



THE FITNESS DUDE SYSTEM

MY PERSONAL WORKOUT

5-DAY ATHLETIC STRENGTH &
PERFORMANCE STRUCTURE



DAY 1
CHEST + TRICEPS



DAY 2
LEGS + SIDE DELTS



DAY 3
PULL / BICEPS /
BACK THICKNESS



DAY 4
JUMP TRAINING /
EXPLOSIVENESS



DAY 5
ATHLETIC CIRCUIT /
CONDITIONING



QUALITY OVER
QUANTITY



STRENGTH.
EXPLOSIVENESS.
CONTROL.



MOBILITY.
RECOVERY.
LONG-TERM.



CONSISTENT
SYSTEM.
REAL RESULTS.

LESS PAIN. MORE GAIN.



5-DAY ATHLETIC STRENGTH & PERFORMANCE HOME WORKOUT

GENERAL PRINCIPLES

Every exercise must have a clear purpose.

Main goals:

- athletic strength
- hypertrophy where useful
- explosiveness
- mobility
- acrobatic readiness
- long-term sustainability

Training rules:

- stop before technical breakdown
- avoid ego lifting
- use full range of motion
- keep reps clean and controlled
- progress through better execution, more control, better strength, better explosiveness
- avoid junk volume

Rest times:

- main strength work: 2–3 min

DAY 1 — CHEST + TRICEPS

MOBILITY WORKOUT

- 30 min extended full-body mobility

- 10 min yoga
- 10 min shoulder stability circuit

SHOULDER STABILITY CIRCUIT

1 min holds, 2 rounds:

- hanging hold
- dips hold
- wall handstand hold
- one-arm push-up support hold, 30 sec per side

STRENGTH TRAINING

Flat Dumbbell Bench Press

3 sets

Incline Dumbbell Bench Press

3 sets

Dumbbell Flyes

2 sets

Overhead Dumbbell Triceps Extension

2 sets

DAY 2 — LEGS + SIDE DELTS

MOBILITY WORKOUT

- 30 min extended full-body mobility
- 10 min shoulder stability circuit

STRENGTH TRAINING

Long-Stance Bulgarian Split Squat

3 sets per leg

Dumbbell Romanian Deadlift

2 sets

Lateral Raises

3 sets

DAY 3 — PULL / BICEPS / BACK THICKNESS

MOBILITY WORKOUT

- 30 min extended full-body mobility
- 10 min yoga
- 10 min shoulder stability circuit

STRENGTH TRAINING

Chin-Ups

3 sets

Wide Pull-Ups

3 sets

Incline Dumbbell Curls

2 sets

One-Arm Dumbbell Row

2 sets per side

DAY 4 — JUMP TRAINING / EXPLOSIVENESS

MOBILITY WORKOUT

- 30 min extended full-body mobility
- 10 min shoulder stability circuit

EXPLOSIVE WORK

Low volume. Maximum quality.

Single-Leg Vertical Jumps

3 sets
5 reps per leg

Two-Leg Vertical Jumps

3 sets
5 reps

Tuck Jumps

3 sets
5 reps

Optional:

- controlled acrobatic preparation work

Focus:

- maximal explosiveness
- clean takeoff
- stable landing
- nervous system quality

Stop when explosiveness drops.

DAY 5 — ATHLETIC CIRCUIT / CONDITIONING

MOBILITY WORKOUT

- 30 min extended full-body mobility
- 10 min yoga

FULL BODY ATHLETIC CIRCUIT

12 exercises total
30 sec each
No breaks

Examples:

- chin-ups
- dips

- deep push-ups
- shoulder push-ups
- jump squats
- core work
- hanging work
- dumbbell movements
- mobility-strength combinations

Goal:

- conditioning
- work capacity
- athletic endurance
- fatigue resistance

RECOVERY PRINCIPLE

Mild soreness is acceptable.

Constant exhaustion is not.

The goal is high-quality repeatable performance.