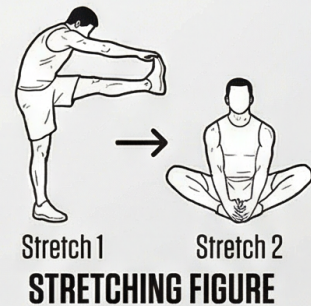
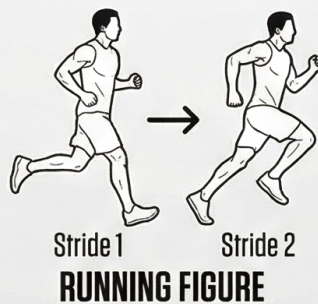
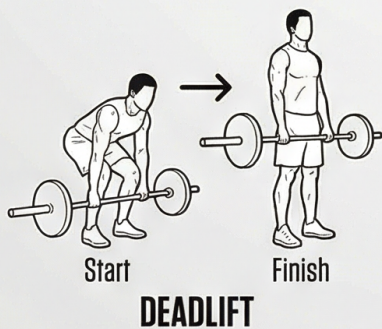
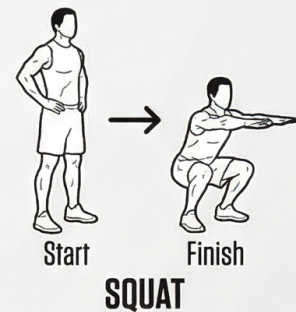
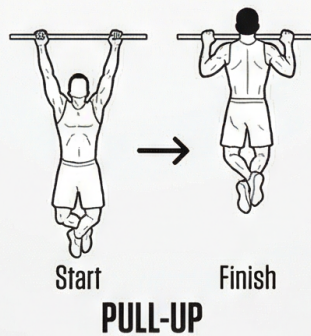
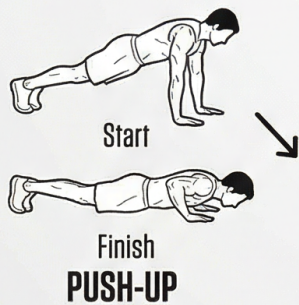


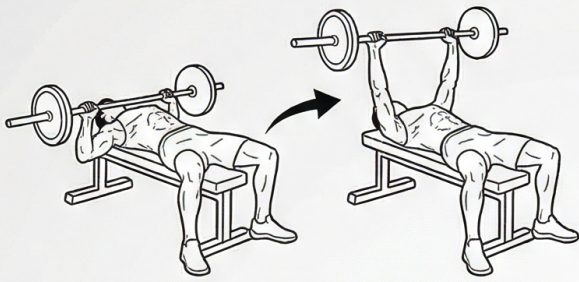
# 4-WEEK WORKOUT PLAN

## Progressive Overload Training System

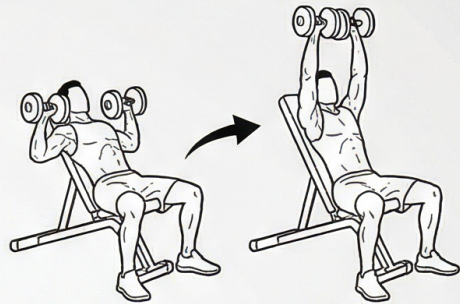
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	PUSH DAY	PUSH DAY	PUSH DAY	PUSH DAY
TUESDAY	PULL DAY	PULL DAY	PULL DAY	PULL DAY
WEDNESDAY	LEG DAY	LEG DAY	LEG DAY	LEG DAY
THURSDAY	CARDIO	CARDIO	ACTIVE RECOVERY	ACTIVE RECOVERY
FRIDAY	FULL BODY	FULL BODY	FULL BODY	FULL BODY
SATURDAY	ACTIVE RECOVERY	ACTIVE RECOVERY	CARDIO	CARDIO
SUNDAY	REST	REST	REST	REST



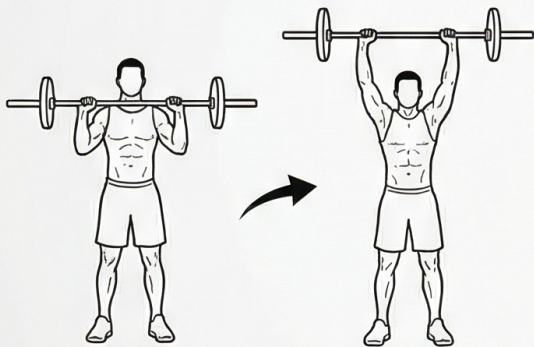
# PUSH DAY WORKOUT PLAN



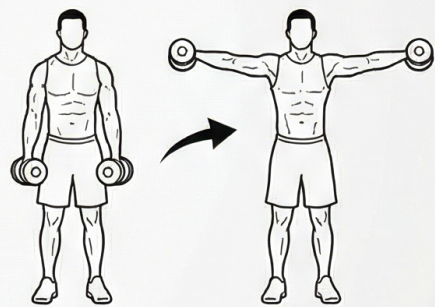
**1) Bench Press**  
3-4 sets x 8-12 reps



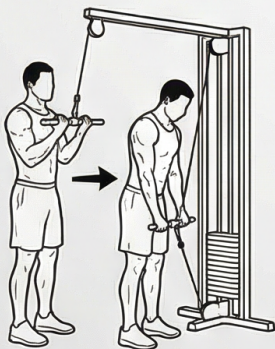
**2) Incline Dumbbell Press**  
3-4 sets x 8-12 reps



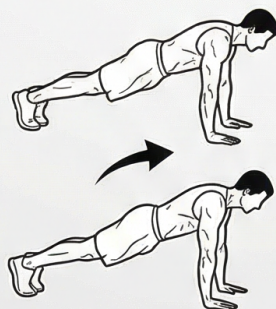
**3) Overhead Press**  
3-4 sets x 8-12 reps



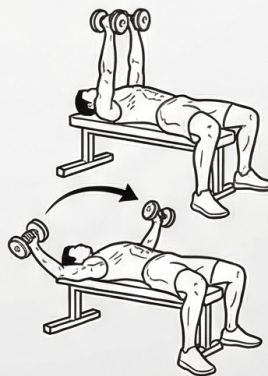
**Dumbbell Lateral Raise**  
3-4 sets x 8-12 reps



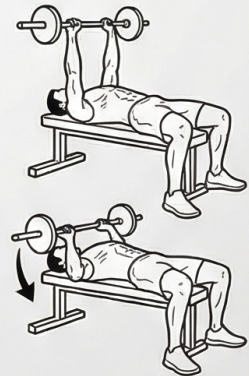
**Tricep Pushdown**  
3-4 sets x 8-12 reps



**Push-Up**  
3-4 sets x 8-12 reps

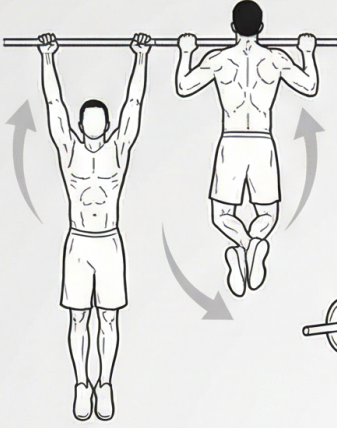


**Chest Fly**  
3-4 sets x 8-12 reps

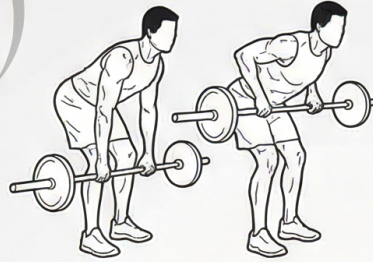


**Skull Crusher**  
3-4 sets x 8-12 reps

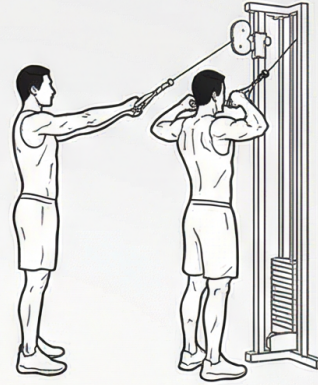
# PULL DAY



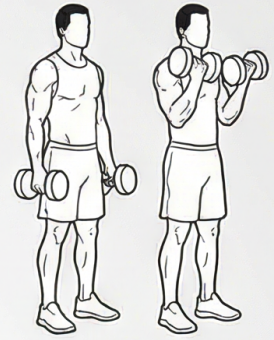
**PULL-UP**  
3-4 sets x 8-12 reps



**BARBELL ROW**  
3-4 sets x 8-12 reps



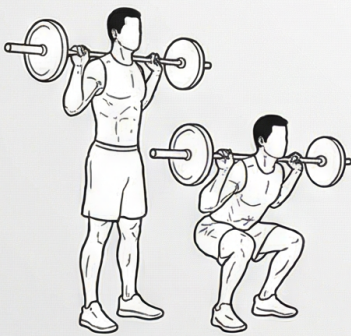
**FACE PULL**  
3-4 sets x 8-12 reps



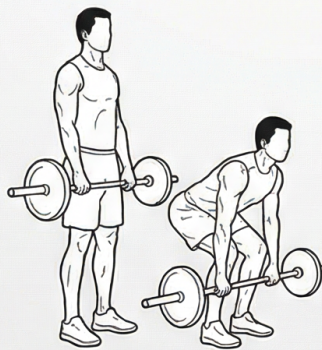
**HAMMER CURL**  
3-4 sets x 8-12 reps

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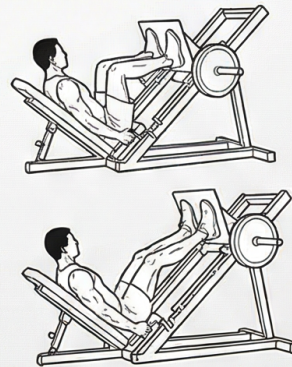
# LEG DAY



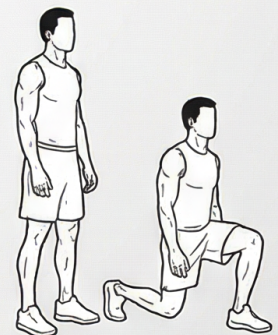
**BACK SQUAT**  
3-4 sets x 8-12 reps



**ROMANIAN DEADLIFT**  
3-4 sets x 8-12 reps



**LEG PRESS**  
3-4 sets x 8-12 reps



**WALKING LUNGE**  
3-4 sets x 8-12 reps