This plan requires three short sessions spread throughout the week, each consisting of five exercises. You can shoot for eight to 15 repetitions of each exercise. Or, better yet, pick a moderately challenging weight and lift it until your muscles become fatigued. If you're uncertain about your form with any of these exercises, consider hiring a personal trainer for a few sessions to help you with your technique.

PUSH DAY LEG DAY PULL DAY BEGINNER 8 reps of each exercise **ADVANCED** up to 15 reps of each exercise or until your muscles become fatigued **Dumbell Chest Press** Leg Press Machine Pullups Seated Dumbbell Press Lying Leg Curls Lat Pullsdown Triceps Pushdown Squats Seated Cable Row Triceps Kickback Lunges With Weights Bicep Curls

Standing Calf Raises

Hammer Curls

Machine Dips