

Name _____

Weight _____

ECTOMORPH PROGRAM

If you're naturally skinny, have fast metabolism, and find it hard to put on muscle, this plan is made for you.

You'll focus on heavy, compound movements and eat big to grow stronger week after week.

Goal: Build muscle and strength

Tempo: 3-1-1 (slow and controlled on the way down)

Rest Between Sets: 90 seconds

Reps: 8–10

Duration: 4 Weeks

Weekly Split

Monday: Chest & Triceps

Tuesday: Back & Biceps

Wednesday: Rest

Thursday: Legs

Friday: Shoulders & Abs

Saturday: Full-Body Power

Sunday: Rest

+1 (778) 929-7337

Farhad_kashi_mensphysique



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Y Day 1 – Chest & Triceps

1. Barbell Bench Press – 4×8
2. Incline Dumbbell Press – 4×10
3. Dumbbell Fly – 3×12
4. Triceps Dips (add weight if you can) – 3×10
5. Rope Pushdowns – 3×12
6. Overhead Dumbbell Triceps Extension – 3×10

💡 *Focus on full range of motion and control every rep.*

Y Day 2 – Back & Biceps

1. Pull-Ups – 4×8–10
2. Barbell Row – 4×8
3. Lat Pulldown – 3×10
4. Seated Cable Row – 3×12
5. Barbell Curl – 3×10
6. Dumbbell Hammer Curl – 3×12

💪 *Pull hard and squeeze at the top. Quality reps over ego lifts.*

Y Day 4 – Legs

1. Back Squat – 4×8
2. Romanian Deadlift – 4×10
3. Leg Press – 3×10
4. Leg Extension – 3×12
5. Lying Leg Curl – 3×12
6. Standing Calf Raise – 4×15

🦵 *Go heavy, go deep, and push through every set.*

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🏹 Day 5 – Shoulders & Abs

1. Seated Barbell Shoulder Press – 4×8
2. Dumbbell Lateral Raise – 3×12
3. Dumbbell Front Raise – 3×12
4. Reverse Pec Deck – 3×12
5. Hanging Leg Raise – 3×15
6. Cable Crunch – 3×15

🏹 Day 6 – Full-Body Power

1. Deadlift – 4×6
2. Bench Press – 4×6
3. Pull-Ups – 3×8
4. Barbell Curl – 3×10
5. Weighted Plank – 3×30 seconds

🔥 *Train heavy but smart. Focus on control and recovery.*

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Farhad_kashi_mensphysique

