

8 WEEK TRAINING PROGRAM

— Lift and Live Series • With Tefo Fitness



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By choosing to participate in this program, you acknowledge that you are doing so voluntarily and at your own risk. You are responsible for selecting exercises, resistance levels, equipment, and modifications appropriate for your abilities and condition. Stop exercising and seek appropriate medical attention if you experience pain, dizziness, chest pain, unusual shortness of breath, faintness, or other concerning symptoms.

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THIS PROGRAM:

This training program is designed to help you put **some serious muscle mass on**. It's a structured system that can be run for an **extended period of time** and will consistently yield results. If you want to take your training to the **next level**, don't think twice!

INSTRUCTIONS:

Exercises marked with an asterisk (*) follow this periodized rep scheme:

WEEK 1: 5 working sets of 5 repetitions with RPE of 8–9. Focus on explosive concentric power.

WEEK 2: 4 working sets of 8 repetitions with RPE of 9. Controlled eccentric tempo.

WEEK 3: 3 working sets of 10 repetitions. High mechanical tension and metabolic stress.

WEEKS 4–7: Once you complete the first 3 weeks, repeat the scheme with heavier load: **Week 4 (5×5), Week 5 (4×8), Week 6 (3×10), Week 7 (Peak).**

WEEK 8: Deload protocol (Reduce volume by 50% if fatigue accumulates).

DAY 1: UPPER

DAY 2: LOWER

DAY 3: UPPER

DAY 4: LOWER

DAY 5: ACCESSORY

DAY 6: REST

DAY 7: REST

PROGRESSION SCHEME

- **Week 1:** 5×5 Main Lifts
- **Week 2:** 4×8 Main Lifts
- **Week 3:** 3×10–12 Main Lifts
- **Week 8:** Deload (if needed)

DAY 1

— UPPER BODY



1.	*Low Incline bench press* (Follow weekly progression)
2.	*T row* (Follow weekly progression)
3.	*Machine Shoulder press* (Follow weekly progression)
4.	Lateral raise 4 sets x 12–15 reps
5a.	Dips 2x AMRAP
5b.	Pull ups 2x AMRAP
6a.	Tricep cable push-down 3× 12, 10, 8 (Pyramid)
6b.	Bicep preacher curls 3× 12, 10, 8 (Pyramid)
7.	Low to high fly / Pec deck 2×12 (Drop set on final set)

DAY 2

— LOWER BODY



1a.	Calf raises 4×15
1b.	Laying down leg curl 4×10
2.	*Leg press* (Follow weekly progression)
3.	Hack squat 4×8 (Drop set last set)
4.	Glute bridges 3×12
5.	Leg extension 3×15
6.	Jumping lunges 3× 6–10 (per leg)

DAY 3

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HYPERTROPHY



1a.	Cable pull over 2×15	5a.	Arnold press 4×12
1b.	Chest fly 2×15	5b.	Lateral raises 4× 12–15
2.	Forgotten row 4×8	6a.	Cable Face pull 3× 10–15
3a.	High Incline chest press 4×8	6b.	Cable Tricep overhead ext. 3× 10–15
3b.	Push ups AMRAP	6c.	Cable Hammer curl 3× 10–15
4.	High row 3×12		

DAY 4

— POSTERIOR CHAIN



1.	Bulgarian split squat (Drop set last 2 sets) 4×10
2.	Hack squat 3×12
3.	Romanian deadlift 4× 10–12
4.	Back extension 3×12
5a.	Leg raises 3×15
5b.	Calf raises 3×15
6.	Seated leg curl 3×15

DAY 5

— ARMS & DELTS



1a.	Dumbbell on an Incline bench curl 4×8
1b.	Dumbbell Skull crushers 4×8
2a.	Y raise on an Incline bench 3×12
2b.	Face pulls 3×12
3a.	Hammer curls 3×10
3b.	Close grip push ups 3×10
4.	Calf raises 5×10