

Weekly Exercise Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1, push-ups, 3, 10-15	R, E, S, T	R, E, S, T	1, pull-ups, 3, 8-12	R, E, S, T	R, E, S, T	1, standing calf raises, 3, 12-15
1, push-ups, 3, 10-15			1, pull-ups, 3, 8-12			1, standing calf raises, 3, 12-15
1, push-ups, 3, 10-15			1, pull-ups, 3, 8-12			1, standing calf raises, 3, 12-15
1, overhead press, 3, 8-12			1, bicep curls, 3, 8-12			1, hip thrusts, 3, 8-12
1, overhead press, 3, 8-12			1, bicep curls, 3, 8-12			1, hip thrusts, 3, 8-12
1, overhead press, 3, 8-12			1, bicep curls, 3, 8-12			1, hip thrusts, 3, 8-12
1, skull crushers, 3, 8-12						1, squats, 3, 8-12
1, skull crushers, 3, 8-12						1, squats, 3, 8-12
1, skull crushers, 3, 8-12						1, squats, 3, 8-12
						1, deadlifts, 3, 5-8
						1, deadlifts, 3, 5-8
						1, deadlifts, 3, 5-8