

Full Body Strength & Hypertrophy Program

This program is designed for building strength, muscle, and increasing overall fitness. It includes compound exercises and focuses on balanced growth. Perform this plan 5 days a week for best results.

Day 1: Chest & Triceps

1. Barbell Bench Press: 4 sets x 8-10 reps
2. Incline Dumbbell Press: 3 sets x 10-12 reps
3. Chest Flyes: 3 sets x 12-15 reps
4. Triceps Pushdowns: 3 sets x 12 reps
5. Overhead Dumbbell Triceps Extension: 3 sets x 10-12 reps

Day 2: Back & Biceps

1. Deadlifts: 4 sets x 6-8 reps
2. Lat Pulldown: 3 sets x 10 reps
3. Dumbbell Rows: 3 sets x 8-10 reps
4. Barbell Bicep Curls: 3 sets x 10-12 reps
5. Concentration Curls: 3 sets x 12 reps

Day 3: Rest or Light Cardio

- 30 minutes of light cardio (e.g., walking or swimming)

Day 4: Legs

1. Squats: 4 sets x 6-8 reps
2. Leg Press: 4 sets x 10-12 reps
3. Hamstring Curls: 3 sets x 10 reps

4. Calf Raises: 4 sets x 15-20 reps

Day 5: Shoulders & Abs

1. Dumbbell Shoulder Press: 4 sets x 8-10 reps

2. Lateral Raises: 3 sets x 12 reps

3. Front Raises: 3 sets x 12 reps

4. Crunches or Leg Raises: 3 sets x 20 reps

5. Russian Twists: 3 sets x 20 reps

Day 6: Rest or Moderate Cardio

- 30-45 minutes of moderate-intensity cardio (e.g., running or cycling)

Day 7: Rest

Tips for Success:

1. Follow the program consistently for the best results.
2. Ensure proper nutrition, focusing on protein intake to support muscle growth.
3. Stay hydrated and get at least 7-9 hours of sleep each night.
4. Gradually increase weights to challenge your muscles.
5. Take rest seriously to allow muscle recovery.
6. If you're unsure about a specific exercise, look up instructional videos for proper form.