

5-Day "Supported Tension" Regimen

Mobile Gym Reference - machine visuals only where useful

Day 1: Pull (Back & Biceps)

1



Chest-Supported T-Bar Row

Sets 4 | Reps 5-8

Note: Removes lower back load; maximizes upper back loading.

Look for: Angled chest pad and row handles on a center-loaded lever arm.

2



Neutral-Grip Lat Pulldown

Sets 3 | Reps 6-8

Note: Palms facing each other to protect rotator cuff.

Look for: Overhead pulley with an upright seat and adjustable thigh pads.

3



Single-Arm Cable Row

Sets 3 | Reps 8-10

Note: Isolate sides to iron out left/right imbalances.

Look for: Adjustable pulley column set at waist height with a single handle.

4



Incline Dumbbell Curl

3 sets / 8-10

Note: Deep stretch for maximum hypertrophy signal.

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Day 2: Push (Chest & Triceps)

5

Plate-Loaded Incline Press

Sets 4 | Reps 5-8

Note: Stabilizes shoulder joint better than a barbell.

Look for: Seated incline press with outward-pushing handles and weight horns for plates.



6

Flat Dumbbell Press

3 sets / 6-8

Note: Forces unilateral stability; natural wrist path.



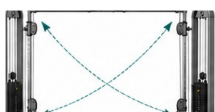
7

Cable Crossover (Low-High)

Sets 3 | Reps 10-12

Note: Flushes blood to connective tissue.

Look for: Dual cable columns set to the lowest floor position.



8

V-Bar Cable Triceps Pushdown

Sets 4 | Reps 8-10

Note: Constant tension without stressing the elbow.

Look for: High pulley station equipped with a metal V-bar.



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Day 3: Legs (Quad Dominant)

9



Hack or Pendulum Squat

Sets 4 | Reps 6-8

Note: Spinal support with heavy knee flexion.

Look for: 45-degree sliding sled with heavy shoulder pads and a foot platform.

10



Leg Press (Feet Low/Close)

Sets 3 | Reps 8-10

Note: Isolates the vastus lateralis (outer quad).

Look for: 45-degree seated sled with a backrest and a large foot plate.

11



Leg Extensions

Sets 3 | Reps 10-12

Note: 1-sec hard squeeze at top for patellar tendon.

Look for: Upright seat with a lower shin roller pad in front.

12



Seated Calf Raises

Sets 3 | Reps 12-15

Note: Builds soleus durability for treadmill inclines.

Look for: Low seat with a weighted knee pad and an elevated foot block.

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Day 4: Shoulders & Core

13



Seated DB Shoulder Press

4 sets / 5-8

Note: 80-degree incline to protect shoulder capsule.

14



Cable Lateral Raises

Sets 4 | Reps 10-12

Note: Uniform tension throughout range of motion.

Look for: Low adjustable pulley with a single handle.

15



Reverse Pec Deck

Sets 3 | Reps 10-12

Note: Strengthens rear delts, prevents rounded shoulders.

Look for: Seated machine where you face the chest pad and grip the rear-swinging handles.

16



Cable Woodchoppers

Sets 3 | Reps 10-12

Note: Anti-rotation core work; zero spinal flexion.

Look for: Adjustable pulley column set high, utilizing a single handle for cross-body pulls.

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Day 5: Posterior Chain & Arms

17



Seated Leg Curl

Sets 4 | Reps 8-10

Note: Superior hamstring stretch and activation.

Look for: Upright seat with a back-of-the-ankle roller pad and a top clamping thigh pad.

18



Machine Glute Drive

Sets 3 | Reps 6-8

Note: Hip hinge with zero lower back load.

Look for: Low-profile back pad with a heavy lap belt or pad and a flat foot platform.

19



Cable Hammer Curls

Sets 3 | Reps 8-10

Note: Strengthens brachialis and elbow joint.

Look for: Low pulley equipped with a rope or neutral handle.

20



Overhead Cable Triceps Ext.

Sets 3 | Reps 8-10

Note: Targets the long head of the triceps.

Look for: Cable station equipped with a rope attachment pulled from behind the head.

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Rules of Engagement

Weight Selection

Choose a weight where rep 7 is a struggle and rep 9 is impossible. If you can easily hit 10, go heavier.

Execution Tempo

3 seconds down, 1-second pause, explosive push/pull. Rest 2 to 3 minutes between heavy sets.

Cardio Sequencing

Lift before your 12-3-30 treadmill routine, or split into AM/PM sessions. Do not pre-exhaust with cardio.

Spinal Protection

Zero unsupported spinal loading. Do not perform barbell back squats or deadlifts. Let the machines stabilize your spine.

Gym-Use Tip

Most cable moves use the same adjustable cable station. Match the attachment first, then set the pulley height.