

DR. DESTRUCTION

⚡ STRENGTH PUSH PULL LEGS PLAN ⚡

DURATION	MAIN LIFTS REST	COMPOUNDS REST	ISOLATIONS REST
60-90 Mins	3-5 Mins	2-3 Mins	60-90 Secs

PUSH DAY (HEAVY PRESS FOCUS)

EXERCISE	SETS × REPS	REST INTERVAL
Bench Press	5 Sets × 3-6 Reps	3-5 Min (Main Lift)
Incline Bench Press	4 Sets × 6-8 Reps	2-3 Min (Compound)
Dumbbell Shoulder Press	4 Sets × 6-8 Reps	2-3 Min (Compound)
Skull Crusher	3 Sets × 8-12 Reps	60-90 Sec (Isolation)

PULL DAY (POSTERIOR CHAIN & BACK STRENGTH)

EXERCISE	SETS × REPS	REST INTERVAL
Deadlift	5 Sets × 3-5 Reps	3-5 Min (Main Lift)
T-Bar Row	4 Sets × 6-8 Reps	2-3 Min (Compound)
Wide Grip Lat Pulldown	4 Sets × 6-8 Reps	2-3 Min (Compound)
EZ Bar Curl	3 Sets × 8-10 Reps	60-90 Sec (Isolation)
EZ Bar Reverse Curl	3 Sets × 10 Reps	60-90 Sec (Isolation)

LEGS DAY (SQUAT & LOWER BODY POWER)

EXERCISE	SETS × REPS	REST INTERVAL
Bench Squat	5 Sets × 5 Reps	3-5 Min (Main Lift)
Wide Stance Leg Press	4 Sets × 8 Reps	2-3 Min (Compound)
Weighted Lunges	3 Sets × 10 Steps Each Leg	2-3 Min (Compound)
Leg Extension	3 Sets × 12 Reps	60-90 Sec (Isolation)
Calf Raises	4 Sets × 15 Reps	60-90 Sec (Isolation)

KEEP IN MIND

- **Strength Progression:** Focus strictly on pushing numbers up safely.
- **Perfect Technique:** Heavy weights demand flawless structural form.
- **Don't Rush Rest:** Take full 3-5 mins to restore ATP/ nervous system.
- **Track Weights:** Log every single kilo to plan the next week.
- **Recovery Is Crucial:** Central Nervous System (CNS) needs deep rest.

UNIVERSAL RULES

- 5-10 Minutes Warm-Up before targeting heavy loading.
- 1-3 Warm-Up sets are mandatory before the first heavy exercise.
- Eat at maintenance/surplus and secure 7-9 hours of sleep.
- Stay fully hydrated and run this block consistently for 4-8 weeks.