



## 7-day Sample Strength Training Routine

If you're new to weightlifting, it's advisable to start with lighter weights and focus on proper form before gradually increasing the load.

### Day 1: Upper Body

1. **Bench Press:**
  - 3 sets x 8-12 reps
2. **Bent-Over Rows:**
  - 3 sets x 10-15 reps
3. **Overhead Shoulder Press:**
  - 3 sets x 10-12 reps
4. **Dumbbell Bicep Curls:**
  - 3 sets x 12-15 reps
5. **Triceps Dips:**
  - 3 sets x 12-15 reps

### Day 2: Lower Body

1. **Back Squats:**
  - 4 sets x 8-12 reps
2. **Deadlifts:**
  - 3 sets x 8-10 reps
3. **Walking Lunges:**
  - 3 sets x 12 steps per leg
4. **Leg Press:**
  - 3 sets x 12-15 reps
5. **Calf Raises:**
  - 3 sets x 15-20 reps

### Day 3: Rest or Active Recovery (Light Cardio or Stretching)

### Day 4: Push Day

1. **Incline Dumbbell Press:**
  - 3 sets x 10-12 reps
2. **Arnold Press:**
  - 3 sets x 12-15 reps
3. **Dumbbell Flyes:**
  - 3 sets x 12-15 reps
4. **Triceps Kickbacks:**
  - 3 sets x 12-15 reps
5. **Push-ups:**
  - 3 sets x as many reps as possible (AMRAP)



## Day 5: Pull Day

1. **Lat Pulldowns:**
  - 3 sets x 10-12 reps
2. **Face Pulls:**
  - 3 sets x 12-15 reps
3. **Barbell or Dumbbell Curls:**
  - 3 sets x 12-15 reps
4. **Hammer Curls:**
  - 3 sets x 12-15 reps
5. **Seated Cable Rows:**
  - 3 sets x 12-15 reps

## Day 6: Legs and Core

1. **Front Squats:**
  - 3 sets x 8-10 reps
2. **Leg Curls:**
  - 3 sets x 12-15 reps
3. **Planks:**
  - 3 sets x 30-60 seconds
4. **Russian Twists:**
  - 3 sets x 20 reps (10 per side)
5. **Hanging Leg Raises:**
  - 3 sets x 12-15 reps

## Day 7: Rest or Active Recovery (Light Cardio or Stretching)

Remember to warm up before each workout and cool down afterward. Adjust the weight and repetitions based on your fitness level and goals. It's crucial to listen to your body and progress at a pace that feels challenging but manageable. If you're unsure about your form or the appropriateness of this routine for your fitness level, consider consulting with a fitness professional or a healthcare provider.

This is just a sample and not personalized routine.



# WG Health Solutions

PREVENTATIVE HEALTH AND ERGONOMICS