

**CALL**

COACHING & PERFORMANCE

HOW I ACTUALLY TRAIN

MY 6-DAY SPLIT

"You're not going to out-work me."

This is the real thing — my personal training week. Push hard, leave 1-2 reps in reserve on your heavy sets, and add weight or reps each week. Warm up before every session and prioritize form over ego.

MON — PUSH (CHEST / SHOULDERS / TRI)

Barbell bench press	4 × 6
Incline DB press	3 × 8-10
DB lateral raises	3 × 12-15
Seated DB shoulder press	3 × 8-10
Rope tricep extensions	3 × 12-15
Cable tricep pushdowns	2 × 15-20

TUE — PULL (BACK + BICEPS)

Single-arm lat pulldown	3 × 10-12
Barbell rows	4 × 6-8
Lat prayers	2 × failure
Seated cable / machine row	3 × 10
Incline DB curls	3 × 10
Hammer curls	3 × 10-12

WED — LEGS (HEAVY)

Seated leg curls	3 × 12-15
Barbell Bulgarian split squat	4 × 6-8
Romanian deadlift	4 × 8-10
Leg press	3 × 10
Calf raises	4 × 12-20

THU — CHEST + BACK (PUMP)

Incline Smith press	3 × 8-10
Smith machine rows	3 × 8-10
Flat DB press → DB row superset	3 × 10
Cable fly	3 × 12-15
Lat pulldown	3 × 12
Face pulls / rear delts	3 × 15-20

FRI — SHOULDERS + ARMS

DB shoulder press	4 × 6-8
DB shrugs	3 × 12
Lateral raise	3 × 15
Rear delt fly	3 × 15-20
Hammer curls + skullcrushers	3 × 12-15
Rope pushdown + rope curl	3 × 12-15

SAT — LEGS (VOLUME)

Leg press	4 × 10-12
Romanian deadlift	3 × 10
Leg extension	3 × 12-15
Calf raises	4 × 15-20

Sun — Rest & recovery. Light walking, stretching, and good food. Recovery is where the growth happens.

DAILY ROUTINE (EVERY DAY)

Plank ladder: 1:00 · rest 10s · 0:45 · rest 5s · 0:30

Crunches: 50-100 (spread through the day)

Flat leg raises: 12-15 reps

Push-ups: 50-100 (spread through the day)

[Claim your free workout](#)

THIS IS HOW I TRAIN. WANT YOURS BUILT FOR YOU?

Your plan — training, cardio, mobility & nutrition, scaled to your level — starts with a free 30-minute workout.

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Always consult a physician before beginning any new exercise program. This is an advanced training split shared for reference — scale the volume and loads to your own experience level. Train within your ability and stop if you feel pain. © Call Coaching & Performance.