



Weekly Workout Schedule

Mon	Strength Training (Upper Body)	<ul style="list-style-type: none">● Warm-up● Push-ups● Dumbbell Bench Press● Bent Over Rows● Dumbbell Shoulder Press
Tue	Cardio	<ul style="list-style-type: none">● Warm-up● Running or brisk walking● Cool-down
Wed	Strength Training (Lower Body)	<ul style="list-style-type: none">● Warm-up● Squats● Lunges● Deadlifts
Thu	Flexibility and Core	<ul style="list-style-type: none">● Warm-up● Running or brisk walking● Cool-down
Fri	Strength Training (Full Body)	<ul style="list-style-type: none">● Warm-up● Deadlifts● Bench Press● Pull-ups or Lat Pulldowns
Sat	cardio	<ul style="list-style-type: none">● Warm-up● Cycling, swimming, or a fitness class● Cool-down
Sun	Rest Rest or Active Recovery	