

# PABS IRON WILL

*BEGINNER STRENGTH BLUEPRINT*

***Build Strength. Build Discipline. Build Iron Will.***

# **The Foundation Principles**

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- Progressive Overload – Increase weight or reps weekly.
- Consistency – Minimum 3 sessions per week.
- Recovery – Sleep 7–9 hours and prioritize protein.
- Tracking – Data drives transformation.

## **3-Day Strength Structure**

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- Day 1 – Upper: Bench, Rows, Shoulder Press, Arms
- Day 2 – Lower: Squat, RDL, Lunges, Calves
- Day 3 – Full: Deadlift, Pull-ups, DB Press, Core

# 8-Week Strength Tracker

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Week	Bodyweight	Bench	Squat	Deadlift	Notes
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					

# **Weekly Reflection & Accountability**

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- What improved this week?
- Where did I struggle?
- What adjustments will I make next week?
- Energy level (1–10):
- Nutrition consistency (1–10):

Ready for structured coaching? Apply now at Pabs Iron Will.