

# 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=Üª*