

# SHRAVABOLICS ULTIMATE REBUILD 8 WEEK FOUNDATION

Full-gym programme · 5 training days · Built for all goals

*Upper Body · Lower Body · Active Recovery*



## A MESSAGE FROM SHRAVAN

# Introduction

## Hey — welcome to the Shravabolics Beginner's Workout Guide.

I started my fitness journey in 2014 at 16 years old, and I made almost every mistake a beginner can make. I chased the wrong things, switched programmes every few weeks, ignored recovery, and spent money on supplements before I'd even sorted out my nutrition. I'm writing this so you don't have to go through the same trial and error.

This guide is built around one simple idea: the basics, done consistently and progressively, produce extraordinary results. That's it. There is no secret programme. There is no optimal split that unlocks faster gains. What matters is that you show up, push a little harder than last week, eat enough protein, and sleep.

### What's inside this guide?

Five structured training days: two upper-body sessions, two lower-body sessions, and one active recovery day. Every session is designed to fit on a single page so you can pull it up on your phone or print it out and take it to the gym. Every exercise comes with a form cue so you know not just what to do, but how to do it right.

### A few things I want you to keep in mind:

<b>Be patient</b>	Real physique change takes months, not weeks. Trust the process and track your lifts.
<b>Eat enough protein</b>	Aim for 1.6–2.2g per kg of bodyweight daily. Without this, the training is largely wasted.
<b>Protect your sleep</b>	Muscle is not built in the gym. It's built during recovery. 7–9 hours is the target.
<b>Progress every week</b>	If you hit the top of a rep range on all sets, add weight next session. Small jumps compound fast.
<b>Nobody is watching</b>	Everyone in the gym is focused on themselves. Train with intention, not self-consciousness.

This guide is completely free. Share it with anyone who needs it. If you want a personalised plan built specifically around your body, goals, and schedule — DM me on Instagram @shravabolics. I work with beginners and experienced lifters alike through the Shravabolics Ultimate Rebuild programme.

*Cheers to performance & health,*

**Shravan Kumar**

Founder, Shravabolics

## THE PROGRAMME

# Shravabolics Ultimate Rebuild 8 Week Foundation

## WEEKLY SCHEDULE

<b>MON</b>	Upper Body A
<b>TUE</b>	Lower Body A
<b>WED</b>	Rest
<b>THU</b>	Upper Body B
<b>FRI</b>	Active Recovery
<b>SAT</b>	Lower Body B
<b>SUN</b>	Rest

## TRAINING PRINCIPLES

<b>Progressive Overload</b>	Add weight, reps, or quality each week. Without progression, there is no adaptation. Log every session.
<b>First Set = Heaviest</b>	Your CNS is freshest at the start. Hit your heaviest working set first, then reduce across subsequent sets.
<b>Rest Between Sets</b>	Compound lifts: 2–3 minutes. Isolation work: 60–90 seconds. Cutting rest = cutting output = cutting growth.
<b>Train Near Failure</b>	Each set should end with 1–2 reps remaining. Never coast through sets. That last hard rep is where you grow.
<b>Protein is Priority #1</b>	1.6–2.2g per kg of bodyweight daily. Without sufficient protein, muscle repair and growth are severely blunted.
<b>Sleep = Results</b>	Muscle is built during sleep, not training. 7–9 hours is the target. Poor sleep undoes your hard work.

## NUTRITION QUICK-REFERENCE

<b>Calories</b>	Fat loss: 300–500 kcal deficit. Muscle gain: 200–300 kcal surplus. Recomposition: maintenance.
<b>Carb Timing</b>	Place the majority of your carbs around training. Pre-workout for fuel, post-workout for glycogen replenishment.
<b>Hydration</b>	Water + electrolytes (sodium, potassium, magnesium). Increasing water alone without electrolytes can backfire.

**Track Your Intake**

Log your food for 2–4 weeks minimum. Awareness of what you're actually eating changes everything.

**Coach's Note:** Warm up for 5–10 minutes before every session. Do 2 light warm-up sets (30–50% of working weight, 10–15 reps) before your first working set on each exercise.

## DAY 1 · MONDAY

# Upper Body A

Chest · Back · Shoulders · Arms

## COMPOUND BLOCK

01

**Barbell Bench Press***Retract shoulder blades before unracking. Lower bar to mid-chest with full co...*

SETS

3

REPS

8–10

REST

2–3 min

02

**Seated Cable Row***Initiate pull with elbows — not hands. Squeeze shoulder blades at the top.*

SETS

3

REPS

10–12

REST

90 sec

## ACCESSORY BLOCK — Shoulders &amp; Arms

01

**Dumbbell Shoulder Press***Press to full lockout. Brace core. Don't let lower back arch excessively.*

SETS

3

REPS

10–12

REST

90 sec

02

**Lat Pulldown (Overhand)***Pull to upper chest. Slight lean back. Use straps if grip fails before lats.*

SETS

3

REPS

10–12

REST

90 sec

03

**Incline Dumbbell Curl***Full extension at the bottom. Upper arms locked — no swinging allowed.*

SETS

3

REPS

10–12

REST

60 sec

04

**Cable Tricep Pushdown***Elbows pinned to sides. Lock out fully on every single rep.*

SETS

3

REPS

12–15

REST

60 sec

**Coach's Note:** Bench press: retract your shoulder blades before you unrack. Cable row: initiate with your elbows — not your hands. This is how you actually train your back and not your biceps.

## DAY 2 · TUESDAY

# Lower Body A

Quads · Hamstrings · Glutes · Calves

## COMPOUND BLOCK

**01** **Barbell Back Squat**  
*Bar on upper traps. Squat to parallel or below. Drive knees out over toes.*

SETS  
3

REPS  
8–10

REST  
2–3 min

**02** **Romanian Deadlift (Dumbbell)**  
*Push hips back — not down. Feel the hamstring stretch. Keep back flat.*

SETS  
3

REPS  
10–12

REST  
2 min

## ACCESSORY BLOCK — Machines & Isolation

**01** **Leg Press**  
*Feet shoulder-width, mid-platform. Never fully lock knees at the top.*

SETS  
3

REPS  
10–12

REST  
90 sec

**02** **Lying Leg Curl**  
*Curl fully to the top. Lower with 2-second control. No momentum.*

SETS  
3

REPS  
10–12

REST  
90 sec

**03** **Hip Thrust (Barbell or Machine)**  
*Squeeze glutes hard at the top. Full hip extension. Chin tucked throughout.*

SETS  
3

REPS  
10–12

REST  
90 sec

**04** **Standing Calf Raise**  
*Full stretch at the bottom. Pause at the top. No bouncing.*

SETS  
4

REPS  
15–20

REST  
60 sec

**Coach's Note:** Romanian deadlifts: push hips back, not down — feel the hamstring stretch. Hip thrusts: squeeze your glutes hard at the top and hold for one full second. Strong glutes improve posture and reduce lower-back pain.

## DAY 3 · THURSDAY

# Upper Body B

Chest · Back · Shoulders · Arms

## COMPOUND BLOCK

01

**Dumbbell Incline Press***Bench at 30–45 degrees. Slow eccentric on the way down. Full press at top.*

SETS

3

REPS

8–10

REST

2–3 min

02

**Barbell Bent-Over Row***Hinge to 45 degrees. Drive elbows back, not hands. Core braced hard.*

SETS

3

REPS

8–10

REST

2–3 min

## ACCESSORY BLOCK — Shoulders &amp; Arms

01

**Dumbbell Lateral Raise***Lead with elbows. Slight forward lean activates the lateral head better.*

SETS

3

REPS

12–15

REST

60 sec

02

**Single-Arm Cable Row***Allow a slight forward reach at the start for a full lat stretch each rep.*

SETS

3

REPS

10–12 ea

REST

60 sec

03

**EZ-Bar Curl***Full extension at the bottom. 2-second eccentric. No body sway.*

SETS

3

REPS

10–12

REST

60 sec

04

**Overhead Cable Tricep Extension***Face away from the cable. Elbows high and close to your head throughout.*

SETS

3

REPS

12–15

REST

60 sec

**Coach's Note:** Upper Body B uses different angles to hit the same muscles with fresh stimulus. Bent-over row: 45-degree hinge, core braced, elbows driving back behind your body. Overhead cable extension: keep elbows high and close to your head throughout.

## DAY 4 · FRIDAY

# Active Recovery

Cardio · Abs · Mobility · Bodyweight

## CARDIO — Steady State Low Intensity

01

### Incline Treadmill Walk

3–5 mph, incline 8–12%. Conversational pace. No holding the rails.

SETS

1

REPS

20–25 min

REST

—

## ABS BLOCK

01

### Dead Bug

Press lower back into the floor throughout. Move slowly and deliberately.

SETS

3

REPS

8 each side

REST

45 sec

02

### Plank

Neutral spine. Squeeze glutes and abs. Don't let hips sag or rise.

SETS

3

REPS

30–45 sec

REST

45 sec

03

### Hanging Knee Raise

No swinging. Tuck knees fully to chest. Lower with control each time.

SETS

3

REPS

10–12

REST

60 sec

04

### Cable Crunch

Crunch from the abs — not hips. Short, deliberate movement range.

SETS

3

REPS

12–15

REST

60 sec

## MOBILITY & BODYWEIGHT

01

### World's Greatest Stretch

Slow and deliberate. Rotate fully. One of the best all-body mobility moves.

SETS

2

REPS

5 each side

REST

—

02

### Hip 90/90 Stretch

Sit upright. Hold the end range. Breathe into the hip. Don't force it.

SETS

2

REPS

60 sec each

REST

—

03

### Cat-Cow (Spinal Mobility)

Inhale into cow, exhale into cat. Move through every vertebra slowly.

SETS

2

REPS

10 reps

REST

—

**Coach's Note:** This day is not optional. Joints, connective tissue, and your nervous system recover here — not in rest days alone. Low-intensity movement accelerates recovery. Keep your heart rate low and conversational throughout the cardio block.

## DAY 5 · SATURDAY

# Lower Body B

Quads · Hamstrings · Glutes · Calves

## COMPOUND BLOCK

01

### Barbell Deadlift

Bar over mid-foot. Chest up. Lats engaged. Push the floor — don't pull the bar.

SETS  
3

REPS  
6–8

REST  
3 min

02

### Goblet Squat (Dumbbell)

Hold DB at chest. Squat deep. Elbows inside knees at the bottom.

SETS  
3

REPS  
12–15

REST  
90 sec

## ACCESSORY BLOCK — Unilateral & Isolation

01

### Walking Lunges (Dumbbell)

Long stride. Front shin vertical. Back knee just above the floor.

SETS  
3

REPS  
10 each leg

REST  
90 sec

02

### Leg Extension

Slow eccentric. Pause at the top. No momentum — full muscle control.

SETS  
3

REPS  
12–15

REST  
60 sec

03

### Seated Leg Curl

Full range of motion. Control the negative on every single rep.

SETS  
3

REPS  
12–15

REST  
60 sec

04

### Glute Kickback (Cable)

Slight forward lean. Squeeze the glute hard at the top. Torso stays stable.

SETS  
3

REPS  
12–15 ea

REST  
60 sec

**Coach's Note:** Deadlift: bar over mid-foot, lats engaged, push the floor away from you. Lunges: build single-leg stability that carries over to every compound lift. Don't skip the glute kickbacks — weak glutes are behind most lower-body plateaus.

## PROGRESSION PLAN

# How to Progress Week by Week

The rule is simple: when you complete all reps on all sets of an exercise with good form, add the smallest available weight increment next session. Small, consistent jumps compound into massive progress over months.

WEEK	FOCUS	WHAT TO EXPECT
1–2	<b>Learn the movements</b>	Prioritise form. Use lighter weight. Get comfortable.
3–4	<b>Build consistency</b>	Add weight where you can. Log every session.
5–8	<b>Progressive overload</b>	Steady strength gains across all major lifts.
9–12	<b>Consolidation</b>	Visible physique changes. Reassess and keep going.

## Ready for a personalised plan?

The Shravabolics Ultimate Rebuild includes a tailored 12-week training programme, a custom nutrition and supplement plan, weekly 1-1 check-ins, and 24/7 direct WhatsApp access to Coach Shravan.

**DM @shravabolics on Instagram to enrol**

*This guide is free. Share it freely.*