

Name _____

Weight _____

MESOMORPH PROGRAM

If you gain muscle easily but also gain fat fast, this plan helps you stay lean while sculpting balanced size.

It's all about control, intensity, and recovery.

Goal: Build lean muscle while staying shredded

Tempo: 2-1-2

Rest Between Sets: 60–75 seconds

Reps: 10–12

Duration: 4 Weeks

Weekly Split

Monday: Push (Chest, Shoulders, Triceps)

Tuesday: Pull (Back, Biceps)

Wednesday: Legs

Thursday: Rest

Friday: Upper Hypertrophy

Saturday: Lower Hypertrophy + Core

Sunday: Rest

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🏹 Day 1 – Push

1. Barbell Bench Press – 4×10
2. Incline Dumbbell Press – 3×10
3. Seated Dumbbell Shoulder Press – 3×12
4. Cable Crossover – 3×15
5. Rope Pushdown – 3×12
6. Dumbbell Lateral Raise – 3×15

💡 *Keep your tempo steady and feel every contraction.*

🏹 Day 2 – Pull

1. Deadlift – 4×8
 2. Pull-Ups – 3×10
 3. One-Arm Dumbbell Row – 3×12
 4. Face Pull – 3×15
 5. Barbell Curl – 3×12
 6. Incline Dumbbell Curl – 3×12
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🏹 Day 3 – Legs

1. Barbell Squat – 4×10
2. Bulgarian Split Squat – 3×12 per leg
3. Leg Press – 3×12
4. Seated Leg Curl – 3×12
5. Standing Calf Raise – 4×15

🔥 *Your form matters more than your numbers. Control every inch.*

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🏹 Day 5 – Upper Hypertrophy

1. Incline Dumbbell Press – 3×12
 2. Lat Pulldown – 3×12
 3. Seated DB Shoulder Press – 3×12
 4. Cable Row – 3×12
 5. Superset: Biceps Curl + Rope Pushdown – 3×15 each
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🏹 Day 6 – Lower Hypertrophy + Core

1. Front Squat – 4×10
2. Romanian Deadlift – 4×10
3. Walking Lunges – 3×12 per leg
4. Leg Extension + Leg Curl Superset – 3×15 each
5. Hanging Knee Raise – 3×20
6. Cable Side Crunch – 3×15 per side

💪 *Push for perfect tension and full range on every rep.*

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