

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

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