



STRENGTH BUILDING COURSE

Week 1–4 Foundation Strength

- Squats – 4x10
- Push-ups – 4x12
- Dumbbell Rows – 3x10 each side
- Plank – 3x45 sec
- Lunges – 3x12 each leg

Week 5–8 Progressive Overload

- Barbell Squats – 5x5

- Bench Press – 5x5
- Deadlift – 4x5
- Shoulder Press – 4x6
- Pull-ups – max reps

Week 9–12 Advanced Strength

- Front Squats – 5x3–5
- Deadlifts – 5x3–5
- Push Press – 4x5
- Bent-over Row – 4x6
- Core circuit – 3 rounds

Nutrition & Meals

- Protein: 1.6–2.2g/kg
- Carbs: 200–350g
- Fats: 60–80g
- Water: 3–4L
- Sleep 7–9 hours