

YOUR 4-WEEK BATTLE PLAN

Day 1: Upper Body

Push-ups3 sets × to failure

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Floor Press3 sets × 10-12

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Dumbbell Row3 sets × 10-12 (per arm)

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Seated Dumbbell Press3 sets × 10-12

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Standing Bicep Curls3 sets × 12-15

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Day 2: Lower Body & Core

Bodyweight Squats3 sets × 15-20

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Lunges3 sets × 10-12 (per leg)

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Glute Bridge3 sets × 15-20

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Plank3 sets × 30-60 sec

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Day 3: Full Body

Goblet Squats3 sets × 12-15

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Seated Band Row3 sets × 12-15

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Wide-Grip Push-ups3 sets × to failure

Wk	Weight	Reps	Notes
1			
2			
3			
4			

Dumbbell Wood Chop3 sets × 10-12 (per side)

Wk	Weight	Reps	Notes
1			
2			
3			
4			