THE FIT ONE (@Thefitone_14) - 5-DAY HYBRID SPLIT GUIDE
TRAIN HARD. LOOK THE PART.

Day 1: Push (Flat Bench Press, Incline DB Press, Shoulders, Triceps)
Day 2: Pull (Barbell Row, Negative Pull-Ups, Rear Delts, Biceps)
Day 3: Legs (Back Squat, Romanian Deadlift, Bulgarian Split Squat)
Day 4: Upper Body Hypertrophy + Core / Stomach Vacuums
Day 5: Lower Body Conditioning + Zone 2 / Outdoor Session
Rest Days: Active recovery, Zone 2 cardio, sleep & protein targets.