

# VISUAL STRENGTH TRAINING PROGRAM

**Build strength. Build muscle. Train with purpose.**



by **EDDIFITNESS**

# PROGRAM STRUCTURE

## GOAL

THE GOAL OF THIS PROGRAM IS TO DEVELOP A STRONG, AESTHETIC, AND ATHLETIC PHYSIQUE BY COMBINING PROPER TRAINING MECHANICS WITH PROGRESSIVE OVERLOAD.

THE FOCUS IS ON BUILDING VISIBLE MUSCLE MASS, IMPROVING STRENGTH IN KEY COMPOUND LIFTS, AND MAINTAINING LONG-TERM JOINT HEALTH THROUGH BALANCED EXERCISE SELECTION AND CONTROLLED EXECUTION.

THIS PROGRAM PRIORITIZES QUALITY OF MOVEMENT, CORRECT BIOMECHANICS, AND SUSTAINABLE PROGRESS RATHER THAN SHORT-TERM INTENSITY.

## FREQUENCY

THE PROGRAM IS DESIGNED AROUND THREE TRAINING SESSIONS PER WEEK, ALLOWING FOR OPTIMAL RECOVERY WHILE MAINTAINING HIGH TRAINING QUALITY AND INTENSITY.

THIS FREQUENCY IS SUITABLE FOR CONSISTENT STRENGTH AND MUSCLE DEVELOPMENT AND CAN BE SUSTAINED LONG-TERM WITHOUT EXCESSIVE FATIGUE.

## SPLIT

THE PROGRAM FOLLOWS A PUSH / PULL / LEGS SPLIT:

- PUSH DAY FOCUSES ON CHEST, SHOULDERS, AND TRICEPS
- PULL DAY TARGETS THE BACK AND BICEPS
- LEGS DAY DEVELOPS THE QUADRICEPS, HAMSTRINGS, GLUTES, AND CALVES

THIS STRUCTURE ENSURES BALANCED MUSCLE DEVELOPMENT, OPTIMAL RECOVERY BETWEEN SESSIONS, AND CONSISTENT STRENGTH PROGRESSION ACROSS ALL MAJOR MOVEMENT PATTERNS.

# WEEKLY TRAINING PLAN

## PUSH - MONDAY

### 1. BARBELL BENCH PRESS

- SETS: 4
- REPS: 6-8
- REST: 2-3 MIN
- FOCUS: OVERALL CHEST STRENGTH, PRESSING POWER

### 2. INCLINE DUMBBELL PRESS

- SETS: 4
- REPS: 10-12
- REST: 90 SEC
- FOCUS: UPPER CHEST, CONTROLLED PRESSING

### 3. CABLE FLY

- SETS: 3
- REPS: 10-15
- REST: 60 SEC
- FOCUS: CHEST ISOLATION, STRETCH AND CONTROL

### 4. DUMBBELL SHOULDER PRESS

- SETS: 4
- REPS: 8-10
- REST: 90 SEC
- FOCUS: ANTERIOR + MEDIAL DELTS, SHOULDER STRENGTH

### 5. DUMBBELL LATERAL RAISE

- SETS: 4
- REPS: 12-15
- REST: 60 SEC
- FOCUS: MEDIAL DELTS, SHOULDER WIDTH

### 6. FRONT DUMBBELL RAISE

- SETS: 3
- REPS: 12-15
- REST: 45-60 SEC
- FOCUS: ANTERIOR DELTS, SHOULDER DETAIL

### 7. CLOSE-GRIP BARBELL BENCH PRESS

- SETS: 4
- REPS: 8
- REST: 2 MIN
- FOCUS: TRICEPS STRENGTH, LONG HEAD EMPHASIS

### 8. DUMBBELL FRENCH PRESS

- SETS: 4
- REPS: 8-12
- REST: 60-90 SEC
- FOCUS: LONG HEAD OF TRICEPS, STRETCH AND CONTROL

### 9. CABLE TRICEPS PUSHDOWN (ROPE)

- SETS: 3
- REPS: 12-15
- REST: 45-60 SEC
- FOCUS: TRICEPS PUMP, ELBOW-FRIENDLY

TAP THE EXERCISE NAME - WATCH THE DEMO ON **YOUTUBE**.

# WEEKLY TRAINING PLAN

## PULL - WEDNESDAY

### 1. BARBELL ROW

- SETS: 4
- REPS: 6-8
- REST: 2-3 MIN
- FOCUS: OVERALL BACK THICKNESS, PULLING STRENGTH

### 2. LAT PULLDOWN (WIDE OR NEUTRAL GRIP)

- SETS: 3-4
- REPS: 8-10
- REST: 90-120 SEC
- FOCUS: LAT WIDTH, CONTROLLED STRETCH AND CONTRACTION

### 3. STRAIGHT-ARM PULLDOWN (CABLE PULLOVER)

- SETS: 3
- REPS: 10-12
- REST: 60-90 SEC
- FOCUS: LAT ISOLATION, MIND-MUSCLE CONNECTION, SCAPULAR CONTROL

### 4. EZ-BAR CURL

- SETS: 4
- REPS: 6-8
- REST: 90 SEC
- FOCUS: OVERALL BICEPS MASS, CONTROLLED ELBOW FLEXION

### 5. INCLINE DUMBBELL CURL

- SETS: 3
- REPS: 8-10
- REST: 60-90 SEC
- FOCUS: LONG HEAD STRETCH, BICEPS PEAK, STRICT FORM

### 6. CABLE HAMMER CURL (ROPE, NEUTRAL GRIP)

- SETS: 3
- REPS: 10-12
- REST: 60 SEC
- FOCUS: BRACHIALIS, ARM THICKNESS, CONSTANT TENSION

### 7. FACE PULL

- SETS: 3
- REPS: 12-15
- REST: 60 SEC
- FOCUS: REAR DELTS, SHOULDER HEALTH

TAP THE EXERCISE NAME - WATCH THE DEMO ON **YOUTUBE**.

# WEEKLY TRAINING PLAN

## LEGS - FRIDAY

### 1. BACK SQUAT

- SETS: 4
- REPS: 8
- REST: 2-3 MIN
- FOCUS: OVERALL LEG STRENGTH, QUADS & GLUTES, CORE STABILITY

### 2. LEG PRESS

- SETS: 4
- REPS: 8-10
- REST: 2 MIN
- FOCUS: QUAD VOLUME, CONTROLLED ECCENTRIC, FULL ROM

### 3. ROMANIAN DEADLIFT (BARBELL)

- SETS: 4
- REPS: 6-8
- REST: 2-3 MIN
- FOCUS: HAMSTRINGS & GLUTES, HIP HINGE, CONTROLLED STRETCH

### 4. SEATED LEG CURL

- SETS: 3
- REPS: 10-12
- REST: 60-90 SEC
- FOCUS: HAMSTRING ISOLATION, CONTROLLED TEMPO, FULL CONTRACTION

### 5. HIP THRUST

- SETS: 3
- REPS: 8-10
- REST: 90-120 SEC
- FOCUS: GLUTE STRENGTH, PEAK CONTRACTION, PELVIC CONTROL

### 6. STANDING CALF RAISE

- SETS: 4
- REPS: 10-15
- REST: 60 SEC
- FOCUS: FULL STRETCH, PEAK CONTRACTION

### 6A. ALTERNATIVE OPTIONS: SEATED CALF RAISE / LEG PRESS CALF RAISE

- SETS: 4
- REPS: 10-15
- REST: 60 SEC
- FOCUS: FULL STRETCH, PEAK CONTRACTION

TAP THE EXERCISE NAME - WATCH THE DEMO ON **YOUTUBE**.

# WEEKLY TRAINING PLAN

| PUSH - MONDAY |                                       |      |       |
|---------------|---------------------------------------|------|-------|
| NR.           | EXERCISES                             | SETS | REPS  |
| 1             | <u>BARBELL BENCH PRESS</u>            | 4    | 6-8   |
| 2             | <u>INCLINE DUMBBELL PRESS</u>         | 4    | 10-12 |
| 3             | <u>CABLE FLY</u>                      | 3    | 10-15 |
| 4             | <u>DUMBBELL SHOULDER PRESS</u>        | 4    | 8-10  |
| 5             | <u>DUMBBELL LATERAL RAISE</u>         | 4    | 12-15 |
| 6             | <u>FRONT DUMBBELL RAISE</u>           | 3    | 12-15 |
| 7             | <u>CLOSE-GRIP BARBELL BENCH PRESS</u> | 4    | 8     |
| 8             | <u>DUMBBELL FRENCH PRESS</u>          | 4    | 8-12  |
| 9             | <u>CABLE TRICEPS PUSHDOWN (ROPE)</u>  | 3    | 12-15 |
|               |                                       |      |       |

| PULL - WEDNESDAY |                                               |      |       |
|------------------|-----------------------------------------------|------|-------|
| NR.              | EXERCISES                                     | SETS | REPS  |
| 1                | <u>BARBELL ROW</u>                            | 4    | 6-8   |
| 2                | <u>LAT PULLDOWN (WIDE OR NEUTRAL GRIP)</u>    | 4    | 8-10  |
| 3                | <u>STRAIGHT-ARM PULLDOWN (CABLE PULLOVER)</u> | 3    | 10-12 |
| 4                | <u>EZ-BAR CURL</u>                            | 4    | 6-8   |
| 5                | <u>INCLINE DUMBBELL CURL</u>                  | 3    | 8-10  |
| 6                | <u>CABLE HAMMER CURL (ROPE, NEUTRAL GRIP)</u> | 3    | 10-12 |
| 7                | <u>FACE PULL</u>                              | 3    | 12-15 |
|                  |                                               |      |       |

| LEGS SPLIT - FRIDAY |                                                                      |      |       |
|---------------------|----------------------------------------------------------------------|------|-------|
| NR.                 | EXERCISES                                                            | SETS | REPS  |
| 1                   | <u>BACK SQUAT</u>                                                    | 4    | 8     |
| 2                   | <u>LEG PRESS</u>                                                     | 4    | 8-10  |
| 3                   | <u>ROMANIAN DEADLIFT (BARBELL)</u>                                   | 4    | 6-8   |
| 4                   | <u>SEATED LEG CURL</u>                                               | 3    | 10-12 |
| 5                   | <u>HIP THRUST</u>                                                    | 3    | 8-10  |
| 6                   | <u>STANDING CALF RAISE</u>                                           | 4    | 10-15 |
| 7                   | <u>ALTERNATIVE OPTIONS: SEATED CALF RAISE / LEG PRESS CALF RAISE</u> | 4    | 10-15 |
|                     |                                                                      |      |       |

TAP THE EXERCISE NAME - WATCH THE DEMO ON **YOUTUBE**.

# YOUR **WORKOUT** PROGRAM

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## MONDAY

### CHEST & SHOULDERS & TRICEPS

|                                       | SETS | REPS  | WEIGHT |
|---------------------------------------|------|-------|--------|
| <u>BARBELL BENCH PRESS</u>            | 4    | 6-8   |        |
| <u>INCLINE DUMBBELL PRESS</u>         | 4    | 10-12 |        |
| <u>CABLE FLY</u>                      | 3    | 10-15 |        |
| <u>DUMBBELL SHOULDER PRESS</u>        | 4    | 8-10  |        |
| <u>DUMBBELL LATERAL RAISE</u>         | 4    | 12-15 |        |
| <u>FRONT DUMBBELL RAISE</u>           | 3    | 12-15 |        |
| <u>CLOSE-GRIP BARBELL BENCH PRESS</u> | 4    | 8     |        |
| <u>DUMBBELL FRENCH PRESS</u>          | 4    | 8-12  |        |
| <u>CABLE TRICEPS PUSHDOWN (ROPE)</u>  | 3    | 12-15 |        |
|                                       |      |       |        |

## WEDNESDAY

### BACK & BICEPS

|                                               | SETS | REPS  | WEIGHT |
|-----------------------------------------------|------|-------|--------|
| <u>BARBELL ROW</u>                            | 4    | 6-8   |        |
| <u>LAT PULLDOWN (WIDE OR NEUTRAL GRIP)</u>    | 4    | 8-10  |        |
| <u>STRAIGHT-ARM PULLDOWN (CABLE PULLOVER)</u> | 3    | 10-12 |        |
| <u>EZ-BAR CURL</u>                            | 4    | 6-8   |        |
| <u>INCLINE DUMBBELL CURL</u>                  | 3    | 8-10  |        |
| <u>CABLE HAMMER CURL (ROPE, NEUTRAL GRIP)</u> | 3    | 10-12 |        |
| <u>FACE PULL</u>                              | 3    | 12-15 |        |

## FRIDAY

### LEGS & GLUTES

|                                                                      | SETS | REPS  | WEIGHT |
|----------------------------------------------------------------------|------|-------|--------|
| <u>BACK SQUAT</u>                                                    | 4    | 8     |        |
| <u>LEG PRESS</u>                                                     | 4    | 8-10  |        |
| <u>ROMANIAN DEADLIFT (BARBELL)</u>                                   | 4    | 6-8   |        |
| <u>SEATED LEG CURL</u>                                               | 3    | 10-12 |        |
| <u>HIP THRUST</u>                                                    | 3    | 8-10  |        |
| <u>STANDING CALF RAISE</u>                                           | 4    | 10-15 |        |
| <u>ALTERNATIVE OPTIONS: SEATED CALF RAISE / LEG PRESS CALF RAISE</u> | 4    | 10-15 |        |

Weight is selected individually so that the last sets are extremely challenging.



# ALTERNATIVES

| PUSH - MONDAY |                                       |                        |                           |                                |
|---------------|---------------------------------------|------------------------|---------------------------|--------------------------------|
| NR.           | EXERCISES                             | ALTERNATIVES           |                           |                                |
| 1             | <u>BARBELL BENCH PRESS</u>            | MACHINE CHEST PRESS    | SMITH MACHINE BENCH PRESS | DUMBBELL FLAT PRESS            |
| 2             | <u>INCLINE DUMBBELL PRESS</u>         | INCLINE BARBELL PRESS  | SMITH INCLINE PRESS       | LOW TO HIGH CABLE PRESS        |
| 3             | <u>CABLE FLY</u>                      | PEC DECK               | DUMBBELL FLY              | SINGLE ARM CABLE FLY           |
| 4             | <u>DUMBBELL SHOULDER PRESS</u>        | BARBELL SHOULDER PRESS | SMITH SHOULDER PRESS      | MACHINE SHOULDER PRESS         |
| 5             | <u>DUMBBELL LATERAL RAISE</u>         | CABLE LATERAL RAISE    | MACHINE LATERAL RAISE     | LEANING ONE ARM LATERAL RAISE  |
| 6             | <u>FRONT DUMBBELL RAISE</u>           | CABLE FRONT RAISE      | PLATE FRONT RAISE         | BARBELL FRONT RAIS             |
| 7             | <u>CLOSE-GRIP BARBELL BENCH PRESS</u> | DIPS (UPRINGHT TORSO)  | SMITH CLOSE GRIP PRESS    | MACHINE CLOSE GRIP CHEST PRESS |
| 8             | <u>DUMBBELL FRENCH PRESS</u>          | EZ-BAR SKULL CRUSHER   | OVERHEAD CABLE EXTENSION  | SINGLE ARM CABLE EXTENSION     |
| 9             | <u>CABLE TRICEPS PUSHDOWN (ROPE)</u>  | STRAIGHT BAR PUSHDOWN  | V-BAR PUSHDOWN            | BENCH DIPS                     |

| PULL - WEDNESDAY |                                               |                      |                        |                               |
|------------------|-----------------------------------------------|----------------------|------------------------|-------------------------------|
| NR.              | EXERCISES                                     | ALTERNATIVES         |                        |                               |
| 1                | <u>BARBELL ROW</u>                            | T-BAR ROW            | CHEST SUPPORTED ROW    | SEATED CABLE ROW              |
| 2                | <u>LAT PULLDOWN (WIDE OR NEUTRAL GRIP)</u>    | PULL-UPS             | ASSISTED PULL-UPS      | NEUTRAL GRIP PULL-UPS         |
| 3                | <u>STRAIGHT-ARM PULLDOWN (CABLE PULLOVER)</u> | DUMBBELL PULLOVER    | MACHINE PULLOVER       | RESISTANCE BAND PULLOVER      |
| 4                | <u>EZ-BAR CURL</u>                            | BARBELL CURL         | CABLE CURL             | MACHINE PREACHER CURL         |
| 5                | <u>INCLINE DUMBBELL CURL</u>                  | BAYESIAN CABLE CURL  | SPIDER CURL            | CONCENTRATION CURL            |
| 6                | <u>CABLE HAMMER CURL (ROPE, NEUTRAL GRIP)</u> | DUMBBELL HAMMER CURL | CROSS-BODY HAMMER CURL | ROPE HIGH-PULLEY CURL         |
| 7                | <u>FACE PULL</u>                              | REVERSE PEC DECK     | REAR DELT CABLE FLY    | BENT-OVER DUMBBELL REAR RAISE |

| LEGS SPLIT - FRIDAY |                                    |                   |                       |                       |
|---------------------|------------------------------------|-------------------|-----------------------|-----------------------|
| NR.                 | EXERCISES                          | ALTERNATIVES      |                       |                       |
| 1                   | <u>BACK SQUAT</u>                  | FRONT SQUAT       | HACK SQUAT            | SMITH SQUAT           |
| 2                   | <u>LEG PRESS</u>                   | HACK MACHINE      | BULGARIAN SPLIT SQUAT | PENDULUM SQUAT        |
| 3                   | <u>ROMANIAN DEADLIFT (BARBELL)</u> | DUMBBELL RDL      | STIFF-LEG DEADLIFT    | GOOD MORNINGS         |
| 4                   | <u>SEATED LEG CURL</u>             | LYING LEG CURL    | NORDIC CURL           | SINGLE-LEG CURL       |
| 5                   | <u>HIP THRUST</u>                  | SMITH HIP TRUST   | GLUTE BRIDGE          | CABLE PULL-THROUGH    |
| 6                   | <u>STANDING CALF RAISE</u>         | SEATED CALF RAISE | LEG PRESS CALF RAISE  | SINGLE-LEG CALF RAISE |

TAP THE EXERCISE NAME - WATCH THE DEMO ON **YOUTUBE**

# PROGRESSION MODEL

## PROGRESSION APPROACH

THIS PROGRAM USES A SIMPLE AND EFFECTIVE DOUBLE PROGRESSION MODEL TO ENSURE CONSISTENT IMPROVEMENTS IN BOTH STRENGTH AND MUSCLE SIZE.

FOR EACH EXERCISE, A TARGET REPETITION RANGE IS PROVIDED. THE PRIMARY GOAL IS TO GRADUALLY INCREASE REPETITIONS WITHIN THE GIVEN RANGE WHILE MAINTAINING PROPER TECHNIQUE AND CONTROLLED EXECUTION.

ONCE THE UPPER END OF THE REPETITION RANGE IS ACHIEVED ACROSS ALL WORKING SETS, THE LOAD SHOULD BE INCREASED SLIGHTLY IN THE NEXT SESSION, AND THE PROCESS IS REPEATED.

## WEEKLY PROGRESSION RULES

PROGRESS SHOULD BE PLANNED ON A WEEKLY BASIS RATHER THAN FROM SESSION TO SESSION.

IF PERFORMANCE IMPROVES DURING THE WEEK (MORE REPETITIONS, BETTER CONTROL, OR INCREASED LOAD), THE PROGRESSION IS CONSIDERED SUCCESSFUL.

IF PERFORMANCE STALLS, THE SAME LOAD SHOULD BE MAINTAINED FOR THE FOLLOWING WEEK WITH A FOCUS ON IMPROVING EXECUTION AND STABILITY.

FORCED REPETITIONS, EXCESSIVE CHEATING, AND EGO LIFTING ARE DISCOURAGED, AS LONG-TERM PROGRESS AND JOINT HEALTH ARE PRIORITIZED.

# LOADING & INTENSITY GUIDELINES

## LOAD SELECTION

ALL WORKING SETS SHOULD BE PERFORMED WITH A LOAD THAT ALLOWS FULL CONTROL OF THE MOVEMENT AND PROPER TECHNIQUE THROUGHOUT THE ENTIRE RANGE OF MOTION.

THE SELECTED WEIGHT SHOULD FEEL CHALLENGING BUT MANAGEABLE, LEAVING APPROXIMATELY 1–2 REPETITIONS IN RESERVE (RIR) ON MOST WORKING SETS.

THIS APPROACH ENSURES SUFFICIENT TRAINING STIMULUS WHILE MINIMIZING UNNECESSARY JOINT STRESS AND EXCESSIVE FATIGUE.

## INTENSITY & EFFORT

MOST EXERCISES IN THIS PROGRAM ARE INTENDED TO BE PERFORMED CLOSE TO MUSCULAR FAILURE, BUT NOT TO ABSOLUTE FAILURE.

COMPOUND LIFTS SHOULD GENERALLY STOP 1–2 REPS BEFORE FAILURE TO MAINTAIN TECHNIQUE AND CONSISTENCY ACROSS WEEKS.

ISOLATION EXERCISES MAY OCCASIONALLY BE TAKEN CLOSER TO FAILURE, ESPECIALLY IN HIGHER REPETITION RANGES, WHILE STILL MAINTAINING CONTROL AND PROPER EXECUTION.



# RECOVERY & IMPORTANT NOTES

## RECOVERY GUIDELINES

ADEQUATE RECOVERY IS ESSENTIAL FOR BOTH PERFORMANCE AND LONG-TERM PROGRESS.

AT LEAST ONE REST DAY IS SCHEDULED BETWEEN TRAINING SESSIONS TO ALLOW MUSCLES AND THE NERVOUS SYSTEM TO RECOVER PROPERLY.

SLEEP QUALITY, HYDRATION, AND CONSISTENT NUTRITION PLAY A CRITICAL ROLE IN STRENGTH DEVELOPMENT AND VISUAL PHYSIQUE IMPROVEMENTS AND SHOULD BE TREATED AS PART OF THE TRAINING PROCESS.

## IMPORTANT NOTES

THIS PROGRAM IS INTENDED FOR INDIVIDUALS WITHOUT SERIOUS INJURIES OR MEDICAL LIMITATIONS.

ALL EXERCISES SHOULD BE PERFORMED WITH PROPER WARM-UP SETS AND ATTENTION TO TECHNIQUE BEFORE PROGRESSING TO HEAVIER LOADS.

IF PAIN (NOT NORMAL MUSCLE FATIGUE) OCCURS DURING ANY MOVEMENT, THE EXERCISE SHOULD BE ADJUSTED OR REPLACED TO MAINTAIN LONG-TERM TRAINING CONSISTENCY.



# DISCLAIMER

## DISCLAIMER

THIS TRAINING PROGRAM IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY.

THE AUTHOR IS NOT RESPONSIBLE FOR ANY INJURIES, HEALTH ISSUES, OR ADVERSE EFFECTS THAT MAY OCCUR AS A RESULT OF USING THIS PROGRAM.

BEFORE STARTING ANY NEW TRAINING PROGRAM, CONSULT WITH A QUALIFIED HEALTHCARE OR FITNESS PROFESSIONAL IF YOU HAVE ANY MEDICAL CONDITIONS OR CONCERNS.



