

Manasbuild's

BUILT BLUEPRINT

YOUR FIVE-DAY TRAINING SPLIT

A clear structure for focused training. Five lifting days. Two rest days. One week you can repeat.

**TRAIN WITH INTENT.
BUILD YOUR STANDARD.**



THE SPLIT

Follow the seven-day sequence below. Days 4 and 7 are rest days.

01 **BACK THICKNESS**

02 **CHEST / PUMP TRICEPS**

03 **LEGS**

04 **REST**

05 **SHOULDERS / BACK WIDTH**

06 **ARMS**

07 **REST**

Sets are working sets. The base rep target is 8-10, except pull-ups marked AMRAP. AMRAP means as many repetitions as possible. Rest as needed between sets.

DAY 1

BACK THICKNESS

EXERCISE	SETS	REPS
Pull-ups	3	AMRAP
Machine or cable rows (mid back)	3	8-10
Unilateral underhand row	3	8-10
Chest-supported T-bar rows	3	8-10
Vertical pulldown	3	8-10
Weighted hyperextension	2	8-10

Pull-ups: use bodyweight. Choose a machine or cable row for the mid-back movement.

DAY 2

CHEST / PUMP TRICEPS

EXERCISE	SETS	REPS
Cable flyes	3	8-10
Slight decline dumbbell press	3	8-10
Incline press	3	8-10
Flat machine press	3	8-10
Incline stretch push-ups (toes on bench)	3	8-10
Rope extensions	5	8-10

For the incline stretch push-ups, keep your toes on a bench.

DAY 3

LEGS

EXERCISE	SETS	REPS
Leg extension	2	8-10
Leg press (high and wide)	2	8-10
Hack squat	2	8-10
Lying leg curl	3	8-10
Seated leg curl	2	8-10

This split focuses on thighs; calf training is not included. Day 4 is a rest day.

DAY 5

SHOULDERS / BACK WIDTH

EXERCISE	SETS	REPS
Overhead shoulder press	4	8-10
Dumbbell lateral raises	3	8-10
Cable front raises	3	8-10
Cable lateral raises	4	8-10
Pull-ups	3	AMRAP
Mid-grip pulldowns	3	8-10
Dumbbell or cable pullovers	3	8-10

DAY 6

ARMS

EXERCISE	SETS	REPS
Cable curls	4	8-10
Pushdowns	4	8-10
Barbell curls	3	8-10
Barbell or dumbbell skull crushers	3	8-10
Preacher curls	3	8-10
Dip machine	3	8-10
Overhead rope extensions	3	8-10
Hammer curls	3	8-10

Day 7 is a rest day. Then repeat the weekly sequence.

TRAINING NOTES

WARM UP & REST

Use 2-3 optional warm-up sets. Rest as long as needed between working sets. Keep sessions to a maximum of 90 minutes.

LOAD & EXECUTION

Use controlled technique. Emphasize an 8-10 rep focus, with load increasing across sets where appropriate. Match the load to your experience and ability to maintain form.

EQUIPMENT & FLEXIBILITY

Alternate between free weights and machines where appropriate. Exercise order and equipment can vary. Follow the set counts and weekly structure shown in this guide.

MAKE THE VOLUME WORK FOR YOU

This is a higher-volume routine. Record your performance and recovery. An individual coaching plan can adjust volume, exercise selection, and progression to your needs.

IMPORTANT CONTEXT

This training guide is general fitness information, not medical advice. Stop an exercise if it causes pain or unusual symptoms. Seek individualized guidance for injuries, health conditions, or exercise restrictions.

WANT A PLAN BUILT FOR YOU?

Personalized training, nutrition guidance, accountability, and progression monitoring with Manas Builds.