

Full-Body Strength Training Program (3 Days per Week)

Focus: Compound lifts, progressive overload, strength gains

Schedule:

- **Day 1:** Heavy
- **Day 2:** Moderate
- **Day 3:** Volume & Accessory

Day 1 (Heavy - Strength Focus)

- **Squat** – 4 sets × 5 reps
- **Deadlift** – 3 sets × 4 reps
- **Bench Press** – 4 sets × 5 reps
- **Pull-Ups** – 4 sets × 6-8 reps
- **Overhead Press** – 3 sets × 6 reps
- **Core Work (Hanging Leg Raises or Planks)** – 3 sets

Day 2 (Moderate - Form & Control)

- **Front Squat or Bulgarian Split Squat** – 3 sets × 8 reps
- **Romanian Deadlifts** – 3 sets × 8 reps
- **Incline Bench Press or Dumbbell Press** – 3 sets × 8 reps
- **Barbell Row or T-Bar Row** – 3 sets × 8 reps
- **Dips (Weighted if possible)** – 3 sets × 8-10 reps
- **Core Work (Ab Rollouts or Cable Crunches)** – 3 sets

Day 3 (Volume & Accessory Work)

- **Trap Bar Deadlifts or Sumo Deadlifts** – 3 sets × 6 reps
- **Goblet Squats or Leg Press** – 3 sets × 10 reps
- **Dumbbell Shoulder Press** – 3 sets × 8 reps
- **Chin-Ups or Lat Pulldown** – 3 sets × 8 reps
- **Face Pulls or Rear Delt Flys** – 3 sets × 12 reps

- **Farmer's Carry or Hanging Leg Raises** – 3 rounds

Progression & Notes:

- **Progressive Overload:** Aim to **increase weights** or **reps** weekly (even if just 2.5-5 KG).
- **Rest Periods:** 90-120 sec for compound lifts, 45-60 sec for accessories.
- **Recovery:** Get adequate sleep, protein, and hydration.
- **Warm-Up:** 5-10 min of dynamic stretching, mobility drills, and light sets before heavy lifts.