

## FULL-BODY POWER ROUTINE

### Monday & Friday Workout Regimen

#### Warm-Up:

Start with 5-10 minutes of light cardio or dynamic stretching to warm up your muscles.

Perform two sets of each exercise with 10-12 reps per set and a rest period of one minute between sets.

1. Bench Press
2. One-Arm Dumbbell Row
3. Dumbbell Lateral Raises
4. Standing Dumbbell Overhead Extensions
5. Barbell Curl
6. Squats
7. Calf Raise
8. Roman Situps

### Wednesday Workout Regimen

#### Warm-Up:

As with the previous routine, begin with a 5-10 minute warm-up comprising light cardio or dynamic stretching.

Perform two sets of each exercise with 10-12 reps per set and a rest period of one minute between sets.

1. Incline Bench Press
2. Chin-Ups or Reverse Push-Ups
3. Dumbbell Lateral Raises
4. Dips
5. Hammer Curl
6. Lunges
7. Hamstring Lying Dumbbell Curl (Place dumbbell between feet)
8. Calf Raise
9. Roman Situps

#### Schedule:

- Monday & Friday: Perform the exercises listed under "Monday & Friday" regimen.
- Wednesday: Perform the exercises listed under "Wednesday" regimen.

#### Cooldown:

After each workout, cool down with static stretching for the muscles worked during the session.

#### Notes:

- Ensure proper form and technique for each exercise to prevent injury.
- Adjust the weight used for exercises according to your fitness level.
- Hydrate well and maintain a balanced diet to support your workouts and recovery.
- If any exercise causes pain or discomfort, consider seeking guidance from a fitness professional to ensure proper execution or find alternative exercises.

Consistency and progressive overload are essential for improvement. Gradually increase weights or reps as your strength and endurance improve. Also, allow for at least 48 hours of rest between working the same muscle groups to facilitate recovery and muscle growth.