

3 Month Strength Building Program

Month 1: Basic Strength Training Program

Week 1-4:

Day 1: Full-Body Strength

- Barbell Squats: 3 sets of 8-10 reps
- Dumbbell Bench Press: 3 sets of 8-10 reps
- Bent-Over Barbell Rows: 3 sets of 8-10 reps
- Dumbbell Shoulder Press: 3 sets of 8-10 reps
- Plank: 3 sets, hold for 30-60 seconds

Day 2: Rest or Active Recovery (Light Cardio, Stretching)

Day 3: Lower Body Strength

- Deadlifts: 3 sets of 6-8 reps
- Leg Press: 3 sets of 8-10 reps
- Lunges: 3 sets of 10-12 reps per leg
- Leg Curls: 3 sets of 8-10 reps
- Calf Raises: 3 sets of 12-15 reps

Day 4: Rest or Active Recovery (Light Cardio, Stretching)

Day 5: Upper Body Strength

- Pull-Ups or Lat Pulldowns: 3 sets of 8-10 reps
- Barbell Bench Press: 3 sets of 8-10 reps
- Seated Cable Rows: 3 sets of 8-10 reps
- Dumbbell Shoulder Press: 3 sets of 8-10 reps
- Bicep Curls: 3 sets of 10-12 reps
- Tricep Dips or Tricep Pushdowns: 3 sets of 10-12 reps

Month 2: Modified Strength Training Program

Week 5-8:

Day 1: Full-Body Strength (Alternative Exercises)

- Goblet Squats: 3 sets of 8-10 reps
- Push-Ups: 3 sets of 8-10 reps
- Single-Arm Dumbbell Rows: 3 sets of 8-10 reps per arm
- Arnold Press: 3 sets of 8-10 reps
- Plank with Leg Lift: 3 sets, hold for 30-60 seconds

Day 2: Rest or Active Recovery (Light Cardio, Stretching)

Day 3: Lower Body Strength (Alternative Exercises)

- Romanian Deadlifts: 3 sets of 6-8 reps
- Step-Ups: 3 sets of 8-10 reps per leg
- Bulgarian Split Squats: 3 sets of 10-12 reps per leg
- Leg Curls: 3 sets of 8-10 reps
- Calf Raises: 3 sets of 12-15 reps

Day 4: Rest or Active Recovery (Light Cardio, Stretching)

Day 5: Upper Body Strength (Alternative Exercises)

- Pull-Ups or Lat Pulldowns: 3 sets of 8-10 reps
- Incline Dumbbell Press: 3 sets of 8-10 reps
- T-Bar Rows: 3 sets of 8-10 reps
- Lateral Raises: 3 sets of 10-12 reps
- Hammer Curls: 3 sets of 10-12 reps
- Tricep Dips or Tricep Pushdowns: 3 sets of 10-12 reps

Month 3: Advanced Strength Training Program

Week 9-12:

Day 1: Full-Body Strength (Advanced Exercises)

- Front Squats: 3 sets of 6-8 reps
- Weighted Push-Ups: 3 sets of 8-10 reps
- Pull-Ups: 3 sets of 6-8 reps
- Military Press: 3 sets of 6-8 reps
- Plank with Arm Raise: 3 sets, hold for 30-60 seconds

Day 2: Rest or Active Recovery (Light Cardio, Stretching)

Day 3: Lower Body Strength (Advanced Exercises)

- Barbell Deadlifts: 3 sets of 6-8 reps
- Walking Lunges with Dumbbells: 3 sets of 10-12 reps per leg
- Hip Thrusts: 3 sets of 8-10 reps
- Leg Press: 3 sets of 8-10 reps
- Standing Calf Raises: 3 sets of 12-15 reps

Day 4: Rest or Active Recovery (Light Cardio, Stretching)

Day 5: Upper Body Strength (Advanced Exercises)

- Weighted Pull-Ups: 3 sets of 6-8 reps
- Barbell Bench Press: 3 sets of 6-8 reps
- Bent-Over Barbell Rows: 3 sets of 6-8 reps
- Seated Dumbbell Shoulder Press: 3 sets of 8-10 reps
- Barbell Bicep Curls: 3 sets of 8-10 reps
- Skull Crushers: 3 sets of 8-10 reps

This program provides a progression from basic to advanced exercises over the course of 3 months. Remember to adjust the weights and repetitions based on your individual fitness level and always prioritize proper form and technique to minimize the risk of injury. Additionally, it's important to warm up before each workout and cool down and stretch afterward. If you're new to strength training or have any health concerns, consider consulting with a fitness professional to ensure the program is suitable for you.