

Full Body Split:

Workout Day:

- Compound Exercises:
 - Squats: 3x8-10
 - Bench Press: 3x8-10
 - Deadlifts: 3x6-8
- Assistance Exercises:
 - Pull-Ups: 3x8-10
 - Shoulder Press: 3x8-10
 - Bent Over Rows: 3x8-10
 - Lunges: 3x10-12
- Core Exercises:
 - Planks: 3 sets, hold for 30-60 seconds
 - Russian Twists: 3x12-15 reps per side