**Weekly Schedule Example:**

Sunday: Optional light activity or rest

Monday: Day 1 - Upper Body and Cardio

Tuesday: Rest or light activity (e.g., walking, yoga)

Wednesday: Day 2 - Lower Body and Core

Thursday: Rest or light activity

Friday: Day 3 - Full Body and Agility

**Day 1: Upper Body and Cardio**

1. Pushups: 3 sets of 20 reps

2. Bicep Curls: 3 sets of 12 reps

3. Burpees: 3 sets of 15 reps

4. Running: 20-30 minutes

**Day 2: Lower Body and Core**

1. Squats: 3 sets of 20 reps

2. Lunges: 3 sets of 15 reps per leg

3. Wall Sit: 3 sets of 30-60 seconds

4. Plank: 3 sets of 30-60 seconds

5. Leg Raises: 3 sets of 12-15 reps

**Day 3: Full Body and Agility**

1. Jumping: 3 sets of 15-20 reps

2. Strike/Kick: 3 sets of 10-12 reps per side

3. Burpees: 3 sets of 10-12 reps (optional if extra challenge is needed)

4. Running: 20-30 minutes (or alternative cardio activity)

Added a new line