

Colorful Workout Log

Day 1: Upper Body Push (Chest, Shoulders, Triceps)

Barbell Bench Press	Sets: 4	Reps: 6-8
Overhead Shoulder Press (Barbell/Dumbbells)	Sets: 3	Reps: 6-8
Incline Dumbbell Bench Press	Sets: 3	Reps: 8-10
Tricep Dips or Tricep Pushdowns	Sets: 3	Reps: 8-12
Lateral Raises (Dumbbells)	Sets: 3	Reps: 12-15

Day 2: Lower Body (Legs, Core)

Barbell Squats	Sets: 4	Reps: 5-8
Deadlifts (Barbell)	Sets: 4	Reps: 4-6
Walking Lunges (Dumbbells)	Sets: 3	Reps: 10-12 (per leg)
Leg Press or Bulgarian Split Squats	Sets: 3	Reps: 8-10 (per leg)
Plank (Hold)	Sets: 3	Reps: 30-60 sec

Day 3: Upper Body Pull (Back, Biceps, Core)

Pull-Ups or Lat Pulldowns	Sets: 4	Reps: 6-8
Barbell Rows (or Dumbbell Rows)	Sets: 3	Reps: 6-8
Face Pulls (Cable or Bands)	Sets: 3	Reps: 12-15
Barbell or Dumbbell Bicep Curls	Sets: 3	Reps: 8-12
Russian Twists (with weight)	Sets: 3	Reps: 20 twists (10 per side)

Additional Tips:

- Warm-up with light cardio and dynamic stretching (5-10 minutes).
- Cool-down with static stretches, focusing on the muscles worked that day.
- Focus on progressive overload: gradually increase the weight each week while maintaining proper form.

- Rest at least 1 minute between sets and up to 2 minutes for heavier lifts (squats, deadlifts).