

Gym Training Schedule

Day	Time	Workout Type	Exercises	Duration	Notes
Monday	7:00 AM - 8:00 AM	Upper Body Strength	Bench Press, Push-Ups, Pull-Ups	60 minutes	Focus on form and intensity
Tuesday	7:00 AM - 8:00 AM	Cardio	Treadmill, Rowing, Cycling	45 minutes	Moderate intensity
Wednesday	7:00 AM - 8:00 AM	Lower Body Strength	Squats, Lunges, Deadlifts	60 minutes	Add weight progressively
Thursday	7:00 AM - 8:00 AM	Core and Flexibility	Plank, Yoga, Stretching	45 minutes	Use a mat for comfort
Friday	7:00 AM - 8:00 AM	High-Intensity Interval	Circuit Training, Sprints	30 minutes	Maximum effort intervals
Saturday	8:00 AM - 9:00 AM	Full Body Conditioning	Kettlebells, Medicine Ball	60 minutes	Engage all major muscle groups
Sunday	-	Rest/Active Recovery	Light Yoga, Walking	-	Avoid strenuous activity