3 days: full body

For beginners and anyone with three days a week. Every session trains the whole body.

Sunday, Tuesday and Thursday (any three days with a rest day between)

Day 1

Exercise	Sets	Reps
Back Squat	3	8
Flat Bench Press	3	8
Lat Pulldown	3	10
Dumbbell Shoulder Press	2	10
Plank	3	30 sec

Day 2

Exercise	Sets	Reps
Barbell Romanian Deadlift	3	8
Incline Dumbbell Press	3	10
Seated Cable Row	3	10
Walking Lunges	2	10 each leg
Lying Leg Raises	3	12

Day 3

Exercise	Sets	Reps
Leg Press	3	12
Push-ups	3	to near failure
Dumbbell Row	3	10 each arm
Lateral Raises	3	12
Bicep Curls	2	12
Triceps Pushdown	2	12

Sets × reps

Do the reps written with good form. The last two reps should feel hard but clean.

Going heavier

When you reach the top of the reps in every set, add the smallest weight next time. That is progressive overload.

Rest

2 to 3 minutes after the big lifts (squat, bench, rows), 60 to 90 seconds after the small ones.

Warm up first

Five minutes of easy movement, then two or three light sets before your first heavy exercise.

Let Shulah run this plan for you

A PDF stays the same. Shulah reads every set you log and sets your next weights, plans lighter weeks, and swaps an exercise for one your gym has.

shulah.app/join

If you have an injury or a medical condition, ask your doctor before starting any training plan.