

8-week resistance training program (YouTube links for guidance)

8-Week Resistance Training Program with Video Links

Program Overview

- Duration: 8 Weeks
- Frequency: 4-5 Days per week
- Split: Upper/Lower/Full Body
- Progression: Gradual increase in weight and reps each week
- Rest Periods: 60-90 seconds

Day 1: Upper Body Strength

1. Bench Press: 4 sets x 8-10 reps

[Instructional Video](#)

2. Bent-over Rows: 3 sets x 10-12 reps

[Instructional Video](#)

3. Overhead Press: 3 sets x 8-10 reps

[Instructional Video](#)

4. Bicep Curls: 3 sets x 10-12 reps

[Instructional Video](#)

5. Tricep Dips: 3 sets x 10-12 reps

[Instructional Video](#)

Day 2: Lower Body Strength

1. Squats: 4 sets x 8-10 reps

[Instructional Video](#)

2. Deadlifts: 3 sets x 6-8 reps

[Instructional Video](#)

3. Lunges: 3 sets x 12 reps per leg

[Instructional Video](#)

4. Leg Curls: 3 sets x 10-12 reps

[Instructional Video](#)

5. Calf Raises: 3 sets x 15-20 reps

[Instructional Video](#)

Day 3: Active Recovery/Core

1. Plank: 3 sets x 45 seconds hold

[Instructional Video](#)

2. Side Plank: 3 sets x 30 seconds hold per side

[Instructional Video](#)

3. Russian Twists: 3 sets x 20 twists (10 each side)

[Instructional Video](#)

Day 4: Full Body Hypertrophy

1. Incline Dumbbell Press: 4 sets x 10-12 reps

[Instructional Video](#)

2. Pull-Ups: 3 sets x max reps

[Instructional Video](#)

3. Leg Press: 3 sets x 10-12 reps

[Instructional Video](#)

4. Dumbbell Lateral Raises: 3 sets x 12-15 reps

[Instructional Video](#)

5. Calf Raises: 3 sets x 15-20 reps

[Instructional Video](#)

Day 5: Upper Body Hypertrophy

1. Lat Pulldown: 4 sets x 8-10 reps

[Instructional Video](#)

2. Dumbbell Rows: 3 sets x 10-12 reps

[Instructional Video](#)

3. Dumbbell Lateral Raises: 3 sets x 12-15 reps

[Instructional Video](#)

4. Bicep Curls: 3 sets x 10-12 reps

[Instructional Video](#)

5. Tricep Dips: 3 sets x 10-12 reps

[Instructional Video](#)

Progression Guidelines

Each week, aim to increase the weight slightly or perform one additional rep per set compared to the previous week. Focus on maintaining good form while progressing gradually.

Let me know if you need any modifications or additional details!