

Weekly Exercise Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
name, set, rep	R, E, S, T	R, E, S, T	name, set, rep	R, E, S, T	R, E, S, T	name, set, rep
push-ups, 3, 10-15			pull-ups, 3, 8-12			standing calf raises, 3, 12-15
dumbbell bench press, 3, 8-12			bent-over rows, 3, 8-12			seated calf raises, 3, 12-15
id, name, set, rep			id, name, set, rep			id, name, set, rep
1, overhead press, 3, 8-12			1, bicep curls, 3, 8-12			1, hip thrusts, 3, 8-12
2, lateral raises, 3, 10-15			2, hammer curls, 3, 10-15			2, glute bridges, 3, 12-15
id, name, set, rep						id, name, set, rep
1, skull crushers, 3, 8-12						1, squats, 3, 8-12
2, tricep dips, 3, 8-12						2, leg press, 3, 10-15
						id, name, set, rep
						1, deadlifts, 3, 5-8
						2, Romanian deadlifts, 3, 8-12