

Sheet1

Station	Exercise	Primary Muscles	Secondary Muscles	Movement Pattern	Required Accessories	Notes / Setup
Functional Cable	Standing Cable Row (single-arm)	Lats, mid-back	Biceps, rear delts	Horizontal Pull	D-handle	Set pulley at rib height; staggered stance.
Functional Cable	Seated Cable Row (bench-assisted)	Mid-back, lats	Biceps	Horizontal Pull	D-handles or straight bar; flat bench	Sit on bench, brace core, neutral spine.
Functional Cable	High-to-Low Row	Lats, lower traps	Rear delts	Diagonal Pull	D-handle	Pulley high; pull toward hip.
Functional Cable	Face Pull	Rear delts, mid/lower traps	Rotator cuff	Horizontal Pull	Rope	Pulley at face height; lead with elbows.
Functional Cable	Lat Pulldown (kneeling)	Lats	Biceps	Vertical Pull	Lat bar or rope	Kneel under pulley; keep torso upright.
Functional Cable	Straight-Arm Pulldown	Lats	Long head triceps	Accessory	Straight bar	Arms straight; hinge slightly; pull to thighs.
Functional Cable	Standing Chest Press (dual cable)	Chest	Anterior delts, triceps	Horizontal Push	D-handles (pair)	Pulley slightly above elbow height; split stance.
Functional Cable	Cable Fly (high/mid/low)	Chest	Anterior delts	Accessory	D-handles (pair)	Adjust pulley angles to bias chest regions.
Functional Cable	Overhead Press (single/dual)	Delts	Triceps, upper traps	Vertical Push	D-handles or straight bar	Brace glutes/abs; drive overhead.
Functional Cable	Incline Press (bench-assisted)	Upper chest	Delts, triceps	Horizontal Push	D-handles; adjustable bench	Bench 30–45°; press on arc path.
Functional Cable	Cable Pullover (lying/standing)	Lats	Serratus	Accessory	EZ bar or rope; bench optional	Keep arms semi-straight; ribs down.
Functional Cable	Triceps Pressdown	Triceps	Anconeus	Accessory	Rope/V-bar/straight bar	Elbows pinned; full lockout controlled.
Functional Cable	Overhead Triceps Extension	Triceps (long head)		Accessory	Rope	Elbows narrow; avoid spinal extension.
Functional Cable	Biceps Curl (single/dual)	Biceps	Brachialis, brachioradialis	Accessory	D-handles or straight bar	Supinated or neutral grips for bias.
Functional Cable	Reverse Curl	Brachioradialis	Forearms	Accessory	Straight bar	Pronated grip; elbows stationary.
Functional Cable	Lateral Raise	Medial delts	Supraspinatus	Accessory	D-handles	Single-arm; slight forward hinge.
Functional Cable	Rear Delt Fly	Rear delts	Mid traps	Accessory	D-handles	Cross cables or single-arm with torso support.
Functional Cable	Front Raise	Anterior delts		Accessory	D-handle	Lift to eye level; soft elbow.
Functional Cable	Pallof Press (anti-rotation)	Obliques	Transverse abdominis	Anti-Rotation	D-handle	Hold at sternum; press out without twisting.
Functional Cable	Cable Woodchop (high→low / low→high)	Obliques	Lats, delts	Rotation	Rope or D-handle	Pivot feet/hips; keep arms long.
Functional Cable	Cable Crunch (kneeling/standing)	Rectus abdominis	Obliques	Flexion	Rope	Hinge at ribs; avoid hip flexion dominance.
Functional Cable	Anti-Lateral Flexion Carry (offset)	Obliques	Q.L.	Anti-Lateral Flexion	Single D-handle	Walk with cable resisting side bend.
Functional Cable	Cable RDL (dual handle)	Hamstrings, glutes	Erectors	Hinge	D-handles or straight bar	Walk out to pre-load; hinge with neutral spine.
Functional Cable	Cable Squat (front-hold)	Quads, glutes	Core	Squat	Straight bar or rope	Counterbalance allows upright torso.
Functional Cable	Cable Hip Thrust (bench-assisted)	Glutes	Hamstrings	Hinge	Hip belt/strap; flat bench	Anchor low; pause at top.
Functional Cable	Cable Lunge (forward/reverse)	Quads, glutes	Hamstrings	Lunge	D-handle or belt	Light-mod load; maintain balance.
Functional Cable	Cable Adduction/Abduction	Adductors/abductors	Glute med/min	Accessory	Ankle cuff	Slow tempo; small ROM control.
Functional Cable	Hamstring Curl (standing)	Hamstrings		Accessory	Ankle cuff	Knee stays in line; controlled.
Smith Machine	Back Squat	Quads, glutes	Hamstrings	Squat	Smith bar + plates	Feet slightly forward to match bar path.

Station	Exercise	Primary Muscles	Secondary Muscles	Movement Pattern	Required Accessories	Notes / Setup
Smith Machine	Front Squat	Quads	Core	Squat	Smith bar + plates	Elbows high; upright torso.
Smith Machine	Bench Press (flat/incline/decline)	Chest	Delts, triceps	Horizontal Push	Adj. bench; plates	Bar locks aid safety; use safeties.
Smith Machine	Overhead Press (seated/standing)	Delts	Triceps	Vertical Push	Bench optional; plates	Brace and press under bar path.
Smith Machine	Romanian Deadlift	Hamstrings, glutes	Erectors	Hinge	Plates	Keep bar close; soft knees.
Smith Machine	Hip Thrust	Glutes	Hamstrings	Hinge	Hip pad/bench; plates	Set safeties at lockout height.
Smith Machine	Calf Raise	Gastrocnemius, soleus		Accessory	Step block; plates	Full stretch and squeeze.
Smith Machine	Split Squat / Lunge	Quads, glutes	Adductors	Lunge	Plates	Shorten stride for quad bias; long for glutes.
Smith Machine	Shrug	Upper traps	Forearms	Accessory	Plates	Controlled elevation; avoid roll.
Rack (Free Barbell)	Back Squat	Quads, glutes	Hamstrings	Squat	Olympic bar, plates, collars	Set safeties at just-below-bottom position.
Rack (Free Barbell)	Front Squat	Quads	Core	Squat	Olympic bar, plates	Front rack or cross-arm style.
Rack (Free Barbell)	Bench Press (flat/incline)	Chest	Delts, triceps	Horizontal Push	Adj. bench; bar; plates	Use safeties; 3 points of contact.
Rack (Free Barbell)	Overhead Press	Delts	Triceps	Vertical Push	Bar; plates	Stand tall; avoid lumbar overextension.
Rack (Free Barbell)	Rack Pulls / Pin Pulls	Back, glutes	Hamstrings	Hinge	Bar; plates	Set safeties at mid-shin to knee.
Rack (Free Barbell)	Barbell Row (pendlay or supported)	Mid-back, lats	Biceps	Horizontal Pull	Bar; plates; bench optional	Neutral spine; pause on chest/bench.
Rack (Free Barbell)	Good Morning (from pins)	Hamstrings, glutes	Erectors	Hinge	Bar; plates	Start light; build gradually.
Rack (Free Barbell)	Floor Press (inside rack)	Chest, triceps	Anterior delts	Horizontal Push	Bar; plates	Pins just above chest at bottom.
Rack (Free Barbell)	Z Press (seated floor press)	Delts	Core	Vertical Push	Bar; plates	Sit on floor; no back support.
Pull-up Station	Pull-up (pronated/supinated/neutral)	Lats, upper back	Biceps	Vertical Pull	—	Full hang to chin-over-bar; control swing.
Pull-up Station	Chest-to-Bar / Weighted Pull-up	Upper back	Biceps	Vertical Pull	Dip belt/plates	Add load once 8–10 reps bodyweight.
Pull-up Station	Hanging Knee/Leg Raise	Hip flexors, abs	Obliques	Core	—	Posterior tilt; avoid swinging.
Pull-up Station	Toes-to-Bar / L-Sit Hang	Abs, hip flexors	Lats	Core	—	Strict control; scalable with tuck.
Combo (Superset)	Smith Back Squat → Cable Row	Quads/glutes → Back		Squat + Pull	Smith; D-handle	Lower body + upper pull pairing.
Combo (Superset)	Cable Chest Fly → Smith Incline Press	Chest	Delts, triceps	Accessory + Push	D-handles; Smith	Pre-exhaust chest before press.
Combo (Triset)	Pallof Press → Split Squat → Face Pull	Core, legs, rear delts		Anti-rot + Lunge + Pull	D-handle; Smith optional	Minimal setup; 60–75s rounds.
Combo (Giant Set)	Lat Pulldown → Cable Row → Rear Delt Fly → Reverse Curl	Back, rear delts, forearms		Pull Cluster	Lat bar; rope; D-handles	Short rests 20–30s; accumulate volume.

Legend & Progression

Field	Meaning
Tempo	31X1 = 3s down, 1s pause, eXplosive up, 1s pause; 2111 = controlled cadence for hypertrophy
RPE Guide	Last 2 reps at RPE 7–8 unless noted; keep 1–3 reps in reserve
Cable Config	Format = <stacks> stacks @ <ratio>:1 (e.g., 2 stacks @ 2:1)
Percent Guide	Percent applies to max handle load for that config (single @2:1 max = 55 kg; dual @2:1 max = 110 kg; single @4:1 max = 27.5 kg)
Progression	When all sets hit top reps at target RPE, increase by the smallest increment next session

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01 Full-Body Novice (3d)

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Day 1	Goblet/Cable Squat (front-hold)	Functional Cable	3	10–12	3011	75–90s	1 stack @ 2:1	55% → 30.3 kg	Counterbalance allows upright torso
Day 1	Standing Cable Row (single-arm)	Functional Cable	3	10–12/side	2111	60–75s	1 stack @ 2:1	60% → 33.0 kg	
Day 1	Cable Chest Press (dual)	Functional Cable	3	10–12	2111	60–75s	1 stack @ 2:1	55% → 30.3 kg	
Day 1	Pallof Press	Functional Cable	3	12–15/side	1112	45–60s	1 stack @ 4:1	60% → 16.5 kg	Use 4:1 for fine increments
Day 1	Assisted Pull-up (band if needed)	Pull-up Station	3	AMRAP	x	90s	-	Plates to RPE 7–8	Aim 6–10 reps
Day 2	Smith Back Squat	Smith Machine	3	8–10	3011	90s	-	Plates to RPE 7–8	
Day 2	Lat Pulldown (kneeling)	Functional Cable	3	10–12	2111	60–75s	1 stack @ 2:1	60% → 33.0 kg	
Day 2	Cable Romanian Deadlift	Functional Cable	3	10–12	3111	75–90s	2 stacks @ 2:1	55% → 60.5 kg	Dual stacks for stronger hinge
Day 2	Cable Chest Fly (mid)	Functional Cable	2	12–15	2111	45–60s	1 stack @ 4:1	60% → 16.5 kg	
Day 3	Reverse Lunge (cable-assisted)	Functional Cable	3	8–10/leg	2111	60–75s	1 stack @ 2:1	50% → 27.5 kg	
Day 3	Overhead Press (seated cable)	Functional Cable	3	10–12	2111	60–75s	1 stack @ 2:1	50% → 27.5 kg	
Day 3	Face Pull	Functional Cable	3	12–15	2111	45–60s	1 stack @ 4:1	60% → 16.5 kg	
Day 3	Cable Crunch	Functional Cable	3	12–15	2111	45–60s	1 stack @ 4:1	55% → 15.1 kg	

02 Upper-Lower (4d)

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Upper A	Cable Bench Press (dual)	Functional Cable	4	8–10	21X1	90s	1 stack @ 2:1	65% → 35.8 kg	
Upper A	Lat Pulldown (kneeling)	Functional Cable	4	8–10	21X1	90s	1 stack @ 2:1	65% → 35.8 kg	
Upper A	Single-Arm Row	Functional Cable	3	10–12/side	2111	75s	1 stack @ 2:1	60% → 33.0 kg	
Upper A	Lateral Raise	Functional Cable	3	12–15	2011	60s	1 stack @ 4:1	60% → 16.5 kg	
Upper A	Triceps Pressdown	Functional Cable	3	10–12	21X1	60s	1 stack @ 2:1	60% → 33.0 kg	
Lower A	Smith Back Squat	Smith Machine	4	6–8	31X1	120s	-	Plates to RPE 7–8	
Lower A	Cable RDL (dual)	Functional Cable	3	8–10	31X1	90s	2 stacks @ 2:1	60% → 66.0 kg	
Lower A	Cable Split Squat	Functional Cable	3	8–10/leg	21X1	75s	1 stack @ 2:1	55% → 30.3 kg	
Upper B	Incline Cable Press	Functional Cable	4	8–10	21X1	90s	1 stack @ 2:1	65% → 35.8 kg	
Upper B	Seated Cable Row (bench)	Functional Cable	4	8–10	21X1	90s	2 stacks @ 2:1	60% → 66.0 kg	
Upper B	Face Pull	Functional Cable	3	12–15	2111	60s	1 stack @ 4:1	60% → 16.5 kg	
Upper B	Cable Curl	Functional Cable	3	10–12	21X1	60s	1 stack @ 2:1	60% → 33.0 kg	
Lower B	Smith Romanian Deadlift	Smith Machine	4	6–8	31X1	120s	-	Plates to RPE 7–8	
Lower B	Cable Front Squat (front-hold)	Functional Cable	3	8–10	31X1	90s	2 stacks @ 2:1	60% → 66.0 kg	
Lower B	Hip Thrust (Smith)	Smith Machine	3	8–12	21X1	90s	-	Plates to RPE 7–8	

03 P-P-L Hypertrophy (5d)

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Push	Cable Chest Press (dual)	Functional Cable	4	8–12	21X1	90s	1 stack @ 2:1	70% → 38.5 kg	
Push	Incline Fly (low→high)	Functional Cable	3	12–15	2111	60s	1 stack @ 4:1	60% → 16.5 kg	
Push	Overhead Press (seated cable)	Functional Cable	4	8–10	21X1	90s	1 stack @ 2:1	65% → 35.8 kg	
Push	Lateral Raise	Functional Cable	3	12–15	2011	60s	1 stack @ 4:1	65% → 17.9 kg	
Pull	Lat Pulldown	Functional Cable	4	8–12	21X1	90s	1 stack @ 2:1	70% → 38.5 kg	
Pull	Single-Arm Cable Row (supported)	Functional Cable	3	10–12/side	2111	75s	1 stack @ 2:1	65% → 35.8 kg	
Pull	Face Pull	Functional Cable	3	12–15	2111	60s	1 stack @ 4:1	60% → 16.5 kg	
Legs	Smith Back Squat	Smith Machine	5	5–8	31X1	120s	-	Plates to RPE 7–8	
Legs	Cable RDL (dual)	Functional Cable	4	8–10	31X1	90s	2 stacks @ 2:1	65% → 71.5 kg	
Legs	Cable Split Squat	Functional Cable	3	8–10/leg	21X1	75s	1 stack @ 2:1	60% → 33.0 kg	
Legs	Cable Calf Raise (belted)	Functional Cable	3	12–15	21X1	60s	2 stacks @ 2:1	60% → 66.0 kg	

04 Strength Bias (3d)

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Day 1	Smith Back Squat	Smith Machine	5	3–5	31X1	150s	-	Plates to RPE 7–8	RPE 8
Day 1	Seated Cable Row (dual)	Functional Cable	5	5–6	21X1	120s	2 stacks @ 2:1	75% → 82.5 kg	Heavy rows
Day 1	Cable Chest Press (dual)	Functional Cable	4	5–6	21X1	120s	2 stacks @ 2:1	70% → 77.0 kg	
Day 2	Smith Romanian Deadlift	Smith Machine	5	3–5	31X1	150s	-	Plates to RPE 7–8	RPE 8
Day 2	Lat Pulldown (single stack)	Functional Cable	5	5–6	21X1	120s	1 stack @ 2:1	75% → 41.2 kg	
Day 2	Overhead Press (seated cable)	Functional Cable	4	5–6	21X1	120s	1 stack @ 2:1	70% → 38.5 kg	
Day 3	Smith Bench Press	Smith Machine	5	3–5	31X1	150s	-	Plates to RPE 7–8	RPE 8
Day 3	Single-Arm Row (heavy)	Functional Cable	5	5–6/side	21X1	120s	1 stack @ 2:1	80% → 44.0 kg	
Day 3	Face Pull	Functional Cable	3	10–12	2111	60s	1 stack @ 4:1	60% → 16.5 kg	

05 Back+Delts Spec

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Session	Lat Pulldown	Functional Cable	4	8–12	21X1	90s	1 stack @ 2:1	70% → 38.5 kg	
Session	Seated Row (dual)	Functional Cable	4	8–10	21X1	90s	2 stacks @ 2:1	65% → 71.5 kg	
Session	Straight-Arm Pulldown	Functional Cable	3	12–15	2111	60s	1 stack @ 4:1	60% → 16.5 kg	
Session	Face Pull	Functional Cable	3	12–15	2111	60s	1 stack @ 4:1	65% → 17.9 kg	
Session	Lateral Raise	Functional Cable	4	12–15	2011	60s	1 stack @ 4:1	65% → 17.9 kg	
Session	Reverse Fly (rear delt)	Functional Cable	3	12–15	2011	60s	1 stack @ 4:1	60% → 16.5 kg	

06 Glutes+Legs Focus

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Day A	Smith Hip Thrust	Smith Machine	5	6–10	21X1	120s	-	Plates to RPE 7–8	
Day A	Cable RDL (dual)	Functional Cable	4	8–12	31X1	90s	2 stacks @ 2:1	70% → 77.0 kg	
Day A	Cable Split Squat	Functional Cable	4	8–10/leg	21X1	90s	1 stack @ 2:1	65% → 35.8 kg	
Day B	Smith Front Squat	Smith Machine	5	5–8	31X1	120s	-	Plates to RPE 7–8	
Day B	Cable Hip Abduction (ankle cuff)	Functional Cable	4	12–15/side	2111	60s	1 stack @ 4:1	60% → 16.5 kg	
Day B	Cable Hamstring Curl (standing)	Functional Cable	4	10–12/side	2111	60s	1 stack @ 4:1	65% → 17.9 kg	

07 Athletic Power+Core

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Day 1	High-to-Low Woodchop	Functional Cable	4	6–8/side	X1X1	90s	1 stack @ 4:1	70% → 19.2 kg	Explosive
Day 1	Low-to-High Lift	Functional Cable	4	6–8/side	X1X1	90s	1 stack @ 4:1	70% → 19.2 kg	Explosive
Day 1	Overhead Press (standing)	Functional Cable	4	5–8	X1X1	90s	1 stack @ 2:1	60% → 33.0 kg	Speed-focus
Day 1	Split Squat (DB or cable assist)	Functional Cable	3	6–8/leg	21X1	90s	1 stack @ 2:1	60% → 33.0 kg	
Day 2	Pallof Press (anti-rotation walkout)	Functional Cable	4	10–12/side	X1X1	60s	1 stack @ 4:1	60% → 16.5 kg	
Day 2	Cable RDL (dual)	Functional Cable	4	5–8	X1X1	120s	2 stacks @ 2:1	60% → 66.0 kg	Fast concentric
Day 2	Lat Pulldown (power sets)	Functional Cable	4	4–6	X1X1	120s	1 stack @ 2:1	70% → 38.5 kg	

08 Conditioning (EMOM-AMRAP)

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
EMOM 18'	Min 1: Cable Row (2:1)	Functional Cable	1	10–12	controlled	remainder rest	1 stack @ 2:1	60% → 33.0 kg	
EMOM 18'	Min 2: Push-up or Smith Press	Smith/Bodyweight	1	10–15	controlled	remainder rest	-	Plates to RPE 7–8	
EMOM 18'	Min 3: Cable Front Squat (4:1)	Functional Cable	1	12–15	controlled	remainder rest	1 stack @ 4:1	60% → 16.5 kg	
AMRAP 12'	Lat Pulldown → Face Pull → Pallof	Functional Cable	3	12 / 12 / 30s	steady	as needed	1 stack @ 4:1	60% → 16.5 kg	Cycle movements

09 Two■Person Circuits

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Pair A	Person 1: Smith Back Squat	Smith Machine	4	8–10	21X1	work/rest swap	-	Plates to RPE 7–8	
Pair A	Person 2: Cable Row (dual)	Functional Cable	4	10–12	21X1	work/rest swap	2 stacks @ 2:1	60% → 66.0 kg	
Pair B	Person 1: Cable Chest Press	Functional Cable	4	10–12	21X1	work/rest swap	1 stack @ 2:1	60% → 33.0 kg	
Pair B	Person 2: Pull-ups or Assisted	Pull-up Station	4	AMRAP	x	work/rest swap	-	Plates to RPE 7–8	
Pair C	Person 1: Split Squat (cable)	Functional Cable	3	10/leg	21X1	work/rest swap	1 stack @ 2:1	55% → 30.3 kg	
Pair C	Person 2: Face Pull (4:1)	Functional Cable	3	12–15	2111	work/rest swap	1 stack @ 4:1	60% → 16.5 kg	

10 Rehab - Return-to-Train

Session	Exercise	Station	Sets	Reps	Tempo	Rest	Cable Config	Suggested Handle Load	Notes
Session	Pallof Press (short hold)	Functional Cable	3	10 × 3–5s hold	1111	45–60s	1 stack @ 4:1	40% → 11.0 kg	
Session	Low-to-High Lift (controlled)	Functional Cable	3	10–12/side	2111	60s	1 stack @ 4:1	45% → 12.4 kg	
Session	Cable Row (supported chest)	Functional Cable	3	12–15	2111	60–75s	1 stack @ 4:1	50% → 13.8 kg	Bench support
Session	Cable Chest Press (light)	Functional Cable	3	12–15	2111	60–75s	1 stack @ 4:1	45% → 12.4 kg	
Session	Lateral Raise (4:1)	Functional Cable	2	15–20	2111	45–60s	1 stack @ 4:1	40% → 11.0 kg	
Session	Split Squat (assisted via cable)	Functional Cable	2	10/leg	2111	60s	1 stack @ 4:1	45% → 12.4 kg	