

# FITNESS PLAN

**XC3000 HOME GYM**



*Goal: Strength & Muscle Hypertrophy*

*Intensity: RIR 1–3 (stop 1–3 reps before failure)*

*Rest: 60–90 sec (compound), 45–60 sec (isolation)*

*Tempo: Controlled 2–3 sec negative*

## WEEKLY WORKOUT SCHEDULE

### DAY 1 – PUSH (Chest • Shoulders • Triceps)

Exercise	Muscle Focus	Sets	Reps	RIR	Guide Notes
Chest Press	Chest, Triceps	4	8–12	2	Full press, no elbow lock
Pec Fly	Chest stretch	3	12–15	2–3	Slow stretch, squeeze center
Shoulder Press	Delts	4	8–12	2	Core tight, controlled
Front Lateral Raise	Front delts	3	12–15	2–3	Lift to shoulder level
Tricep Pushdown	Triceps	4	10–15	1–2	Elbows fixed, full extension

### DAY 2 – LEGS (Lower Body)

Exercise	Muscle Focus	Sets	Reps	RIR	Guide Notes
Leg Press	Quads, Glutes	4	10–15	2	Feet shoulder-width, control depth
Leg Extension	Quads	3	12–15	2–3	1 sec pause at top
Leg Curl	Hamstrings	4	10–15	2	Slow negative
Kick Back	Glutes	3	12–15	2–3	Glute squeeze
Abs Crunch	Abs	3	15–20	2–3	Exhale on crunch

### Examples



Chest Press



Pec Fly



Shoulder Press



Front Lateral Raise



Tricep Pushdown



Leg Press



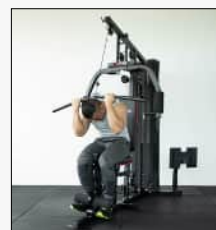
Leg Extension



Leg Curl



Kick Back



Abs Crunch

## DAY 3 – PULL (Back • Biceps • Traps)

Exercise	Muscle Focus	Sets	Reps	RIR	Guide Notes
Wide Grip Pulldown	Upper lats	4	8–12	2	Chest up, pull down
Close Grip Pulldown	Mid lats	3	10–12	2	Elbows drive back
Seated Row	Mid-back	4	10–12	2	Pause contraction
Straight Arm Pulldown	Lats	3	12–15	2–3	Arms straight
Shoulder Shrug	Upper traps	3	12–15	2	Straight up/down
Pulley Biceps Curl	Biceps	4	10–15	1–2	Slow eccentric

## DAY 4 – UPPER BODY

Exercise	Muscle Focus	Sets	Reps	RIR	Guide Notes
Chest Press	Chest	3	8–12	2	Slightly heavier
Standing Row (Low)	Mid-back	3	10–12	2	Neutral spine
Shoulder Press	Delts	3	10–12	2	Smooth reps
Single Arm Pulldown	Lats	3	12/side	2–3	Mind-muscle
Tricep Pushdown	Triceps	3	12–15	2	Full extension
Pulley Biceps Curl	Biceps	3	12–15	2	No swinging

### Examples



Wide Grip Pulldown



Close Grip Pulldown



Seated Row



Straight Arm Pulldown



Shoulder Shrug



Chest Press



Standing Row (Low)



Shoulder Press



Single Arm Pulldown



Tricep Pushdown



Pulley Biceps Curl

## DAY 5 – LOWER BODY (Balanced)

Exercise	Muscle Focus	Sets	Reps	RIR	Guide Notes
Leg Press	Quads, Glutes	4	10–15	2	Feet shoulder-width, control depth
Leg Curl	Hamstrings	4	10–15	2	Full range
Kick Back	Glutes	3	12–15	2–3	Squeeze at top
Leg Extension	Quads	3	12–15	2–3	Light & controlled
Abs Crunch	Core	3	15–20	2–3	Slow tempo

### Examples



Leg Press



Leg Curl



Kick Back



Leg Extension



Abs Crunch