

FREE RESOURCE

FREE UPPER BODY TRAINING SESSION

An upper body session backed by proven research and the same principles that have generated 600+ natural transformations under Nui Brothers Coaching.

APPLY FOR COACHING

STOP GUESSING

TRAIN WITH A PLAN.

You do not need random exercises, endless sets, or chasing the burn. You need a session that helps you create high tension, train close enough to failure, and progress over time.

INSIDE THIS SESSION

- Better exercise selection
- Productive working sets
- Clear rep targets
- Proper intensity
- Progressive overload
- Less junk volume

TRANSFORMATION EXAMPLES

REAL CLIENTS. REAL STRUCTURE. UNREAL RESULTS.





WORKOUT PAGE

UPPER BODY HYPERTROPHY SESSION

CHEST AND LAT PRIORITY

This upper body session prioritises chest and lats. Train lagging muscle groups early while fatigue is lowest, execution is cleanest, and each set gives the highest return.

All sets listed are working sets. Complete warm-up sets before your first heavy working set.

EXERCISE	SETS	REP RANGE	RIR	REST
Machine Chest Press	2	6 to 8	0 to 2	3:00+
Wide Grip Lat Pulldown	2	6 to 8	0 to 2	3:00+
Clavicular Fly	2	6 to 8	0 to 2	3:00+
T Bar Row	1	6 to 8	0 to 2	3:00+
Lying Cuff Lateral Raise	2	6 to 8	0 to 2	3:00+
Unilateral Preacher Curl	2	6 to 8 each side	0 to 2	2:30+
Incline Tricep Pushdown	2	6 to 8	0 to 2	3:00+

HOW TO RUN IT

- Warm up properly before working sets
- Keep form consistent
- Train every set at 0 to 2 RIR
- Rest for the listed interval or longer if needed
- Start unilateral work with weaker side
- Track load, reps, and execution
- Hit 8 clean reps, then add load next time



PROGRAMMING LOGIC

WHY THIS SESSION WORKS

The session is simple on purpose: priority muscles first, stable exercises, hard sets, clear progression, and recoverable volume.

CHEST AND LATS FIRST

Chest and lats are common lagging areas for men. To prioritise another muscle, place it first while fresh, before fatigue accumulates.

6 TO 8 REPS

Heavy enough for high tension. Short enough to avoid turning every set into a long fatigue grind.

RIR MADE SIMPLE

2 RIR means two good reps left. 1 RIR means one. 0 RIR means clean failure. This plan lives at 0 to 2.

EFFECTIVE REPS

The reps closest to failure are usually the most valuable. As speed slows, tension rises and larger motor units are recruited.

1 TO 2 WORKING SETS

Low volume does not mean easy. It means fewer high-quality sets performed with more intent and less junk fatigue.

FREQUENCY MATTERS

Most muscles respond well to quality work more than once per week. Spread hard sets across the week instead of burying them in one huge day.

PROGRESSIVE OVERLOAD

Get better under the same conditions: more reps, more load, better control, cleaner range, or sharper execution.

THE BURN IS NOT THE GOAL

The burn is sensation, not stimulus. It is afferent feedback. Do not chase it. Aim for high mechanical tension - the proven direct cause of muscle growth.

TENSION - EXECUTION - PROGRESS

WANT THE FULL SYSTEM BUILT AROUND YOUR GOAL?

Apply for coaching and we will show you exactly what to focus on next across training, nutrition, and check-ins.

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