

Beginner Strength Training Plan

This 3-day beginner plan is designed to build foundational strength, improve coordination, and establish consistent training habits.

Each training day targets a different focus:

- Day 1 (Lower Body) develops the hips, glutes, and legs.
- Day 2 (Upper Body) targets shoulders, chest, back, and arms.
- Day 3 (Full Body & Core) reinforces total-body movement and stability.

Weekly Layout Example:

- Monday: Day 1 - Lower Body
- Wednesday: Day 2 - Upper Body
- Friday: Day 3 - Full Body & Core

Each workout takes about 45-60 minutes. Perform 2-3 sets of 10-12 reps per exercise. Rest 30-60 seconds between sets.

Day 1 - Lower Body

- Bodyweight Squats - 3 sets of 12 reps
- Glute Bridges - 3 sets of 12 reps
- Dumbbell Lunges - 2 sets of 10 reps per leg
- Calf Raises - 3 sets of 15 reps

Day 2 - Upper Body

- Dumbbell Shoulder Press - 3 sets of 10 reps
- Bent-over Dumbbell Rows - 3 sets of 10 reps
- Incline Push-ups - 3 sets of 8-10 reps
- Bicep Curls - 2 sets of 12 reps

Day 3 - Full Body & Core

- Goblet Squats - 3 sets of 10 reps
- Romanian Deadlifts - 3 sets of 10 reps
- Planks - 3 rounds of 20-30 seconds
- Bird-Dogs - 2 sets of 10 reps per side