



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
DAY 1	PUSH + CARDIO	Chest, Shoulders, Triceps · 15 min cardio
DAY 2	PULL + ABS	Back, Biceps · Abs finisher
DAY 3	LEG DAY	Quads, Hamstrings, Glutes
DAY 4	PUSH + ABS	Chest, Shoulders, Triceps · Abs finisher
DAY 5	PULL + CARDIO	Back, Biceps · 15 min cardio
DAY 6	LEG DAY	Quads, Hamstrings, Glutes
DAY 7	REST	Full recovery — this is not optional

DAY 1

PUSH DAY

Chest, Shoulders, Triceps

#	EXERCISE	SETS x REPS	NOTE
1	Bench Press	4 x 8-10	Barbell or dumbbell, controlled tempo
2	Incline Dumbbell Press	3 x 10	Bench at 30-45 degrees
3	Decline Barbell Press	3 x 10	Targets lower chest
4	Cable Chest Fly	3 x 12	Step forward, controlled squeeze
5	Pec Deck Machine	3 x 12	Full stretch back, squeeze at front
6	Overhead Press	3 x 10	Standing or seated, shoulder-width grip
7	Lateral Raise	3 x 15	Light weight, slow and controlled
8	Rear Delt Fly	3 x 15	Bent over or machine, squeeze shoulder blades
9	Triceps Pushdown	3 x 12	Cable or resistance band
10	Overhead Triceps Extension	3 x 12	Dumbbell or rope attachment

#	CARDIO FINISHER	SETS x REPS	NOTE
1	Treadmill, Bike, or Elliptical	15 min	Steady pace — pick whichever machine you prefer

DAY 2

PULL DAY

Back, Biceps

#	EXERCISE	SETS x REPS	NOTE
1	Lat Pulldown	4 x 8-10	Assisted machine is fine to start
2	Seated Cable Row	3 x 10	Squeeze shoulder blades together
3	One-Arm Dumbbell Row	3 x 10	Brace against a bench, each side
4	Straight-Arm Pulldown	3 x 12	Cable, keep arms straight
5	Deadlift	3 x 6-8	Flat back, drive through the floor
6	Bicep Curl	3 x 12	Dumbbell or barbell, no swinging
7	Hammer Curl	3 x 12	Neutral grip, controlled tempo
8	Preacher Curl	3 x 12	Full stretch at the bottom

#	ABS FINISHER	SETS x REPS	NOTE
1	Hanging Leg Raise	4 x 15	Control the swing, no momentum
2	Cable Crunch	4 x 15	Kneel, crunch down, exhale fully
3	Reverse Crunch	4 x 15	Curl hips off the floor, no swinging

DAY 3

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	Bulgarian Split Squat	3 x 10	Rear foot elevated, each leg
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	Seated Calf Raise	3 x 15	Machine, full stretch at bottom

DAY 4

PUSH DAY

Chest, Shoulders, Triceps

#	EXERCISE	SETS x REPS	NOTE
1	Bench Press	4 x 8-10	Barbell or dumbbell, controlled tempo
2	Incline Dumbbell Press	3 x 10	Bench at 30-45 degrees
3	Cable Chest Fly	3 x 12	Step forward, controlled squeeze
4	Overhead Press	3 x 10	Standing or seated, shoulder-width grip
5	Lateral Raise	3 x 15	Light weight, slow and controlled
6	Front Raise	3 x 12	Dumbbell or plate, avoid swinging
7	Rear Delt Fly	3 x 15	Bent over or machine, squeeze shoulder blades
8	Triceps Pushdown	3 x 12	Cable or resistance band
9	Close-Grip Bench Press	3 x 10	Hands shoulder-width, elbows tucked

#	ABS FINISHER	SETS x REPS	NOTE
1	Hanging Leg Raise	4 x 15	Control the swing, no momentum
2	Cable Crunch	4 x 15	Kneel, crunch down, exhale fully
3	Reverse Crunch	4 x 15	Curl hips off the floor, no swinging

DAY 5

PULL DAY

Back, Biceps

#	EXERCISE	SETS x REPS	NOTE
1	Lat Pulldown	4 x 8-10	Assisted machine is fine to start
2	Seated Cable Row	3 x 10	Squeeze shoulder blades together
3	One-Arm Dumbbell Row	3 x 10	Brace against a bench, each side
4	Straight-Arm Pulldown	3 x 12	Cable, keep arms straight
5	Deadlift	3 x 6-8	Flat back, drive through the floor
6	Bicep Curl	3 x 12	Dumbbell or barbell, no swinging
7	Hammer Curl	3 x 12	Neutral grip, controlled tempo
8	Preacher Curl	3 x 12	Full stretch at the bottom

#	CARDIO FINISHER	SETS x REPS	NOTE
1	Treadmill, Bike, or Elliptical	15 min	Steady pace — pick whichever machine you prefer

DAY 6

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	Standing Calf Raise	4 x 15	Pause at the top for 1 second

THAT'S IT. THAT'S THE PLAN.

6 days of training, push-pull-legs twice through. Rest on Day 7 — no exceptions.

ONE RULE

Track every workout in the Day Zero app.

What gets tracked gets done.

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