

Monday: Upper Body

- **Bench Press:** 4 sets of 6-8 reps
- **Pull-Ups:** 4 sets of 6-8 reps
- **Overhead Press:** 4 sets of 6-8 reps
- **Bent-Over Rows:** 4 sets of 6-8 reps
- **Bicep Curls:** 3 sets of 10-12 reps
- **Tricep Dips:** 3 sets of 10-12 reps

Wednesday: Lower Body

- **Squats:** 4 sets of 6-8 reps
- **Deadlifts:** 4 sets of 6-8 reps
- **Leg Press:** 4 sets of 8-10 reps
- **Lunges:** 3 sets of 10 reps per leg
- **Calf Raises:** 4 sets of 15 reps

Friday: Full Body

- **Deadlifts:** 3 sets of 5 reps
- **Pull-Ups:** 3 sets of 8-10 reps
- **Overhead Press:** 3 sets of 8-10 reps
- **Barbell Rows:** 3 sets of 8-10 reps
- **Squats:** 3 sets of 8-10 reps

Tips:

- **Warm-Up:** Start each workout with a 5-10 minute warm-up (e.g., jogging or dynamic stretching).
- **Cool-Down:** Finish with stretching to improve flexibility and reduce muscle soreness.
- **Progressive Overload:** Gradually increase the weight you lift to keep challenging your muscles.

This is a basic schedule, and you can adjust it based on your fitness level and goals.