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|  | DAILY WORKOUT PLAN | | | | | | | | | |  |  |
|  | **ROUTINE** | | | | | | | | | |  |  |
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|  |  | **01 JAN 2026** | | | | |  |  | **GYM NAME HERE** | |  |  |
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|  |  | **31 JAN 2026** | | | | |  |  | ADDRESS HERE | |  |  |
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|  | \* 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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