

Your AI-Generated Workout Plan

Summary:

This 3-day weekly plan focuses on building muscle with compound exercises targeting shoulders, chest, triceps, and

DAY 1

Overhead Press | Sets: 4 | Reps: 8-10

Notes: Maintain a neutral spine and avoid arching the lower back. Use a weight that allows controlled movement.

Dumbbell Arnold Press | Sets: 4 | Reps: 8-12

Notes: Perform seated if possible to reduce lower back strain. Focus on slow, controlled rotations.

Diamond Push-up | Sets: 3 | Reps: 10-12

Notes: Keep core engaged to support the lower back.

DAY 2

Thruster | Sets: 3 | Reps: 6-8

Notes: Use light to moderate weight to avoid excessive lower back loading. Focus on proper squat form with core

Barbell Upright Row | Sets: 4 | Reps: 8-10

Notes: Keep back straight and avoid jerky movements to protect the lower back.

Pike Push-up | Sets: 3 | Reps: 10-12

Notes: Keep hips elevated and core tight to minimize lower back stress.

DAY 3

Decline Push-up | Sets: 4 | Reps: 8-12

Notes: Maintain a straight body line and engage core to protect lower back.

Hand Release Push-up | Sets: 3 | Reps: 10-12

Notes: Perform slowly and controlled to avoid compensatory lower back movements.

Isometric Push-up Hold | Sets: 3 | Reps: Hold for 20-30 seconds

Notes: Keep body rigid and core engaged to support lower back.