

Lincoln User's Workout Plan

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"Build muscle and strength"

Split: FULL BODY

Days/Week: 3

Session Duration: 30 min

Goal: Strength

Day 1: Strength Focus

Warm-up

- Arm Circles
- Jumping Jacks

Cool-down

- Chest Stretch

Exercise	Sets	Reps	RIR	Rest
Dumbbell Bench Press	3	8-10	2	90s
Dumbbell Row	3	10-12	2	90s
Push-ups	2	AMRAP	1	60s

Day 2: Leg Focus

Warm-up

- Leg Swings
- Bodyweight Squats

Cool-down

- Quad Stretch

Exercise	Sets	Reps	RIR	Rest
Goblet Squat	3	10-12	2	90s
Dumbbell RDL	3	10-12	2	90s
Walking Lunges	2	12-15	1	60s

Day 3: Full Body

Warm-up

- Jumping Jacks
- Shoulder dislocates

Cool-down

- Cat Cow Stretch

Exercise	Sets	Reps	RIR	Rest
Dumbbell Shoulder Press	3	10-12	2	90s
Glute Bridge	3	15-20	1	60s
Plank	3	30-45s	0	60s

You've got this! Every rep counts. Ø=Ü^a