

# Full-Body Workout Plan

Total Days: 2 | Total Exercises: 3

## Day 1: Upper Body

### 1. Barbell Flat Bench Press

Sets: 3                      Reps: 12-10-8  
Rest: 1m

### 2. Dumbbell Flies

Sets: 3                      Reps: 12-12-12  
Rest: 1m

## Day 2: Lower Body

### 1. Legs Press

Sets: 3                      Reps: 20-20-20  
Rest: 1m