

Basic Strength Training Schedule

Weekly Workout Plan

Day	Exercise	Sets	Reps	Notes
Monday	Squat Bench Press Barbell Row	3	8-12	Full Body A
Tuesday	Rest or Light Cardio	-	-	Recovery
Wednesday	Deadlift Overhead Press Pull-Up / Lat Pulldown	3	8-12	Full Body B
Thursday	Rest or Core Work	-	-	Recovery
Friday	Squat Bench Press Barbell Row	3	8-12	Full Body A
Saturday	Optional Cardio / Stretching	-	-	Active Recovery
Sunday	Rest	-	-	Rest