



TRAINING BLUEPRINT

YOUR WEEKLY WORKOUT PLAN

DAY ZERO · WWW.DAYZERO.FIT

YOUR WEEKLY SCHEDULE

Follow this order every week. Rest days are not optional.

DAY	WORKOUT	FOCUS
MONDAY	PUSH DAY + ABS	Chest, Shoulders, Triceps
TUESDAY	PULL DAY	Back, Biceps
WEDNESDAY	LEG DAY + ABS	Quads, Hamstrings, Glutes
THURSDAY	CARDIO / CROSSFIT	Treadmill, Bike, Burpees, HIIT
FRIDAY	FULL BODY + ABS	Whole-body, lighter weight
SATURDAY	REST	Walk or stretch only
SUNDAY	REST	Full recovery

MONDAY

PUSH DAY

Chest, Shoulders, Triceps

#	EXERCISE	SETS x REPS	NOTE
1	Bench Press	4 x 8-10	Barbell or dumbbell, controlled tempo
2	Overhead Press	3 x 10	Standing or seated, shoulder-width grip
3	Incline Dumbbell Press	3 x 10	Bench at 30-45 degrees
4	Flat Dumbbell Fly	3 x 12	Slight elbow bend, squeeze at top
5	Cable Chest Fly	3 x 12	Step forward, controlled squeeze
6	Lateral Raise	3 x 15	Light weight, slow and controlled
7	Front Raise	3 x 12	Dumbbell or plate, avoid swinging
8	Triceps Pushdown	3 x 12	Cable or resistance band
9	Overhead Triceps Extension	3 x 12	Dumbbell or rope attachment
10	Dips	3 x 10	Bench or parallel bars, lean forward

#	ABS FINISHER	SETS x REPS	NOTE
1	Plank	3 x 45s	Straight line head to heels
2	Bicycle Crunch	3 x 20	Slow and controlled, both sides
3	Leg Raise	3 x 15	Lower back flat on the floor

TUESDAY

PULL DAY

Back, Biceps

#	EXERCISE	SETS x REPS	NOTE
1	Pull-Ups or Lat Pulldown	4 x 8-10	Assisted machine is fine to start
2	Barbell Row	3 x 10	Flat back, pull to lower chest
3	Seated Cable Row	3 x 10	Squeeze shoulder blades together
4	Single-Arm Dumbbell Row	3 x 10	Brace against a bench, each side
5	Face Pull	3 x 15	Rope attachment, pull to face
6	Straight-Arm Pulldown	3 x 12	Cable, keep arms straight
7	Bicep Curl	3 x 12	Dumbbell or barbell, no swinging
8	Hammer Curl	3 x 12	Neutral grip, controlled tempo
9	Preacher Curl	3 x 12	Full stretch at the bottom
10	Shrugs	3 x 15	Dumbbell or barbell, pause at top

WEDNESDAY

LEG DAY

Quads, Hamstrings, Glutes

#	EXERCISE	SETS x REPS	NOTE
1	Squat	4 x 8-10	Barbell or goblet, knees track toes
2	Romanian Deadlift	3 x 10	Hinge at hips, slight knee bend
3	Leg Press	3 x 12	Full range of motion
4	Walking Lunges	3 x 12	Each leg, controlled tempo
5	Leg Extension	3 x 12	Machine, squeeze at the top
6	Leg Curl	3 x 12	Machine, controlled tempo
7	Hip Thrust	3 x 12	Shoulders on bench, drive through heels
8	Bulgarian Split Squat	3 x 10	Rear foot elevated, each leg
9	Calf Raise	4 x 15	Pause at the top for 1 second
10	Seated Calf Raise	3 x 15	Machine, full stretch at bottom

#	ABS FINISHER	SETS x REPS	NOTE
1	Russian Twist	3 x 20	Feet off floor for more difficulty
2	Mountain Climbers	3 x 30s	Fast pace, tight core
3	Hanging Knee Raise	3 x 12	Control the swing, no momentum

THURSDAY

CARDIO / CROSSFIT DAY

Heart rate up, full-body conditioning

#	EXERCISE	SETS x REPS	NOTE
1	Treadmill Run or Walk	20-30 min	Moderate pace, steady heart rate
2	Stationary Bike	15-20 min	Moderate resistance, steady cadence
3	Elliptical	15-20 min	Full range, arms and legs together
4	Rowing Machine	4 x 250m	Legs-back-arms sequence each stroke
5	Burpees	4 x 15	Full range, chest to floor
6	Jump Rope	5 x 1 min	1 min work, 30s rest between rounds
7	Kettlebell Swings	4 x 15	Hip hinge, not a squat
8	Box Jumps	4 x 10	Land soft, step down between reps
9	Battle Ropes	4 x 30s	Alternating waves, stay low
10	Jumping Jacks	3 x 30s	Warm-up or finisher, steady pace
11	Farmer's Carry	3 x 40m	Heavy dumbbells, tall posture

FRIDAY

FULL BODY DAY

Lighter weight, whole body

#	EXERCISE	SETS x REPS	NOTE
1	Deadlift	3 x 6-8	Light-moderate weight, perfect form
2	Push-Ups	3 x 15	On knees if needed, chest to floor
3	Dumbbell Row	3 x 10	Each side, brace against a bench
4	Goblet Squat	3 x 12	Hold dumbbell at chest
5	Overhead Press	3 x 10	Standing or seated
6	Walking Lunges	3 x 12	Each leg, controlled tempo
7	Assisted Pull-Ups	3 x 8	Band or machine assisted
8	Dumbbell Bench Press	3 x 10	Flat bench, controlled tempo
9	Kettlebell Swing	3 x 15	Hip hinge, explosive drive
10	Farmer's Carry	3 x 40m	Heavy dumbbells, tall posture

#	ABS FINISHER	SETS x REPS	NOTE
1	Side Plank	3 x 30s	Each side, hips lifted and stacked
2	Crunch	3 x 20	Controlled, avoid pulling on neck
3	Flutter Kicks	3 x 30s	Lower back pressed into floor

THAT'S IT. THAT'S THE PLAN.

Follow the schedule. Do the exercises. Rest when it says rest.

ONE RULE

Track every workout in the Day Zero app.

What gets tracked gets done.

WWW.DAYZERO.FIT

[@dayzero.fit](https://twitter.com/dayzero.fit) · Make it count.