

General Resistance Training

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- 4-5day/ week
 - 45 minute workouts
 - Equipment –
Dumbbell/Kettlebell
, Body weight,
resistance bands/
resistance tubes
 - Program 12 weeks
 - Goal – Improve
body composition
in Lean muscle
mass, and overall
fitness
- Day 1 : Upper body
 - Chest Press Dumbbell 3x10
 - Shoulder Press 3x10
 - Bent over rows 3x12
 - Triceps Ext 3x10
 - Day 2 :Lower Body
 - Squat 3x12
 - Lunges 3x10
 - Dead lifts 3x10
 - Wall sits 30 secs x3
 - Day 3 : Upper Body
 - Push-ups (Mod) 3x10
 - Assisted Dip 3x10
 - Chest Flys 3x10
 - Bicep Curl 3x10
 - Day 4 : Lower Body
 - Squat 3x10
 - Step Ups 3x10
 - Calf raises 3x15
 - Hip Thrusts 2x10

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- Schedule
 - Monday – Day 1
 - Tuesday – Day 2
 - Wednesday –
Recovery/ Stretch
 - Thursday – Day 3
 - Friday – Day 4
 - Saturday –
Rest, Cardio 10k
steps
 - Sunday – Rest,
Cardio 10k steps
- Progression plan
 - Increase
resistance every
3 weeks
 - Track intensity
and fatigue
adjust
accordingly
 - *Recommend
Inbody scan every
3 months to check
body comp