

Avery Fisk Coaching

A streamlined, high-efficiency training split engineered to build strength, drive progression, and create visible change fast.

DAY 1 — CHEST & BACK

Chest Press – 4x10–12 · Lat Pulldown – 4x10–12 · Incline Press – 3x8–12 · Seated Row – 3x10–12 · Cable Fly – 3x12–15

DAY 2 — SHOULDERS & ARMS

Shoulder Press – 4x10–12 · Lateral Raises – 4x12–15 · Rear Delt Fly – 3x12–15 · Biceps Curl – 3x10–12 · Triceps Pressdown – 3x10–12

DAY 3 — LEGS

Leg Press – 4x10–15 · RDL/Hamstring – 4x8–12 · Leg Extension – 3x12–15 · Leg Curl – 3x12–15 · Calf Raises – 4x12–20

DAY 4 — REST / ACTIVE RECOVERY

Light cardio, mobility, stretching. Prioritize sleep and nutrition.

Execute with intent. Push heavy. Recover smart.