Day 1 – Lower-body & Upper-body Push/Pull & Explosive Power

Pairing	Exercise	Sets	Reps
A1	Barbell back squat	3	6
A2	Pull-ups	3	6–8
B1	Barbell bench press	3	8
B2	Bent-over barbell row	3	8
C1	Romanian deadlift	3	8
C2	Dumbbell reverse lunge	3	8/leg
D1	Plank shoulder taps	3	30 sec
D2	Glute bridges	3	12
E1	Box jumps	3	4
E2	Medicine ball rotational throws	3	5/side
F1	Bulgarian split squats	3	8/leg
F2	Inverted rows	3	10

Day 2 – Total-body Strength + Posterior Chain Focus & Explosive Power

Pairing	Exercise	Sets	Reps
A1	Trap bar deadlift	3	5
A2	Pallof press	3	10/side
B1	Barbell front squat	3	6
B2	Chin-ups	3	6–8
C1	Single-arm dumbbell row	3	8/arm
C2	Dumbbell overhead press	3	8
D1	Barbell hip thrust	3	10
D2	Dead bugs	3	10/side
E1	Kettlebell swings	3	8
E2	Push-ups	3	12
F1	Single-leg Romanian deadlift	3	8/leg
F2	Dead bugs	3	10/side