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|   |  |   |   |   GYM NAME HERE |   |   |
|   |   |   |   |   |   |
|   | DAILY WORKOUT PLAN |   |   |
|   | **ROUTINE** |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   | **01 JAN 2026** |   |   |  **GYM NAME HERE** |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   | **31 JAN 2026** |   |   | ADDRESS HERE |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|   | \* Morning exercises can boost energy and metabolism for the day, try to start exercising by 9:00AM |   |
|   |   |   |   |   |   |   |   |   |
|   | **10 min** | **Pushups (3 sets, 15 reps, bodyweight)** |   |
|   | Hands shoulder-width, lower chest to floor, push back up. |   |
|   | **5 min** | **Squats (3 sets, 12 reps, bodyweight)** |   |
|   | Feet shoulder-width, bend knees, lower hips, stand back up. |   |
|   | **8 min** | **Bench Press (3 sets, 10 reps, 50 kg)** |   |
|   | Lie on bench, lower bar to chest, press back up. |   |
|   | **4 min** | **Deadlift (3 sets, 8 reps, 70 kg)** |   |
|   | Feet hip-width, lift bar from floor, stand straight. |   |
|   | **6 min** | **Pull-ups (3 sets, 10 reps, bodyweight)** |   |
|   | Hang from bar, pull chin above bar, lower back down. |   |
|   | **10 min** | **REST TIME** |   |
|   | Pause and relax for 10 minutes to recover and recharge your energy. |   |
|   | **8 min** | **Lunges (3 sets, 12 reps, bodyweight)** |   |
|   | Step forward, lower hips, return to start, alternate legs. |   |
|   | **10 min** | **Bicep Curls (3 sets, 15 reps, 10 kg)** |   |
|   | Stand, curl dumbbells to shoulders, lower back down. |   |
|   | **7 min** | **Tricep Dips (3 sets, 12 reps, bodyweight)** |   |
|   | Hands on bench, lower body, push back up. |   |
|   | **5 min** | **Shoulder Press (3 sets, 10 reps, 20 kg)** |   |
|   | Stand, press dumbbells overhead, lower back down. |   |
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