

Weekly Full Body Workout Plan

Start Date:

Finish Date:

Monday

Strength Training (Upper Body)

- Warm-up
- Push-ups
- Dumbbell Bench Press
- Bent Over Rows
- Dumbbell Shoulder Press

Thursday

Flexibility and Core

- Warm-up
- Plank
- Russian Twists
- Bicycle Crunches
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Tuesday

Cardio

- Warm-up
- Running or brisk walking
- Cool-down
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Friday

Strength Training (Full Body)

- Warm-up
- Deadlifts
- Bench Press
- Pull-ups or Lat Pulldowns
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Wednesday

Strength Training (Upper Body)

- Warm-up
- Squats
- Lunges
- Deadlifts
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Saturday

Cardio

- Warm-up
- Cycling or swimming
- Cool-down
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Sunday

Rest or Active Recovery