

STUDENT WORKOUT SCHEDULE

Prepared By: **[Your Name]**

Goal: Build strength, endurance, and flexibility through a balanced routine.

| Day | Workout | Notes |
|-----------|----------------------|----------------------------------------------------|
| Monday | Full Body Strength | Squats, Push-ups, Lunges, Planks |
| Tuesday | Cardio & Core | Running, Bicycle Crunches, Leg Raises |
| Wednesday | Upper Body Strength | Dumbbell Press, Bicep Curls, Tricep Dips, Pull-ups |
| Thursday | Active Recovery | Yoga or Light Swimming |
| Friday | Lower Body Strength | Deadlifts, Step-ups, Glute Bridges |
| Saturday | Cardio & Flexibility | Cycling or Jogging, Stretching |
| Sunday | Rest Day | Rest, Hydrate, Focus on recovery |

***[Your Name]** can adjust the intensity as needed. Start slow.*

Trending Home Workout Step Plan For Students

M Woodhall



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