



THE FITNESS DUDE SYSTEM

ESSENTIAL GYM WORKOUTS

SIMPLE STRENGTH TRAINING STRUCTURES
FOR 2, 3 OR 4 DAYS PER WEEK



2 DAYS PER WEEK
FULL BODY



3 DAYS PER WEEK
PUSH • PULL • LEGS



4 DAYS PER WEEK
UPPER • LOWER



TRACK PROGRESS



TRAIN CONSISTENTLY



BUILD STRENGTH
OVER TIME

LESS PAIN. MORE GAIN.



ESSENTIAL GYM WORKOUTS

Simple Strength Training Structures For 2, 3 Or 4 Days Per Week

This document gives you three simple gym structures based on the number of strength-training days you can realistically commit to each week.

Choose one structure.

Follow it consistently.

Track your weights and reps.

Progress over time.

Do not change exercises every week. Get good at the movements first.

Note: These are standard workout plans. Feel free to adapt one of them to your goals, equipment, schedule and limitations using the **Personal Trainer Chat**.

HOW TO USE THESE WORKOUTS

Working Sets

The sets shown below are **working sets**, after any warm-up sets you may need.

For most exercises:

- **2 strong working sets**
- Work hard, but keep the reps clean
- Stop before form breaks down or joint pain increases

For some main exercises, you may later add a third set if you recover well and specifically want more volume.

Rep Ranges

For most main exercises:

- **6–12 reps**

For smaller isolation exercises, such as lateral raises, curls, triceps or calves:

- **10–20 reps**

For abs:

- **Controlled reps or timed holds**, depending on the exercise

Rest Between Sets

- Main exercises: **approximately 2 minutes**
- Smaller isolation exercises: **60–90 seconds**
- Add more rest if you need it to keep technique clean

Progressive Overload

Track:

- exercise
- weight used
- reps completed
- useful notes on technique or pain

When you can reach the top of the rep range with clean form and good control, increase the weight slightly.

Do not add weight if form is getting worse or pain is increasing.

If An Exercise Hurts

Do not force it.

Try:

- reducing the weight
- slowing down the movement
- reducing the range of motion
- checking your technique
- using a different variation
- switching to a machine or supported option

Use the Personal Trainer Chat to adapt exercises to your body, equipment and limitations.

CHOOSE YOUR WEEKLY STRUCTURE

Available Gym Days	Recommended Structure	Best For
2 days per week	Full Body A / Full Body B	Minimum weekly commitment while still training the full body consistently
3 days per week	Push / Pull / Legs	Classic focused sessions with clear muscle-group structure
4 days per week	Upper A / Lower A / Upper B / Lower B	More training days with well-distributed, manageable sessions

OPTION 1 — 2 DAYS PER WEEK

FULL BODY A / FULL BODY B

This is the best option if you only want to commit to two strength-training sessions per week.

Each workout trains the major areas of the body.

Weekly Schedule

Day	Workout
Monday	Full Body A
Thursday	Full Body B

The days can change. Keep at least one or two recovery days between the two sessions when possible.

FULL BODY A

Exercise	Working Sets	Rep Range
Leg Press or Bulgarian Split Squat	2	6–12
Bench Press or Dumbbell Bench Press	2	6–12
Lat Pulldown or Assisted Pull-Up	2	6–12
Romanian Deadlift	2	6–12
Lateral Raise	2	10–20
Optional: Biceps Curl or Triceps Extension	2	10–15

Main Focus

- legs
 - chest
 - back
 - posterior chain
 - shoulders
 - optional arms
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FULL BODY B

Exercise	Working Sets	Rep Range
Squat Variation or Leg Press	2	6–12
Incline Dumbbell Press	2	6–12
Seated Cable Row or Chest-Supported Row	2	6–12
Hip Thrust or Hamstring Curl	2	8–12
Controlled Shoulder Press or Lateral Raise	2	8–15
Optional: Abs Exercise	2	Controlled reps

Main Focus

- legs
- upper chest
- back
- glutes / hamstrings
- shoulders
- optional core

Estimated Session Time

Approximately **35–50 minutes**, depending on rest time, warm-up sets and whether you include the optional final exercise.

OPTION 2 — 3 DAYS PER WEEK

PUSH / PULL / LEGS

This is the classic simple split.

Each session has one clear focus, which makes the workouts easy to understand and easy to follow.

Weekly Schedule

Day	Workout
Monday	Push
Wednesday	Pull
Friday	Legs + Abs

The days can change. Try to leave recovery time between sessions when possible.

DAY 1 — PUSH

Chest, Shoulders And Triceps

Exercise	Working Sets	Rep Range
Bench Press or Dumbbell Bench Press	2	6–12
Incline Dumbbell Press	2	6–12
Lateral Raise or Controlled Shoulder Press	2	10–20 / 6–12
Triceps Pushdown or Assisted Dip	2	10–15

Main Focus

- chest
 - shoulders
 - triceps
-

DAY 2 — PULL

Back And Biceps

Exercise	Working Sets	Rep Range
Chin-Up, Assisted Chin-Up or Lat Pulldown	2	6–12
Pull-Up, Assisted Pull-Up or Second Pulldown Variation	2	6–12

Exercise	Working Sets	Rep Range
Seated Cable Row or Chest-Supported Row	2	6–12
Dumbbell Curl or Incline Dumbbell Curl	2	8–15

Main Focus

- lats
- upper back
- biceps

DAY 3 — LEGS + ABS

Lower Body And Core

Exercise	Working Sets	Rep Range
Bulgarian Split Squat, Squat or Leg Press	2	6–12
Romanian Deadlift or Deadlift Variation	2	6–12
Leg Curl or Hip Thrust	2	8–15
Calf Raise	2	10–20
Abs Exercise	2	Controlled reps

Main Focus

- quadriceps
- glutes
- hamstrings
- calves
- core

Estimated Session Time

Approximately:

- **Push:** 20–30 minutes
- **Pull:** 25–35 minutes
- **Legs + Abs:** 25–40 minutes

Optional Shorter-Session Version

If you enjoy the Push / Pull / Legs structure but later want even shorter sessions, the same weekly work can be distributed over more days.

For example, you can move a small part of the Pull or Push session into a separate short session, such as shoulders, rows or abs.

The goal is not automatically to do more.

The goal is simply to distribute the work in a way that fits your schedule and keeps the sessions short and focused.

Use the Personal Trainer Chat to adapt the structure properly.

OPTION 3 — 4 DAYS PER WEEK

UPPER A / LOWER A / UPPER B / LOWER B

This structure spreads strength training over four manageable sessions.

Upper A and Upper B are not identical workouts. Lower A and Lower B are not identical workouts. The structure repeats the body-area focus, while the exercises and emphasis change.

Weekly Schedule

Day	Workout
Monday	Upper A
Tuesday	Lower A
Thursday	Upper B
Friday or Saturday	Lower B

DAY 1 — UPPER A

Chest And Back Focus

Exercise	Working Sets	Rep Range
Bench Press or Dumbbell Bench Press	2	6–12
Lat Pulldown or Assisted Pull-Up	2	6–12
Incline Dumbbell Press	2	6–12
Seated Cable Row or Chest-Supported Row	2	6–12
Optional: Triceps Extension	2	10–15

Main Focus

- chest
 - upper chest
 - back
 - optional triceps
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DAY 2 — LOWER A

Quadriceps And Posterior Chain

Exercise	Working Sets	Rep Range
Bulgarian Split Squat or Leg Press	2	6–12
Romanian Deadlift	2	6–12
Calf Raise	2	10–20
Optional: Abs Exercise	2	Controlled reps

Main Focus

- quadriceps
 - glutes
 - hamstrings
 - calves
 - optional core
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DAY 3 — UPPER B

Shoulders, Back And Arms Focus

Exercise	Working Sets	Rep Range
Chin-Up, Assisted Chin-Up or Lat Pulldown	2	6–12
Controlled Shoulder Press or Lateral Raise	2	6–12 / 10–20
Chest-Supported Row or Cable Row	2	6–12
Dumbbell Curl	2	8–15
Optional: Assisted Dip or Triceps Pushdown	2	8–15

Main Focus

- back
 - shoulders
 - biceps
 - optional triceps
-

DAY 4 — LOWER B

Legs, Glutes And Core

Exercise	Working Sets	Rep Range
Squat Variation or Leg Press	2	6–12

Exercise	Working Sets	Rep Range
Hip Thrust or Leg Curl	2	8–15
Walking Lunge or Bulgarian Split Squat	2	8–12
Abs Exercise	2	Controlled reps
Optional: Calf Raise	2	10–20

Main Focus

- quadriceps
- glutes
- hamstrings
- core
- optional calves

Estimated Session Time

Approximately **25–40 minutes per session**, depending on rest time, warm-up sets and optional exercises.

EXERCISE SUBSTITUTIONS

Choose exercises according to your body, experience and available equipment.

Movement Type	Main Option	Alternative Options
Horizontal Chest Press	Bench Press	Dumbbell Press, Chest Press Machine, Push-Up
Incline Chest Press	Incline Dumbbell Press	Incline Barbell Press, Incline Machine Press
Vertical Pull	Pull-Up / Chin-Up	Assisted Pull-Up, Lat Pulldown
Horizontal Pull	Chest-Supported Row	Cable Row, Dumbbell Row, Machine Row
Knee-Dominant Leg Exercise	Bulgarian Split Squat	Squat, Leg Press, Walking Lunge
Hip Hinge	Romanian Deadlift	Deadlift Variation, Hip Thrust, Back Extension
Shoulder Exercise	Lateral Raise	Controlled Shoulder Press, Cable Lateral Raise
Triceps Exercise	Triceps Pushdown	Assisted Dip, Overhead Extension
Biceps Exercise	Dumbbell Curl	Incline Curl, Cable Curl
Core Exercise	Leg Raise	Cable Crunch, Plank Variation, Weighted Crunch

Do not replace exercises randomly because a new variation looks exciting.

Choose the version that feels stable, learn it properly, and track progression.

FINAL INSTRUCTIONS

Choose the plan that matches the number of strength-training days you can realistically sustain:

- **2 days:** Full Body A / Full Body B
- **3 days:** Push / Pull / Legs
- **4 days:** Upper A / Lower A / Upper B / Lower B

Before each session, warm up properly and use the mobility work when needed.

During each session:

- train hard but clean
- stop before form breaks down
- do not grind through joint pain
- record your weights and reps
- progress gradually

Your starting plan does not need to be complicated.

It needs to be clear enough to follow, short enough to sustain, and structured enough to improve over time.

For personalised adjustments, equipment substitutions, pain-related modifications or progression support, use the **Personal Trainer Chat**.

Less pain. More gain.
