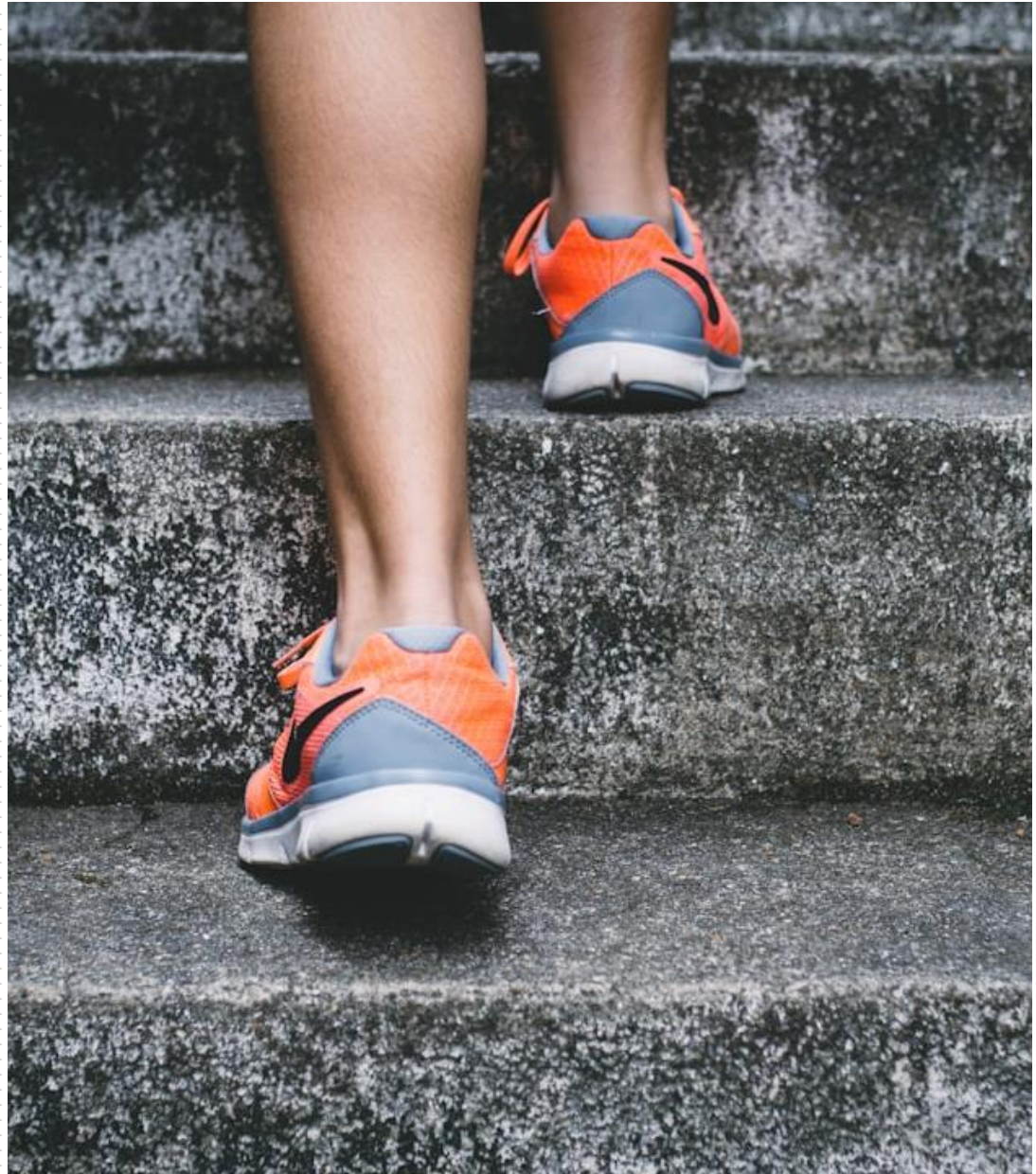


3 Days/Week - Full Body Workout

NAME: ankur

DATE: DEC 2024



Workout Benefits



WHY CHOOSE FULL BODY WORKOUTS?

Full body workouts improve overall fitness, enhance strength, and promote muscle growth. They also burn more calories in less time, are efficient for busy schedules, and allow for regular recovery.

Weekly Schedule

This schedule focuses on diverse training methods to work all major muscle groups. Each workout ensures optimal recovery and balanced fitness.

DAY	WORKOUT	FOCUS
Monday	Strength Training	Upper & Lower Body
Wednesday	Circuit Training	Endurance & Strength
Friday	Bodyweight Exercises	Flexibility & Stability

Exercise Examples

STRENGTH TRAINING

Squats, Deadlifts, Bench Press, Rows. These exercises enhance muscle strength and mass while improving functional movement.

CORE FOCUS

Planks, Russian Twists, Mountain Climbers. Engaging your core stabilizes movement and protects the spine during workouts.



CARDIO INTEGRATION

Burpees, Jump Rope, High Knees.

Incorporating cardio boosts endurance and aids in calorie burning during strength sessions.



Targeted Muscle Groups

UPPER BODY FOCUS

Exercises target chest, back, shoulders, and arms helping build strength, size, and endurance for functional tasks.

LOWER BODY STRENGTH

Focuses on quads, hamstrings, glutes, and calves. Important for stability, power, and overall mobility in workouts.



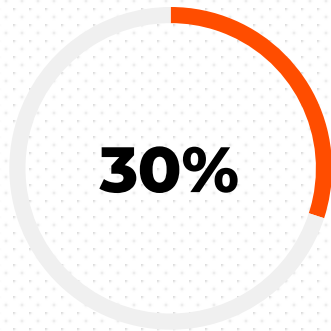


Common Mistakes

AVOID THESE PITFALLS

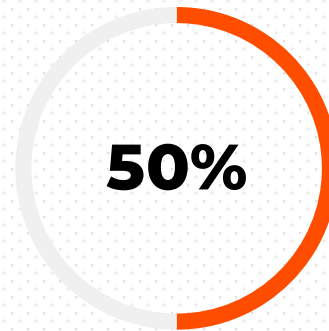
Not warming up, poor form during exercises, skipping workouts, and not tracking progress can hinder results. Stay consistent and focus on form to prevent injuries.

Progress Tracking



MANAGE YOUR WEIGHT

Tracking weight loss helps set realistic goals and adjust workout or diet plans accordingly.



INCREASE STRENGTH OVER TIME

Regularly assessing strength improvements motivates and shows progress towards personal records.



MONITOR MUSCLE DEVELOPMENT

Gaining muscle mass indicates effective workouts and nutrition; necessary for physical health and appearance.

Conclusion



FINAL THOUGHTS

Engaging in a full body workout three times per week offers various health benefits, promotes balance and can be enjoyable when planned effectively.