66ukXdGIXE

1.BONUS A) Cable Press

Note: If you still have time or energy for an exercise this is the perfect chest finisher in my opinion. The pump should be immaculate after that.

1-2 x AMRAP (don't go too heavy on this you just wanna finish your chest on a 0RIR)

<https://youtube.com/shorts/tGXlQR89-JE?si=Y0dhXuNRb0NyVm-w>

1.BONUS B) Neck Extension

Note: If you're a fan of the harness like me

DMoose Neck Harness, Increases Neck Core Strength and Supports Injury Recovery - Neck Exerciser with 30" Heavy Duty Steel Chain, Adjustable
Amazon.com: DMoose Neck Harness, Increases Neck Core Strength and Supports Injury Recovery - Neck Exerciser with 30" Heavy Duty Steel Chain, Adjustable Head
Outdoors

[a https://www.amazon.com/DMoose-Training-Exerciser-Equipment-Adjustable/dp/B071W5WP2W/ref=sr_1_5?crid=1NSLRJIPOUD2Z&keywords=neck+harness&qid=](https://www.amazon.com/DMoose-Training-Exerciser-Equipment-Adjustable/dp/B071W5WP2W/ref=sr_1_5?crid=1NSLRJIPOUD2Z&keywords=neck+harness&qid=)

Harness Neck Extension Andre

Some of the exercises for the Neck Muscles(Neck).Superficial muscles: Platysma, sternocleidomastoid,Suprahyoid muscles: Digastric, mylohyoid, geniohyoid, sty...

https://youtube.com/shorts/uTJLZeEYIMA?si=y2Nvj7yHos_oGqqL



OTHERWISE HERE WITH A WEIGHT PLATE BUT IN BOTH CASES GO 2xAMRAP

<https://youtube.com/shorts/7Yv-Q1YAylc?si=zF4owRCypiEj4vWw>



DAY 2 : ARMS & SHOULDERS

2.W) Warm up

2.A) Smith Machine Shoulder Press

2.B) Seated Bicep Curls

2.C) Skullcrushers

2.D) Cable Wrist Curls

2.BONUS A) Pronation Twist

2.W) Warm up

You can refer to [1.W\) Warm up](#)

it's basically the same minus the lat pulldown and just add some bicep curls with light weight but yeah warming up the shoulder avoids stupid injuries.

2.A) Smith Machine Shoulder Press

Note: The Smith Machine should be renamed the Goat machine you can basically do anything and everything with it. No need to worry about a spotter if you can't lift that shit just try to give it a quick push and lock it. Shoulder press is a great exercise for boulder shoulders

bench at a 70 degree angle, bring the elbows forward inhale then push and slowly bring the bar kinda on your clavicle.

2-3 set of 8-12 reps

<https://youtube.com/shorts/QWdaC7rQ-FM?si=7AIVghoN4gKmXzT5>

2.B) Seated Bicep Curls

Note: Legit my fav exercise the pump always goes insane after a few sets

The main thing here is to not move your elbows keep them tucked

WE LOVE ARMS SO 3 x 8 (0RIR) and then add weight once you reach 12 clean reps with the current weight

<https://youtube.com/shorts/3KZyKj5Hiks?si=RFrNh65enp01zshb>


2.C) Skullcrushers

Note: Most badass name and God do I love these excellent for the long head of the tricep

I like to do it on a 15 degree bench but most prefer to do it on a flat. Make sure to bring the bar behind your head and when you bring the bar up don't bring your arms completely vertically make sure they're in like a 70 degree behind your head

3 x 8-12

EZ BAR SKULL CRUSHER

 <https://www.youtube.com/watch?v=jR7Y5YcugYc>



2.D) Cable Wrist Curls

Note: Absolute forearms rapist make sure you warm up your wrist before doing that if you lack wrist mobility

2 x TILL YOU CRY

<https://youtube.com/shorts/hww56Hkt4v8?si=-9TZXBkcBd8hGjBB>

2.BONUS A) Pronation Twist

Supra chad exercise for arm wrestling and to work the pronator muscle

I suggest you buy a cheap judo belt for that

2 x AMRAP

<https://www.youtube.com/watch?v=vW14qG5a4Ow>



DAY 3 : LEGS

Aight so I'm ngl too lazy for the quad/hamstring bias if you're a beginner you don't need to worry about that just do the normal leg day and shut the fuck up

3.W) Warm up

3.S-A) Leg Extension + Lying Leg Curl

3.B) S-Q-U-A-T


3.BONUS A) Romanian Deadlift (RDL)

3.MUST DO A) Calves...

3.W) Warm up

Please do the following for your warm up:



How To Warm Up (Leg Day Step By Step) #fitnesstips #buildmuscle #legday


 <https://youtube.com/shorts/GPnOE4IY2-E?si=JcckFswYEt-Xoo83>



and some back extension won't hurt

How To Do Back Extensions For Beginners

 My FREE eBook "Path To Recovery - Understanding and Taming Your Pain" <https://www.precisionwellbeing.co.uk/injury-ebook>  Beat Your Low Back Pain eBook <https://www.precisionwellbeing.co.uk/low-back-pain-ebook>

 https://youtube.com/shorts/nBUzp4Nj_3Q?si=tetOsIP4H8NI-9cw




3.S-A) Leg Extension + Lying Leg Curl

Aight so here's your first superset. A superset is when you finish a set on an exercise and immediately go to the next exercise of a set without any rest. You only rest after a set on each exercises.

3 x 8-12 Leg extension + Lying Leg curl

You NEED to do your LEG EXTENSIONS like this!


Alright here's another quick tip I learned from jpg coaching, when you're doing leg extensions, a slight lean forward actually yields a better contraction in...


 <https://youtube.com/shorts/fP6uMgfwqOA?si=rMGjTYhwteacfPZQ>



1 Leg Curl Mistake To Avoid ❌

 Subscribe to my main fitness channel:

<https://www.youtube.com/user/NalewanyjFitness> Get Your FREE Workout & Diet Plan:  <https://www.SeaNal.com/freeplanPre...>

 <https://youtube.com/shorts/FMCq0hT3KRU?si=Sd9MiSDE0N9H29dA>




3.B) S-Q-U-A-T

<https://tenor.com/view/enel-surprised-gif-21593410>

Dear God..... It's here... my worst enemy.... The barbell squat....
you're gonna have to succeed where I failed (I never squat).


3 x 8-12 (3-2RIR)

4 Tips For PERFECT Squat Form

 <https://youtube.com/shorts/Y38zXZTQoms?si=Gf17HctmHLy5jRZ>




Their Coach Teaches Perfect Squat Form 🔥

 <https://youtube.com/shorts/YXzcrpZwa3A?si=o5FFCjldcGIZsAO3>



Should You Squat On Plates? #SHORTS

Learn why people squat on plates today with @C3Muscle. Simply put, it's a method to manipulate technique similar to a weightlifting shoe (though not as stabl...

 <https://youtube.com/shorts/shOGLJGkHC4?si=rLTQmYaK8e vt4gTV>



3.BONUS A) Romanian Deadlift (RDL)

Note: S Tier Hamstring exercise imo

2 x 8

<https://www.youtube.com/watch?v=FUwsp0OVyVM>

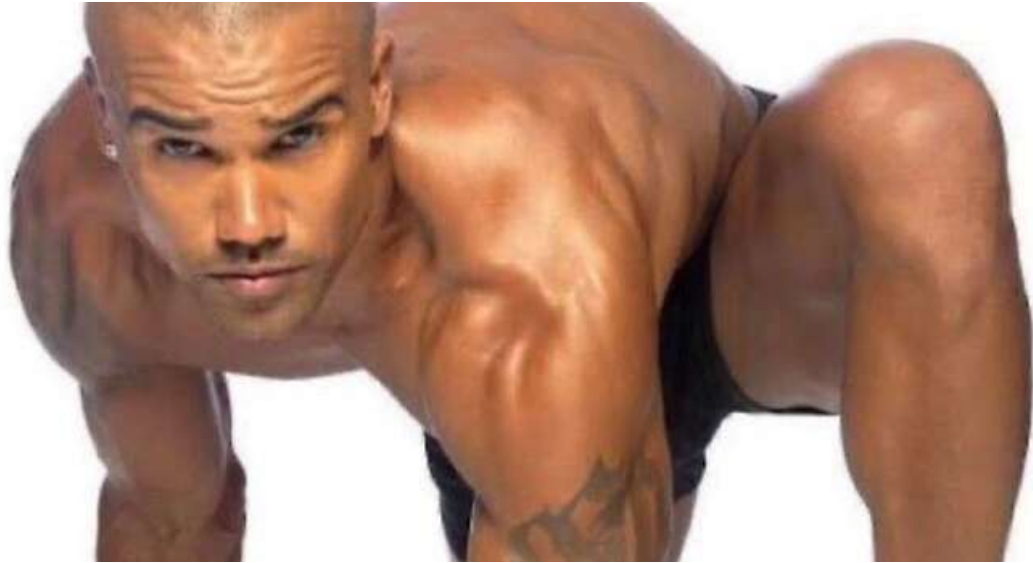
3.MUST DO A) Calves...

Hit calves mf... Grow em....

<https://tenor.com/view/patrick-bateman-gif-22510274>

https://youtube.com/shorts/lrrmU7_swBI?si=Ydc2Z8MMvABteEPH

2 x AMRAP UNTIL YOU CRY



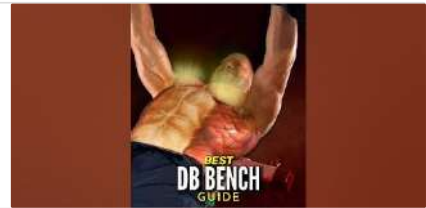
Movements Variations

1.A) Dumbbell bench press

Best Dumbbell Bench Press Tutorial Ever Made

Science-Based Muscle Building Programs Get my App 📱 Free 7-Days ⇒
<https://www.myliftfitness.com/training-a...>

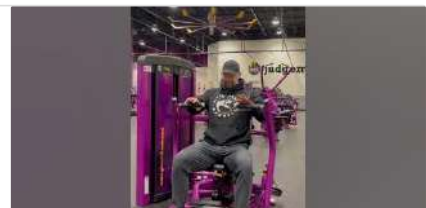
📺 https://youtube.com/shorts/1V3vpcaxRYQ?si=NC6hEp270_YH7tY8



1.B) Chest press

Planet Fitness - Chest press machine w/voiceover

📺 https://youtube.com/shorts/4SscB4eAxt4?si=_2MHQdDjb92rB7YO



1.C) Lat pulldown variations

Lat Pulldown Variations

LAT PULLDOWN VARIATIONS Lat pulldowns are one of the most popular back exercises. There are tons of different attachments and grips you can use and while ther...

📺 <https://youtube.com/shorts/LI8ik8bdlgA?si=QD5Cr24sb3iwtmsa>



1.D) Barbell Row

The PERFECT Barbell Row (5 Steps)

Here's how to do barbell rows with perfect form.

https://youtube.com/shorts/Nqh7q3zDCoQ?si=mSeQjy_qtkuLJbmM



2.A) Military Press

How to Do Dumbbell Military Press Without Shoulder Pain [shoulder & tricep exercise]

Free Custom Workout Programs by Gentech Nutrition:
www.gentechnutrition.com/pages/free-custom-workout-programs

<https://www.youtube.com/watch?v=-lh9XGo2HE>



2.B) EZ bar curls variations

EZ Bar Curls: Know the Difference ⚠️ #shorts

https://youtube.com/shorts/Aundcd6gv1w?si=9UJ_L2eiBfca68nT



2.B) Hammer Curl (works different bicep heads)

Best Way To Do Hammer Curls

Join this channel to get access to the perks:
<https://www.youtube.com/channel/UCzBof-xOPDZsogSGXD0Hhug/join>
Apply For Coaching 🙌 <https://bit.ly/jonni-shr...>

<https://youtube.com/shorts/cDKOKTT9OnQ?si=NbJB4eT71s9CFr6>



2.C) 🇫🇷 FRENCH PRESS

FRENCH PRESS (How To)

TARGET MUSCLE: Triceps Brachii (Highlighted In Red)
SYNERGISTS (SUPPORTING MUSCLES): None
MECHANICS: Isolation Movement
FORCE: Push
EXECUTION- Keep your upper po...

https://youtube.com/shorts/95rudq8ZeAc?si=KYF-iWAmczrj93W_



2.C) Overhead Tricep Extensions

5 common overhead cable tricep extension mistakes.

<https://youtube.com/shorts/Q3bO1Fh4734?si=NQdyC8gmPXiuFYzr>



2.D) Different forearm part targeting exercises

How to grow your FOREARMS! (Best Exercises)

Here's a quick breakdown of the different parts of the forearm and the exercises to do to grow them #Shorts #YouTubeShorts

<https://youtube.com/shorts/5lwvcBi2reY?si=PxxVS5rhfzGcRRbx>



3.S-A) Leg extensions + Seated Leg Curl (you can also change to a non-superset movement where you do each exercise separately)

Training Tips: How to perform a seated leg curl #hamstrings

For machine setup, see my previous video on how to set up the seated leg curl. All the info is there. I will walk you through how to perform the seated leg cu...

<https://youtube.com/shorts/7PE3MlvGAts?si=fZo4o-0GPRRoRIMi>



3.B) Pendulum Squat (👉AKA BEST QUAD EXERCISES but cannot be found in every gym...)

The Most Humbling Exercise... Pendulum Squat

The pendulum Squat Machine is BRUTAL-YoungLA | Ryse Supps | Helimix : 15% off using code "CASEY" TikTok: @caseykelly Instagram: @caseykellyfit Snapchat: @casey...

<https://youtube.com/shorts/9L1KIIFssrg?si=duKkAK9PsPu4LTAM>



3.B) Hack Squat (2nd best imo)

Hack squat 🔥

The hack squat is by far one of my favorite leg exercises to utilize. Here are 3 of my favorite foot placements on this machine. All of your leg muscles are ...

<https://youtube.com/shorts/bGbHOeHXnB8?si=FSZQtBDJGUDD9q43>



