



THE FORGE

SCIENCE-BASED TRAINING PROTOCOL

OVERVIEW

A proper science-based workout plan built for:

- Muscle growth (hypertrophy)
- Strength increase
- Optimal recovery
- Natural lifter optimization
- Balanced aesthetics & performance

This is one of the most effective evidence-based splits for natural trainees.

CORE SCIENTIFIC PRINCIPLES

- Sets per muscle/week: 10–20 hard sets
- Reps: Heavy compounds (4–8 reps), Hypertrophy (8–15 reps), Isolation (12–20 reps)
- Rest time: Heavy lifts (2–3 mins), Isolation (45–90 sec)
- Progressive overload: Add reps or weight weekly. If you did 60kg for 8 reps, try for 9 reps next week.
- Proximity to failure: Stop at 0–2 reps before failure (RIR 0-2).

DAY 1**PUSH (HYPERTROPHY)**

- **Chest:** Barbell Bench Press (4x 6-8), Incline DB Press (3x 8-12), Cable Fly (3x 12-15)
- **Shoulders:** Seated DB Shoulder Press (3x 8-12), Lateral Raises (4x 12-20)
- **Triceps:** Rope Pushdown (3x 10-15), Overhead Tricep Extension (2x 12-15)

DAY 2**PULL (HYPERTROPHY)**

- **Back:** Pull-Ups / Lat Pulldown (4x 8-12), Barbell Row (4x 6-10)
- **Upper Back:** Chest Supported Row (3x 10-12), Straight Arm Pulldown (2x 12-15)
- **Rear Delts:** Face Pulls (3x 15-20)
- **Biceps:** Barbell Curl (3x 8-12), Incline DB Curl (3x 10-15)

DAY 3**LEGS (POWER & HYPERTROPHY)**

- **Quads:** Barbell Squat (4x 5-8), Leg Press (3x 10-15), Walking Lunges (2x 12/leg)
- **Hamstrings:** Romanian Deadlift (4x 8-10), Leg Curl (3x 12-15)
- **Calves:** Standing Calf Raise (4x 12-20)

DAY 4**ACTIVE RECOVERY**

- **Activity:** 20–30 mins walking, Stretching, Mobility
- **Rule:** Keep heart rate low, prioritize good sleep

DAY 5**UPPER (POWER FOCUS)**

- **Compounds:** Bench Press (5x 5), Weighted Pull-Up (4x 5-8), Overhead Press (4x 5-8)
- **Back:** Bent Over Row (4x 6-8)
- **Accessories:** Lateral Raise (3x 15), EZ Bar Curl (3x 10), Skull Crushers (3x 10)

DAY 6**LOWER & ARMS**

- **Lower:** Front Squat (3x 6-10), Bulgarian Split Squat (3x 10), Seated Leg Curl (3x 12)
- **Superset 1:** Cable Curl (3x 12) + Rope Pushdown (3x 12)
- **Superset 2:** Hammer Curl (3x 12) + Overhead Tricep Ext (3x 12)
- **Core:** Hanging Leg Raises (3x 15), Cable Crunch (3x 15)

- **Activity:** Complete rest. Let the central nervous system recover.

SCIENCE-BASED NUTRITION & RECOVERY

- Protein: 1.6 to 2.2 g/kg bodyweight (e.g. 70kg person = 112–154g protein)
- Sleep: 7.5–9 hours (Growth hormone and recovery mainly happen during deep sleep)
- Cardio: 2–3 sessions weekly (20 mins incline walk is enough for heart health & recovery)
- Supplements: Creatine Monohydrate (5g daily), Whey Protein, Fish Oil, Caffeine (Pre-workout)
- DO NOT: Train to failure every set, ego lift, skip rest days, change programs weekly.
- DO: Focus on form, full range of motion, control eccentrics, track your workouts.