
Day	Exercise	Sets × reps	Rest
A	Goblet squat	3 × 8–12	60–90 s
A	Bench / floor press	3 × 8–12	60–90 s
A	One-arm row	3 × 8–12	60–90 s
A	Romanian deadlift	3 × 8–12	60–90 s
A	Dead bug	3 × 8–10 each side	45 s
B	Reverse lunge	3 × 8–12	60–90 s
B	Overhead press	3 × 8–12	60–90 s
B	Bent-over row	3 × 8–12	60–90 s
B	Hip thrust / bridge	3 × 8–12	60–90 s
B	Curl	3 × 8–12	60–90 s
C	Split squat	3 × 8–12	60–90 s
C	Incline press / push-up	3 × 8–12	60–90 s
C	Overhead triceps extension	3 × 8–12	60–90 s
C	Farmer's carry	3 × 30–40 m	60 s