

Name _____

Weight _____

ENDOMORPH PROGRAM

If you gain weight easily or struggle with stubborn fat, this plan will help you tighten up, build lean muscle, and stay active without burning out.

Expect shorter rest times, faster tempo, and higher reps.

Goal: Burn fat while keeping muscle

Tempo: 3-0-1 (controlled negative, fast lift)

Rest Between Sets: 30–45 seconds

Reps: 12–15

Duration: 4 Weeks

Weekly Split

Monday: Upper Strength

Tuesday: Lower Strength

Wednesday: HIIT + Core

Thursday: Push Hypertrophy

Friday: Pull Hypertrophy

Saturday: Full-Body Circuit

Sunday: Rest

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🏹 Day 1 – Upper Strength

1. Incline Barbell Press – 4×8
 2. Pull-Ups – 4×10
 3. Dumbbell Shoulder Press – 3×12
 4. Cable Row – 3×12
 5. Close-Grip Push-Up – 3×15
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🏹 Day 2 – Lower Strength

1. Back Squat – 4×10
 2. Romanian Deadlift – 4×10
 3. Leg Press – 3×12
 4. Standing Calf Raise – 3×20
 5. Weighted Crunch – 3×20
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🏹 Day 3 – HIIT + Core

HIIT (3 Rounds):

- 30 sec Burpees
- 30 sec Jump Squats
- 30 sec Mountain Climbers
- 30 sec Rest

Core Finisher:

- Hanging Knee Raise – 3×15
- Russian Twist – 3×20
- Plank – 3×45 sec

🔥 *No breaks longer than 30 seconds. Keep your heart rate up.*

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Y Day 4 – Push Hypertrophy

1. Dumbbell Flat Press – 3×15
 2. Arnold Press – 3×12
 3. Cable Fly – 3×15
 4. Rope Pushdown – 3×15
 5. Dumbbell Front Raise – 3×15
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Y Day 5 – Pull Hypertrophy

1. Lat Pulldown – 3×12
 2. Dumbbell Row – 3×12
 3. Seated Cable Row – 3×15
 4. Barbell Curl – 3×12
 5. Face Pull – 3×15
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Y Day 6 – Full-Body Circuit (3 Rounds)

1. Kettlebell Swing – 15 reps
 2. Push-Up – 20 reps
 3. Jump Squat – 15 reps
 4. Dumbbell Row – 12 reps
 5. Plank – 30 seconds
- (Rest 60 seconds between rounds)*

✱ *End the week strong — full intensity, no half reps.*

➡ PROGRESSION PLAN

Every week, try to increase your weights by about 5% or add 1 extra rep per set. Keep your form clean — no ego lifting. After 4 weeks, repeat or move to your next-level program.

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