

Free Strength Training Workout Plan

Warm up thoroughly before each session with dynamic stretches and light cardio to prepare your muscles and joints. Cool down with static stretching focusing on flexibility and reducing muscle tension.

Day 1: Squats & Olympic Lifts

- **Back Squat:** 3 sets of 6-8 reps
- **Front Squat:** 3 sets of 6-8 reps
- **Overhead Squat:** 3 sets of 6-8 reps
- **Snatch:** 3 sets of 4-6 reps
- **Clean and Jerk:** 3 sets of 4-6 reps

Day 2: Deadlifts & Pulls

- **Conventional Deadlift:** 3 sets of 6-8 reps
- **Sumo Deadlift:** 3 sets of 6-8 reps
- **Hex Bar Deadlift:** 3 sets of 6-8 reps
- **Pull-Ups:** 3 sets of as many reps as possible (AMRAP)
- **Barbell Rows:** 3 sets of 6-8 reps

Day 3: Rest or Light Activity

- Focus on mobility work, light stretching, or a casual walk. It's important to let your muscles recover and repair.

Day 4: Presses & Thrusters

- **Shoulder Press:** 3 sets of 6-8 reps
- **Push Press:** 3 sets of 6-8 reps
- **Bench Press:** 3 sets of 6-8 reps
- **Thrusters:** 3 sets of 6-8 reps

Day 5: Kettlebell Swings & Farmer's Walk

- **Kettlebell Swings:** 4 sets of 15 reps
- **Farmer's Walk:** 4 sets, walk for 60 seconds each

Day 6: Full Body Conditioning

- **Clean and Press:** 3 sets of 6-8 reps
- Combine moderate-intensity cardio with functional movements for 20-30 minutes. Examples include rowing, cycling, or a circuit of bodyweight exercises.

Day 7: Rest

- Take this day to fully rest and recover. Engage in activities that help reduce stress and prepare your body for the next week of training.