

## Monday: Push Day (Chest, Shoulders, Triceps)

- **Bench Press:** 4 sets of 8-10 reps
- **Incline Dumbbell Press:** 4 sets of 8-10 reps
- **Overhead Press:** 4 sets of 8-10 reps
- **Tricep Dips:** 3 sets of 10-12 reps
- **Lateral Raises:** 3 sets of 12-15 reps

## Tuesday: Pull Day (Back, Biceps)

- **Deadlifts:** 4 sets of 6-8 reps
- **Pull-Ups:** 4 sets of 8-10 reps
- **Bent-Over Rows:** 4 sets of 8-10 reps
- **Barbell Curls:** 3 sets of 10-12 reps
- **Face Pulls:** 3 sets of 12-15 reps

## Wednesday: Rest Day

- **Active Recovery:** Light cardio or stretching

## Thursday: Leg Day

- **Squats:** 4 sets of 8-10 reps
- **Leg Press:** 4 sets of 8-10 reps
- **Lunges:** 3 sets of 10 reps per leg
- **Leg Curls:** 3 sets of 10-12 reps
- **Calf Raises:** 4 sets of 15-20 reps

## Friday: Upper Body Compound Day

- **Deadlifts:** 3 sets of 5 reps
- **Bench Press:** 3 sets of 8 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

## Saturday: Active Recovery or Optional Light Workout

- **Cardio:** 20-30 minutes (running, cycling, etc.)
- **Core Work:** Planks, leg raises, etc.

## Sunday: Rest Day

- **Rest and Recovery**

## Additional Tips:

- **Nutrition:** Make sure you're eating enough calories and protein to support muscle growth. Aim for 1-1.5 grams of protein per pound of body weight.
- **Sleep:** Get 7-9 hours of sleep per night to support recovery.

- **Consistency:** Stick to the schedule, progressively increase weights, and stay consistent for the best results.

This schedule focuses on building strength and muscle mass, perfect for going from skinny to fit.