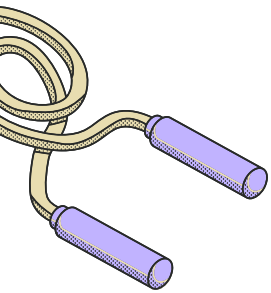
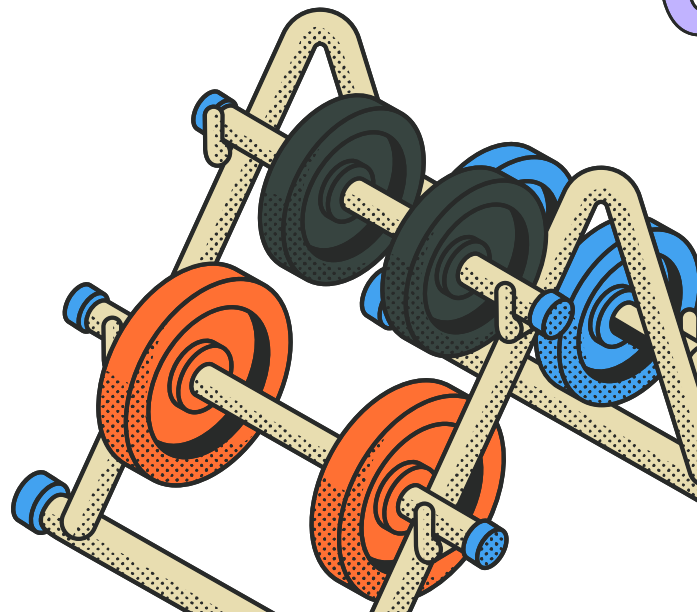
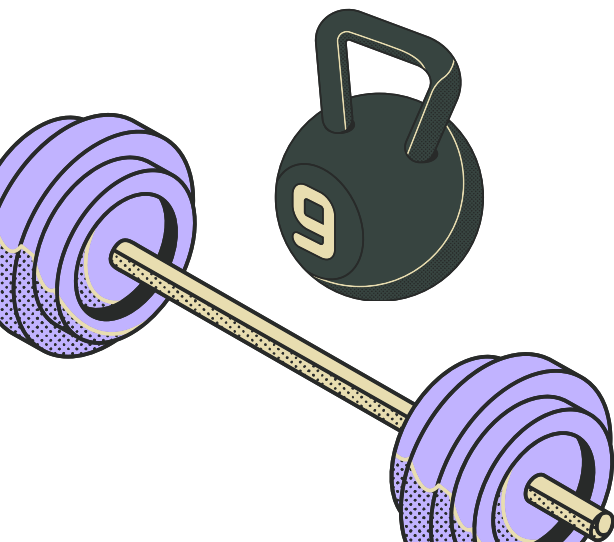
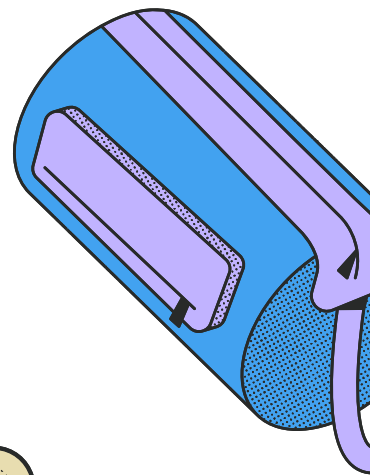


- LETS GET STRONGER -

GYM FITNESS



Transform Your
Body with a
Comprehensive
Training Plan



WEEKLY TRAINING SPLIT

Day	Workout
Day 1	Upper Body 1
Day 2	Lower Body 1
Day 3	Rest
Day 4	Upper Body 2
Day 5	Lower Body 2
Day 6	Light Cardio / Mobility
Day 7	Rest

TRAINING PROGRAM

LOWER BODY DAY 1

FOCUS AREA :

QUADS – GLUTES – HAMSTRINGS – CALVES

EXERCISE	REPS	SETS	WEIGHT
• Leg Press	12	3	
• Hack Squat	10	3	
• Leg Extension	12	3	
• Leg Curl	10	2	
• Romanian Deadlift (RDL)	8	3	
• Step Ups	10	3	
• Glute Kickback	8	3	
• Standing Calf Raises	12	3	

TRAINING PROGRAM

UPPER BODY DAY 1

FOCUS AREA :

CHEST – BACK – SHOULDERS – ARMS

EXERCISE	REPS	SETS	WEIGHT
• Lat Pulldown	10	3	
• Chest Press Machine	9	3	
• Butterfly Machine	10	3	
• Low Row'	8	3	
• Face Pull	12	3	
• Lateral Raises	12	3	
• Triceps Cable Pushdown	10	3	
• Dumbbell Biceps Curl	10	3	

TRAINING PROGRAM

LOWER BODY DAY 2

FOCUS AREA :

GLUTES – HAMSTRINGS – STABILITY

EXERCISE	REPS	SETS	WEIGHT
• Hip Thrust / Glute Bridge	8	3	
• Bulgarian Split Squat	10	2	
• Seated Leg Curl	8	3	
• Walking Lunges	10	3	
• Standing Calf Raises	8	3	

TRAINING PROGRAM

UPPER BODY DAY 2

FOCUS AREA :

BACK – SHOULDERS – ARMS

EXERCISE	REPS	SETS	WEIGHT
• Seated Cable Row	10	3	
• Lat Pullover Machine	9	3	
• Shoulder Press	10	3	
• Cable Lateral Raises	8	3	
• Overhead Triceps Extension (Cable)	12	3	
• Hammer Curl (Dumbbells)	10	3	

Training Program Guide

Important Instructions

Before starting the training program, please follow these guidelines:

1. Rest Days

Take a rest day after the first two training days to allow your muscles to recover.

2. Progressive Overload

Try to gradually increase the weight, repetitions, or sets over time to build strength and muscle.

3. Warm-Up

Always start your workout with 5–10 minutes of warm-up (light cardio or mobility exercises).

4. Proper Form

Focus on correct exercise form to avoid injuries and maximize results.

5. Consistency

Stay consistent with the program and maintain a balanced diet for the best results.