

Made by Adarsh

5 DAYS/WEEK MUSCLE FOCUS

December - 2024





Weekly Overview

Understanding Focused Workouts

The program targets specific muscle groups throughout the week. This approach optimizes recovery and enhances strength gains.

Daily Breakdown



Upper Body Days

Focus on chest, back, shoulders and arms. Each day includes compound and isolation exercises for comprehensive strength training.



Lower Body Days

Target quads, hamstrings, calves, and glutes. Emphasizes squats, lunges, and deadlifts for overall leg strength.

Exercise List

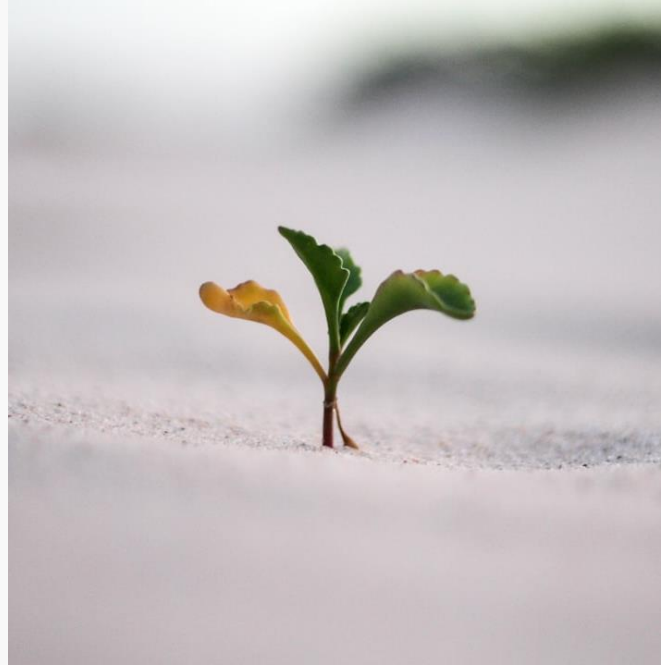
This table summarizes key exercises, their recommended sets, and rep ranges to follow for an effective workout program.

EXERCISE	SETS	REPS
Bench Press	4	8-10
Squats	4	8-10
Deadlifts	4	6-8
Pull-Ups	3	6-8
Bicep Curls	3	10-12

Benefits of Training

Improved Strength

Focused training maximizes muscle engagement, leading to better strength outcomes over time.



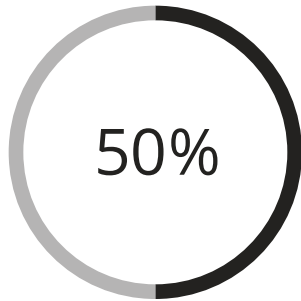
Enhanced Recovery

Targeting specific muscle groups allows for optimal recovery periods, reducing fatigue and injury risk.

Increased Motivation

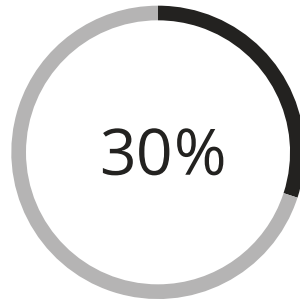
Structured routine fosters discipline and keeps motivation levels high, making it easier to stick with the program.

Progress Tracking



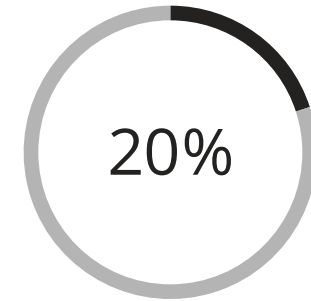
Measurable Results

Consistent assessments provide insights into strength improvements.



Regular Assessments

Regular progress reports indicate muscle size increases.



Building Stamina

Monitoring endurance aids in assessing overall workout effectiveness.

Conclusion & Tips

Final Thoughts on Training

Regular muscle group focus enhances progress.
Remember to implement recovery strategies
such as rest days to ensure optimal gains.

