

# Strength & Resistance Training Guide

This guide outlines a basic 3- to 5-day split for strength and resistance training. Each workout focuses on a different muscle group with rest and recovery in mind.

## 3-Day Split Example

### Day 1 – Full Body:

- Squats
- Push-ups
- Dumbbell Rows
- Plank (1 min x 3)

### Day 2 – Upper Body:

- Shoulder Press
- Bicep Curls
- Tricep Dips
- Bent-over Rows

### Day 3 – Lower Body:

- Deadlifts
- Lunges
- Glute Bridges
- Calf Raises

## 5-Day Split Example

### Day 1 – Chest & Triceps

### Day 2 – Back & Biceps

### Day 3 – Legs

### Day 4 – Shoulders & Core

### Day 5 – Full Body or Active Recovery

Include 3 sets of 8–12 reps for each exercise. Always warm up and cool down.

## Tips for Success

- Start with light weights and increase gradually.
- Focus on form over weight.
- Rest 30–90 seconds between sets.
- Stay hydrated and listen to your body.

