

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 – 3 sets, max reps

WEEK 9–12: ADVANCED STRENGTH

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

Nutrition & Meal Plan

Daily Guidelines:

- Protein: 1.6–2.2g/kg
- Carbs: 200–350g
- Fats: 60–80g

Sample Meals:

Breakfast: Oats + banana + eggs

Lunch: Brown rice/chapati + chicken/paneer + veggies

Pre-Workout: Banana/peanut butter sandwich

Post-Workout: Whey/yogurt + fruit

Dinner: Grilled fish/chicken or dal

Snacks: Nuts, fruits, Greek yogurt

Hydration: 3–4 L water/day

Recovery:

- Sleep 7–9 hrs
- Stretch post-workout
- 1 full rest day/week