



# 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 – 5×5
- Deadlift – 4×5
- Shoulder Press – 4×6
- Pull-ups – max reps

### **Week 9–12 Advanced Strength**

- Front Squats – 5×3–5
- Deadlifts – 5×3–5
- Push Press – 4×5
- Bent-over Row – 4×6
- 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