





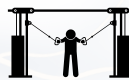























# PUSH | PULL | LEGS

UPPER / LOWER

5 DAYS  
/ WEEK

This 5-day workout regimen combines a push/pull/legs routine with an upper/lower split. The first three days focus on push exercises (chest, shoulders, triceps), pull exercises (back, biceps), and legs, followed by two days targeting upper and lower body separately. This varied approach is great for those who are ready to intensify their training, aiming for comprehensive muscle development, enhanced strength, and effective fat loss. Always emphasize perfect technique over increasing weights, but don't hold back - push your limits for real gains. For exercise form guidance, dive into YouTube's extensive collection of instructional videos.

MONDAY			TUESDAY			WEDNESDAY			
1	Dumbbell Incline Bench 4 sets of 6-8 reps		1	Barbell Row 3 sets of 6-8 reps		1	Lying Leg Curl 3 sets of 12-15 reps		
2	Dumbbell Overhead Press 3 sets of 8-12 reps		2	Lat Pulldown 3 sets of 8-12 reps		2	Bulgarian Split Squat 3 sets of 6-8 reps		
3	Cable Flies 3 sets of 12-15 reps		3	Landmine Row 3 sets of 12-15 reps		3	Romanian Deadlift 3 sets of 6-8 reps		
4	Lateral Raises 3 sets of 12-15 reps		4	Farmer's Walk 3 sets of 60 seconds		4	Leg Press 3 sets of 15-20 reps		
5	Cable Tricep Extension 4 sets of 8-12 reps		5	EZ Bar Bicep Curl 3 sets of 8-12 reps		5	Seated Calf Raises 3 sets of 12-20 reps		
FRIDAY	1	Lat Pulldown 3 sets of 8-10 reps		3	Seated Cable Rows 3 sets of 12-15 reps		5	Dumbbell Bicep Curls 3 sets of 8-12 reps	
	2	Barbell Bench Press 5 sets of 6-8 reps		4	Lateral Raises 3 sets of 12-15 reps		6	Cable Tricep Extension 3 sets of 8-12 reps	
SATURDAY	1	Lying Leg Curl 2 sets of 12-15 reps		3	Romanian Deadlift 3 sets of 6-8 reps		5 Standing Calf Raises 4 sets of 12-20 reps 		
	2	Barbell Back Squat 3 sets of 6-8 reps		4	Bulgarian Split Squat 2 sets of 12-15 reps				
ADD-ONS			FINISHER						
ABS	Knee Raises 3 sets of 8-20 reps		Passive Dead Hang 3-4 sets max time				WHY?	Improves grip strength, decompresses the spine, and shoulder mobility/health.	

**HOW TO PROGRESS?** Keep your weights within the prescribed rep range for each exercise. When you nail all sets at the high-end rep count, it's time to increase the weight slightly. This steady progress is your path to becoming a Viking Beast. For instance, if you're doing 3 sets of barbell back squats for 6-8 reps and you smash 3 sets of 8 reps with 60kg, you've earned the right to level up to 62.5kg in your next workout. This approach keeps you challenging yourself within the 6-8 rep range, steadily building your strength like a true Viking warrior.