



ENDOMORPH WORKOUT PLAN PDF

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OPTION 1: 1 Week A/B Format

	Exercise	Muscles	Equipment Options	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day A	Chest Press	Pecs, Anterior Delts, Triceps	Dumbbells, Chest Press Machine, Smith Machine Flat	15 to 20	10 to 12	8 to 10	8 to 10
	High Incline Chest Press	Anterior Delts, Pecs, Triceps	Dumbbells, Chest Press Machine, Smith Machine w/ Incline Bench	15 to 20	10 to 12	8 to 10	8 to 10
	Close Grip Chest Press	Pecs, Triceps, Anterior Delts	Smith Machine, Flat	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Crossover or Decline Cable Press, Bilateral or Single Side, kneeling	Pecs	Cable Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Front Raises	Anterior Delts	Dumbbells, or Cable Machine, single-side	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Triceps Extensions, Attachment of Choice	Triceps	EZ Curl, V-bar, Rope, or Stirrup Handles	15 to 20	10 to 12	8 to 10	8 to 10
Day 2: Pull Day A	Dumbbell Hammer Curls or Palms-up Curls	Biceps, Brachialis, Brachioradialis	Dumbbells, Cable Machine with Rope or Handle	15 to 20	10 to 12	8 to 10	8 to 10
	Lat Pulldowns	Lats, Teres Major, Mid/Lower Traps	Cable Machine, or Lat Pulldown Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Seated Row	Mid/Lower Traps, Lats, Rear Delts, Erectors	Dumbbells, Seated Cable Row Machine, or Chest-Supported Seated Row Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Shrugs	Upper Traps	Dumbbells, or Smith Machine	15 to 20	10 to 12	10 to 12	10 to 12
	Chest Supported Prone Reverse DB Flyes	Posterior Delts, Teres Major, Lats	Dumbbells and Incline Bench	15 to 20	10 to 12	8 to 10	8 to 10
Day 3: Leg Day A	Heel Elevated Squats	Quads	Dumbbells or Smith Machine**	15 to 20	10 to 12	8 to 10	8 to 10
	Leg Extensions	Quads (adds Rectus Femoris)	Leg Extension Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Dumbbell Romanian Deadlifts (RDLs), or Single-Leg B-Stance RDLs	Quads, Glutes, Adductors	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	Hip Extensions	Glutes	Cable Machine (with ankle cuff), or Kick-Back Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Seated Leg Curls	Hamstrings	Seated Leg Curl Machine	15 to 20	10 to 15	10 to 12	8 to 10
	LISS, High Intensity Interval**	Cardio-pulmonary, metabolism	Exercise Bike	15 minutes LISS	1 minute all-out	15 minutes LISS	1 minute all-out
	Calf Raises	Calves	Dumbbells from a Step, Leg Press, or Calf Press Machine	15 to 20	15 to 20	15 to 20	15 to 20
Day 4: Push Day B	DB Pullovers	Pecs (sterno-costal division)	Single Dumbbell	15 to 20	10 to 12	8 to 10	8 to 10
	Low-High Cable Flyes, Single or Two-arm	Pecs (sterno-clavicular division)	Dumbbells, High Incline Press Machine, Smith Machine (Adjustable Bench Setting 5 or 6)	15 to 20	10 to 12	8 to 10	8 to 10
	High-Low Cable Flyes, Single-Side	Pecs	Cable Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Lateral Raises	Middle Delts	Cable Machine, Dumbbell, or Shoulder Fly Machine	15 to 20	10 to 12	8 to 10	8 to 10

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	Cable Triceps Extensions	Triceps	EZ Curl, V-bar, Rope, or Stirrup Handles	15 to 20	10 to 12	8 to 10	8 to 10
Day 5: Pull Day B	Biceps Curls	Biceps, Brachialis, Brachioradialis	Bicep Curl Machine, Cable Machine (single-side), or Fixed Weight Barbell (straight or EZ Curl)	15 to 20	10 to 12	8 to 10	8 to 10
	Machine Pull-downs, or Pull-ups with BW or Machine-assisted	Lats, Teres Major, Mid/Lower Traps	Cable or Selectable Pull-down machine. For Pull-ups, Bodyweight, or Assisted Pull-Up Machine	10 to 12	10 to 12	8 to 10	8 to 10
	Motorcycle Rows	Mid/Lower Traps, Lats, Teres Major	Cable Machine, EZ Curl or Straight Bar Attachment	10 to 12	10 to 12	10 to 12	10 to 12
	Barbell Plate Raises, Or Dumbbell "I" Raises	Mid/Lower Traps, Delts	Barbell Plate, or Dumbbells	15 to 20	10 to 12	10 to 12	10 to 12
	Kelso Shrugs	Upper Traps	Dumbbells and Incline Bench	15 to 20	10 to 12	10 to 12	10 to 12
	Reverse Flyes	Posterior Delts	Reverse Fly Machine, Cable Machine, or Dumbbells lying prone on incline bench	15 to 20	10 to 12	8 to 10	8 to 10
Day 6: Leg Day B	Goblet Squats	Quads	Bodyweight or holding weight plate, or Cable Machine with EZCurl Attachment	15 to 20	10 to 12	8 to 10	8 to 10
	Leg Extensions	Quads (adds Rectus Femoris)	Leg Extension Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Hip Abductions	Glutes (glute medius bias)	Cable Machine w/ Ankle Cuff, or Hip Abduction Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Seated Leg Curls	Hamstrings	Seated Leg Curl Machine	15 to 20	10 to 15	10 to 12	8 to 10
	Calf Raises	Calves (Soleus, Gastrocnemius)	Dumbbells from a Step, Leg Press, or Calf Press Machine	15 to 20	15 to 20	15 to 20	15 to 20
	Tibialis Anterior Raises	Hamstrings, Erectors, Adductors	Bodyweight	20	20	20	
	LISS**		Treadmill or Exercise Bike	45 minutes LISS			
Day 7	REST						

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OPTION 2: 2 Week A/B Format

Week 1: A Exercises

	Exercise	Muscles	Equipment Options	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day A	Chest Press	Pecs, Anterior Delts, Triceps	Dumbbells, Chest Press Machine, Smith Machine Flat	15 to 20	10 to 12	8 to 10	8 to 10
	High Incline Chest Press	Anterior Delts, Pecs, Triceps	Dumbbells, Chest Press Machine, Smith Machine w/ Incline Bench	15 to 20	10 to 12	8 to 10	8 to 10
	Close Grip Chest Press	Pecs, Triceps, Anterior Delts	Smith Machine, Flat	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Crossover or Decline Cable Press, Bilateral or Single Side, kneeling	Pecs	Cable Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Front Raises	Anterior Delts	Dumbbells, or Cable Machine, single-side	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Triceps Extensions, Attachment of Choice	Triceps	EZ Curl, V-bar, Rope, or Stirrup Handles	15 to 20	10 to 12	8 to 10	8 to 10
Day 2	REST						
Day 3: Pull Day A	Dumbbell Hammer Curls or Palms-up Curls	Biceps, Brachialis, Brachioradialis	Dumbbells, Cable Machine with Rope or Handle	15 to 20	10 to 12	8 to 10	8 to 10
	Lat Pulldowns	Lats, Teres Major, Mid/Lower Traps	Cable Machine, or Lat Pulldown Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Seated Row	Mid/Lower Traps, Lats, Rear Delts, Erectors	Dumbbells, Seated Cable Row Machine, or Chest-Supported Seated Row Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Shrugs	Upper Traps	Dumbbells, or Smith Machine	15 to 20	10 to 12	10 to 12	10 to 12
	Chest Supported Prone Reverse DB Flyes	Posterior Delts, Teres Major, Lats	Dumbbells and Incline Bench	15 to 20	10 to 12	8 to 10	8 to 10
Day 4	REST						
Day 5: Leg Day A	Heel Elevated Squats	Quads	Dumbbells or Smith Machine**	15 to 20	10 to 12	8 to 10	8 to 10
	Leg Extensions	Quads (adds Rectus Femoris)	Leg Extension Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Dumbbell Romanian Deadlifts (RDLs), or Single-Leg B-Stance RDLs	Quads, Glutes, Adductors	Dumbbells	15 to 20	10 to 12	8 to 10	8 to 10
	Hip Extensions	Glutes	Cable Machine (with ankle cuff), or Kick-Back Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Seated Leg Curls	Hamstrings	Seated Leg Curl Machine	15 to 20	10 to 15	10 to 12	8 to 10
	LISS, High Intensity Interval**	Cardio-pulmonary, metabolism	Exercise Bike	15 minutes LISS	1 minute all-out	15 minutes LISS	1 minute all-out
	Calf Raises	Calves	Dumbbells from a Step, Leg Press, or Calf Press Machine	15 to 20	15 to 20	15 to 20	15 to 20
Day 6	REST						
Day 7	REST						

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Week 2: B Exercises

Day 1: Push Day B	DB Pullovers	Pecs (sterno-costal division)	Single Dumbbell	15 to 20	10 to 12	8 to 10	8 to 10
	Low-High Cable Flyes, Single or Two-arm	Pecs (sterno-clavicular division)	Dumbbells, High Incline Press Machine, Smith Machine (Adjustable Bench Setting 5 or 6)	15 to 20	10 to 12	8 to 10	8 to 10
	High-Low Cable Flyes, Single-Side	Pecs	Cable Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Lateral Raises	Middle Delts	Cable Machine, Dumbbell, or Shoulder Fly Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Cable Triceps Extensions	Triceps	EZ Curl, V-bar, Rope, or Stirrup Handles	15 to 20	10 to 12	8 to 10	8 to 10
Day 2	REST						
Day 3: Pull Day B	Biceps Curls	Biceps, Brachialis, Brachioradialis	Bicep Curl Machine, Cable Machine (single-side), or Fixed Weight Barbell (straight or EZ Curl)	15 to 20	10 to 12	8 to 10	8 to 10
	Machine Pull-downs, or Pull-ups with BW or Machine-assisted	Lats, Teres Major, Mid/Lower Traps	Cable or Selectable Pull-down machine. For Pull-ups, Bodyweight, or Assisted Pull-Up Machine	10 to 12	10 to 12	8 to 10	8 to 10
	Motorcycle Rows	Mid/Lower Traps, Lats, Teres Major	Cable Machine, EZ Curl or Straight Bar Attachment	10 to 12	10 to 12	10 to 12	10 to 12
	Barbell Plate Raises, Or Dumbbell "I" Raises	Mid/Lower Traps, Delts	Barbell Plate, or Dumbbells	15 to 20	10 to 12	10 to 12	10 to 12
	Kelso Shrugs	Upper Traps	Dumbbells and Incline Bench	15 to 20	10 to 12	10 to 12	10 to 12
	Reverse Flyes	Posterior Delts	Reverse Fly Machine, Cable Machine, or Dumbbells lying prone on incline bench	15 to 20	10 to 12	8 to 10	8 to 10
Day 4	REST						
Day 5: Leg Day B	Goblet Squats	Quads	Bodyweight or holding weight plate, or Cable Machine with EZCurl Attachment	15 to 20	10 to 12	8 to 10	8 to 10
	Leg Extensions	Quads (adds Rectus Femoris)	Leg Extension Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Hip Abductions	Glutes (glute medius bias)	Cable Machine w/ Ankle Cuff, or Hip Abduction Machine	15 to 20	10 to 12	8 to 10	8 to 10
	Seated Leg Curls	Hamstrings	Seated Leg Curl Machine	15 to 20	10 to 15	10 to 12	8 to 10
	Calf Raises	Calves (Soleus, Gastrocnemius)	Dumbbells from a Step, Leg Press, or Calf Press Machine	15 to 20	15 to 20	15 to 20	15 to 20
	Tibialis Anterior Raises	Hamstrings, Erectors, Adductors	Bodyweight	20	20	20	
	LISS**		Treadmill or Exercise Bike	45 minutes LISS			
Day 6	REST						
Day 7	REST						

Application Notes:

- Warm up with a few light sets of the exercise you'll be doing before performing your working sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Three minutes of rest time for the upper body. One to two minutes for Legs and Arms.
- Progressive overload always applies. Once the suggested rep range becomes easy, increase the resistance.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Select the equipment that allows you to get maximal load on the muscle. This does *not* mean "hardest". Pick the equipment that allows you to apply the most intense effort using good stable form.

NOTES:

- **At your discretion, you can do cardio on Push Days or Pull Days instead of Leg Day.

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Disclaimer: The information contained in this guide is provided for general informational and educational purposes only and is not a substitute for professional advice or treatment. While the exercises in this endomorph workout plan are crafted with the endomorphic body type in mind, they may not be suitable for all individuals. Every body is unique, and results can vary. If you have any health concerns, medical conditions, or if you are unfamiliar with the exercises, please consult with a healthcare or fitness professional before beginning this or any new exercise program. Always prioritize your safety by listening to your body and performing exercises at a pace and intensity that is comfortable for you. Should you experience pain, discomfort, or any adverse reactions while exercising, stop immediately and seek medical attention if necessary. Safety and adherence to your own body's limits should always be your paramount concern when exercising.