

Lift and Grow: Full-Body Workout Guide

Introduction

This full-body workout is designed for all fitness levels. It targets all major muscle groups to improve strength, endurance, and overall fitness. Perform this routine **3 times per week** with at least one rest day in between.

1. Warm-Up (5-10 minutes)

Prepare your body and prevent injuries.

- Jumping Jacks – 2 minutes
- Arm Circles – 1 minute (forward/backward)
- Bodyweight Squats – 1 minute
- High Knees – 2 minutes

2. Main Workout (45-60 minutes)

A. Upper Body

Exercise	Set	Reps	Notes
Push-Ups	3	12-15	Keep core tight
Dumbbell Bench Press	3	10-12	Use moderate weight
Dumbbell Rows	3	10-12	Each arm
Shoulder Press	3	10-12	Seated or standing

B. Lower Body

Exercise	Set	Reps	Notes
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Squats	3	12-15	Can use bodyweight or dumbbells
Lunges	3	10-12	Each leg
Deadlifts	3	10-12	Focus on form
Calf Raises	3	15-20	Slow and controlled

C. Core

Exercise	Set	Reps	Notes
Plank	3	30-60 sec	Keep body straight
Bicycle Crunches	3	15-20	Each side
Russian Twists	3	20	With or without weight
Leg Raises	3	10-15	Controlled motion

3. Cool-Down / Stretching (5-10 minutes)

- Hamstring Stretch – 30 sec per leg
- Quadriceps Stretch – 30 sec per leg
- Chest Stretch – 30 sec
- Shoulder Stretch – 30 sec
- Deep Breathing – 1-2 minutes

Tips

- Maintain proper form to avoid injuries.
- Rest 30-60 seconds between sets.
- Stay hydrated throughout the workout.
- Track your progress weekly.