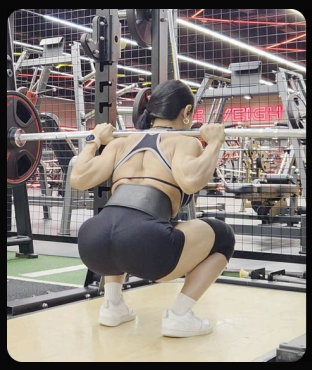
TRAIN WITH LEV

FREE PROGRAM · PUSH, PULL, REPEAT

# PUSH DAY

DAY 1 OF 3

Legs and chest in one session.
Easier options included.





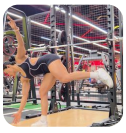
Day 1 of a 3-day program. You train each muscle twice a week. Pick weights that fit your level.

| FOCUS | FREQUENCY | LEVEL |
|---|---|---|
| **Legs + chest** | **Each muscle 2x a week** | **Easier options included** |

## THE 3-DAY LOOP

1. **Push** — Day 1 • You are here
2. **Pull** — Day 2
3. **Accessories** — Day 3
4. **Repeat** — Then start again from day 1.

## 1 MOBILITY

| EXERCISE | SETS AND REPS | EASIER OPTION |
|---|---|---|
|  **Stick mobility (8 moves below)** | 1-2 sets × 10-12 reps each | 1 set, smaller range |
|  **Hip airplanes** | 1-2 sets × 10-12 reps per side | Hold a rack or wall |

**The 8 stick moves:** front-to-back rotations, front rotations, side-to-side rotations, hip twists, side twists, bent-over hip rotations, overhead squats, overhead shoulder retractions.

## 2 CORE WARM-UP

| EXERCISE | SETS AND REPS | EASIER OPTION |
|---|---|---|
|  **Decline sit-ups (weighted)** | 3 sets × 12 reps | Bodyweight, flat bench |
|  **Standing Russian twists (weighted)** | 3 sets × 24 reps | No plate, or a lighter one |
|  **Hanging leg raises** | 3 sets × 10 reps | Hanging knee raises |

## 3 LOWER BODY PUSH (QUADS)

| EXERCISE | SETS AND REPS | EASIER OPTION |
|---|---|---|
|  **Back squat** | 6 sets × 5 reps, build up to a heavy top set | Goblet squat |
|  **Cyclist front squat (heels raised)** | 3 sets × 8-12 reps | Goblet squat, heels on a plate |
|  **Sumo squat** | 3 sets × 8-12 reps | Dumbbell sumo squat |
|  **Bulgarian split squat (deficit, Smith)** | 4 sets × 8-12 reps per side | Split squat, both feet on the floor |
|  **Leg press (middle stance)** | 4 sets × 10-12 reps | Lighter, 3 sets |
|  **Leg extensions** | 4 sets × 15 to 10 reps | Lighter, 3 sets |

## 4 UPPER BODY PUSH (CHESTS)

| EXERCISE | SETS AND REPS | EASIER OPTION |
|---|---|---|
|  **Flat bench press** | 3 sets × 8-12 reps | Dumbbell bench press |
|  **Push-ups (right after bench)** | 1 set × 6+ reps | Incline push-ups |
|  **Incline bench press** | 3 sets × 8-12 reps | Incline dumbbell press |

## SUPERSETS (OPTIONAL)

Have energy? Do each pair back to back. If not, do them one at a time.

PAIR 1
**Back squat + decline sit-ups**

PAIR 2
**Front squat + hanging leg raises**

PAIR 3
**Sumo squat + Russian twists**

## COACHING NOTES

- Squat first, while you're fresh.
- Bench: a plate under your feet helps your arch.
- Overhead pressing is on another day.
- Total time: about 1 h 35 min.

## WHY TWICE A WEEK

**01**

Once a week: every session has to be extra hard.

**02**

Miss one, and next week feels like starting over.

**03**

Twice a week: steady progress, less pressure.



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