WOOTEN
FITNESS
WORKOUT PLANS | MEAL PLANS | REAL RESULTS

THE STRENGTH BLUEPRINT

4 WEEKS / 3 DAYS PER WEEK / FULL GYM

A PREVIEW OF THE WOOTEN FITNESS EXPERIENCE

DEMONSTRATION PLAN - NOT INDIVIDUALIZED COACHING

01 / SAMPLE ATHLETE PROFILE

Built around a clear goal.

Example customer: Alex | Illustrative profile, not a real client

GOAL / BUILD MUSCLE & STRENGTH

Level: Intermediate | Equipment: Full gym

Frequency: 3 days/week | Session: 50-60 minutes

YOUR WEEK AT A GLANCE

MON	TUE	WED	THU	FRI
Upper A	Recovery	Lower	Recovery	Upper B

THE TRAINING APPROACH

01 THE PLAN	WHAT IT MEANS
Strength foundations	Controlled compound movements and sound technique
Muscle-building volume	Moderate sets, reps, and consistent execution
Progressive overload	Small increases when the current work feels solid
Recovery built in	Rest days between demanding sessions

YOUR STARTING POINT

Choose a weight that leaves roughly 2-3 good reps in reserve.

Technique comes before heavier weights.

02 / WORKOUT A

Upper body / Push & Pull

MONDAY / 50-60 MINUTES

TODAY'S WORKOUT

EXERCISE	SETS	REPS	COACHING CUE
Dumbbell bench press	3	8-10	Shoulders set; lower under control
Lat pulldown	3	10-12	Pull elbows down, not behind you
Incline DB press	3	10	Use a comfortable pressing path
Chest-supported row	3	10-12	Pause briefly at the top
Cable lateral raise	2	12-15	Lift smoothly; avoid swinging

SESSION NOTES

Warm up: 5-8 min easy cardio + 1-2 light sets for the first lift.
Rest: 90-120 sec on main lifts; 60-90 sec on accessories.

EFFORT TARGET

Stop each set with 2-3 technically sound reps still possible.
If a movement causes pain, stop and seek suitable guidance.

03 / WORKOUT B

Lower body / Strength & Stability

WEDNESDAY / 50-60 MINUTES

TODAY'S WORKOUT

EXERCISE	SETS	REPS	COACHING CUE
Leg press	3	10	Lower only as far as control allows
DB Romanian deadlift	3	8-10	Hinge at hips; keep weights close
Reverse lunge	2	8 / leg	Take a stable step back
Seated leg curl	3	10-12	Slow, controlled lowering
Standing calf raise	3	12-15	Pause at top and bottom

SESSION NOTES

Warm up: 5-8 min easy cycling + light practice sets.
Rest: 90-120 sec on main lifts; 60-90 sec on accessories.

EFFORT TARGET

Stop each set with 2-3 technically sound reps still possible.
If a movement causes pain, stop and seek suitable guidance.

04 / WORKOUT C

Upper body / Balanced Hypertrophy

FRIDAY / 50-60 MINUTES

TODAY'S WORKOUT

EXERCISE	SETS	REPS	COACHING CUE
Machine chest press	3	10-12	Keep your shoulder blades supported
Seated cable row	3	10-12	Keep torso steady
DB shoulder press	2	8-10	Press within a pain-free range
Cable triceps pushdown	2	12-15	Keep elbows near sides
DB hammer curl	2	12-15	Avoid using momentum

SESSION NOTES

Warm up: 5-8 min easy movement + light sets for first lift.
Rest: 90 sec on presses/rows; 60 sec on arm work.

EFFORT TARGET

Stop each set with 2-3 technically sound reps still possible.
If a movement causes pain, stop and seek suitable guidance.

05 / FOUR-WEEK ROADMAP

Progress with purpose.

A simple example of how training can evolve over four weeks

WEEK	FOCUS	YOUR ACTION
01	Find your baseline	Use comfortable weights; learn each movement. Record loads and repetitions.
02	Build consistency	Aim for one more rep where form allows. Keep rest periods consistent.
03	Progress gradually	When all sets reach the top of the rep range, consider a small weight increase next time.
04	Consolidate	Repeat or modestly improve your best work. Avoid forcing progress when fatigued.

FOUR-WEEK COMPLETION TRACKER

WEEK	MON	WED	FRI	NOTES
1	[ ]	[ ]	[ ]	_____
2	[ ]	[ ]	[ ]	_____
3	[ ]	[ ]	[ ]	_____
4	[ ]	[ ]	[ ]	_____

06 / RECOVERY & NEXT STEPS

The details make it personal.

Your actual plan would reflect your answers and available equipment.

RECOVERY GUIDELINES

Sleep: Aim for a consistent schedule with sufficient nightly rest.

Hydration: Drink regularly and adjust for heat and training demands.

Movement: Light walking or mobility work on rest days is optional.

Feedback: Record loads, reps, energy, and any exercise discomfort.

SAMPLE TRAINING LOG

EXERCISE	WEIGHT	REPS	NOTES
DB bench press	_____	_____	_____
Lat pulldown	_____	_____	_____
Leg press	_____	_____	_____

IMPORTANT / PLEASE READ

This public preview is illustrative, not a personalized prescription.
Exercise selections and progressions require qualified review before sale.

YOUR GOALS. YOUR PLAN. YOUR PROGRESS.

Explore personalized training with Wooten Fitness.