

3-Day Full-Body Workout Focused on Strength

Day 1:

- Squats: 4 sets of 6-8 reps
- Bench Press: 4 sets of 6-8 reps
- Pull-ups: 4 sets of as many reps as possible
- Barbell Rows: 4 sets of 6-8 reps
- Planks: 4 sets of 30-60 seconds

Day 2:

- Deadlifts: 4 sets of 6-8 reps
- Incline Dumbbell Press: 4 sets of 6-8 reps
- Lat Pulldowns: 4 sets of 6-8 reps
- Dumbbell Lunges: 4 sets of 6-8 reps per leg
- Russian Twists: 4 sets of 12-15 reps

Day 3:

- Leg Press: 4 sets of 6-8 reps
- Dumbbell Chest Press: 4 sets of 6-8 reps
- Seated Row: 4 sets of 6-8 reps
- Shoulder Press: 4 sets of 6-8 reps
- Bicep Curls: 4 sets of 12-15 reps

Remember to warm up before each workout, rest for 60-90 seconds between sets, and adjust the weights according to your fitness level. Also, make sure to eat a balanced diet to support your strength training.