

Beginner Men Guide

Linear Progression Manual — Pressure Builds Power.

Day A

- Squat 3x5
- Bench press 3x5
- Barbell row 3x5

Day B

- Deadlift 1x5
- Overhead press 3x5
- Lat pulldown 3x8

Progression

- Add 2.5kg per session while form holds
- Deload 10% after 2 failed sessions

Train with intent. Rest with purpose. REVVA — Pressure Builds Power.