

Workout Log

Day 1: Full-Body Strength Focus

Exercise	Sets	Reps	Weight		Notes
Warm-up (5-10 minutes)	-	-	-	-	
Squat Variation	3	5			Back or Goblet
Pull Exercise: Deadlift/RDL	3	5			
Push Exercise: Bench/DB Press	3	6-8			
Row Variation	3	6-8			
Core: Planks/Russian Twists	3	30-45 sec/12-15 reps			

Day 2: Upper/Lower Split

Exercise	Sets	Reps	Weight		Notes
Warm-up (5-10 minutes)	-	-	-	-	
Leg Press/Split Squats	3	6-8			
Push Exercise: Overhead Press	3	6-8			
Pull-Up/Lat Pulldown	3	5-8			
Hamstring Curls/Glute Bridges	3	10-12			
Core: Bicycle Crunches/Leg Raises	3	12-15			

Post-Workout Stretch & Notes

Stretching/Mobility (5-10 minutes):

Additional Notes/Progression (weights, challenges, soreness, etc.):
