

# DR. DESTRUCTION

## ✨ AESTHETIC PUSH PULL LEGS PLAN ✨

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DURATION	COMPOUNDS REST	ISOLATIONS REST	PROGRAM PHASE
60-75 Mins	90 Seconds	45-60 Seconds	4-8 Weeks

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### PUSH DAY (CHEST, SHOULDERS & TRICEPS)

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EXERCISE	SETS × REPS	REST INTERVAL
Incline Dumbbell Press	4 Sets × 8-12 Reps	90 Sec (Compound)
Incline Dumbbell Press & Fly Superset	3 Sets × 10-12 Reps	45-60 Sec (Isolation)
Cable Fly	3 Sets × 12-15 Reps	45-60 Sec (Isolation)
Cable Lateral Raises	4 Sets × 12-15 Reps	45-60 Sec (Isolation)
Single Arm Cable Lateral Raises	3 Sets × 12-15 Reps	45-60 Sec (Isolation)
Rope Pushdown	3 Sets × 12-15 Reps	45-60 Sec (Isolation)
Overhead Rope Extension	3 Sets × 12-15 Reps	45-60 Sec (Isolation)

### PULL DAY (BACK, BICEPS & FOREARMS)

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EXERCISE	SETS × REPS	REST INTERVAL
Wide Grip Lat Pulldown	4 Sets × 8-12 Reps	90 Sec (Compound)
Single Arm Lat Pulldown	3 Sets × 10-12 Reps	90 Sec (Compound)
Straight Arm Pulldown	3 Sets × 12-15 Reps	45-60 Sec (Isolation)
Chest Supported Row	4 Sets × 10-12 Reps	90 Sec (Compound)
Spider Curl	3 Sets × 12-15 Reps	45-60 Sec (Isolation)
Incline Curl	3 Sets × 12-15 Reps	45-60 Sec (Isolation)

## LEGS DAY (THIGHS & CALVES)

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EXERCISE	SETS × REPS	REST INTERVAL
Bench Squat	4 Sets × 8-12 Reps	90 Sec (Compound)
Wide Stance Leg Press	3 Sets × 10-12 Reps	90 Sec (Compound)
Close Stance Leg Press	3 Sets × 12 Reps	90 Sec (Compound)
Single Leg Extension	3 Sets × 15 Reps	45-60 Sec (Isolation)
Weighted Lunges	3 Sets × 12 Steps Each Leg	90 Sec (Compound)
Calf Raises	4 Sets × 15-20 Reps	45-60 Sec (Isolation)

### KEEP IN MIND

- **Muscle Pump:** Mind-muscle connection over heavy ego weights.
- **Control Reps:** Slow negatives, full control on every phase.
- **Aesthetic Focus:** Heavy emphasis on upper chest, side delts & lats.
- **Full Stretch:** Maximize range of motion on every isolated line.
- **Train Close to Failure:** High-quality intensity to trigger muscle growth.

### UNIVERSAL RULES

- 5-10 Minutes Warm-Up before starting.
- 1-3 Warm-Up sets before hitting your working heavy sets.
- Hydration, solid nutrition, and 7-9 hours of sleep are mandatory.
- Track progression weekly and stick to the layout for 4-8 weeks.