

# 3-Day Weekly Workout Plan

## Week 1

Day	Row	LP	LE	LC	HA	HAb	Squat	Plank	SP	CP
D1										
D2										
D3										

## Week 2

Day	Row	LP	LE	LC	HA	HAb	Squat	Plank	SP	CP
D1										
D2										
D3										

## Week 3

Day	Row	LP	LE	LC	HA	HAb	Squat	Plank	SP	CP
D1										
D2										
D3										

## Week 4

Day	Row	LP	LE	LC	HA	HAb	Squat	Plank	SP	CP
D1										
D2										
D3										

## Exercise Key

- **Row:** 50 cal on rower (3×)
- **LP:** Leg press (3×12)
- **LE:** Leg extension (3×10)
- **LC:** Leg curl (3×10)
- **HA:** Hip adductor (3×12)
- **HAb:** Hip abductor (3×12)
- **Squat:** Squat on box (3×12)

- **Plank:** Plank (30s ×4)
- **SP:** Shoulder press (3×12)
- **CP:** Chest press (3×12)