

TEMPLATE 3: STRENGTH-BUILDING PROGRAM *by*



- CLIENT CATEGORY: STRENGTH-FOCUSED CLIENTS
- KEY WORKOUT TYPES: POWERLIFTING, STRENGTH-TRAINING EXERCISES
- TEMPLATE STRUCTURE:
 - DAY 1: UPPER BODY STRENGTH (60 MINUTES)
 - EXERCISES: BARBELL BENCH PRESS (5X5), PULL-UPS (4X5), OVERHEAD PRESS (4X6)
 - REST: 2-3 MINUTES BETWEEN SETS
 - DAY 2: LOWER BODY STRENGTH (60 MINUTES)
 - EXERCISES: DEADLIFT (5X5), LUNGES (3X8 EACH LEG), LEG PRESS (4X6)
 - REST: 2-3 MINUTES BETWEEN SETS
 - DAY 3: TOTAL BODY (60 MINUTES)
 - EXERCISES: SQUAT (5X5), DUMBBELL ROWS (4X8 EACH ARM), PUSH-UPS (4X12)
 - REST: 2-3 MINUTES BETWEEN SETS
- WARM-UP/COOL-DOWN: JOINT MOBILITY EXERCISES (5 MINUTES); FOAM ROLLING AND STRETCHING (5-10 MINUTES)..

powered by

