

Total Body Strength

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- 3 day/ week
 - 45-minute workouts
 - Equipment – Dumbbell/Kettlebell , Body weight, resistance bands/ resistance tubes
 - Program 8-12 weeks
 - Goal – build muscle and strength
- Day 1 : Chest, Shoulder, Triceps
 - Push up 3x10
 - Shoulder Press 3x12
 - Triceps Ext 3x10
 - Day 2 : Back, Bicep, Core
 - Banded rows 3x10
 - Curls 3x10
 - Planks 20 seconds x3 (on knee variation if needed)
 - Day 3 : Lower Body
 - Squat 3x10
 - Lunges 3x10
 - Calf raises 3x15

Total Body Strength

- Schedule
 - Monday – Day 1
 - Tuesday – Rest/Cardio
 - Wednesday – Day 2
 - Thursday – Recovery Stretch
 - Friday – Day 3
 - 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 to checkbody comp