

Strong & Simple Workout Tracker

3-Day Beginner Strength Program

Welcome to the 3-Day **Strong & Simple** workout tracker! This program is designed to build strength and fitness in just 3 days a week. Use this tracker to stay motivated and monitor your progress. Remember to consult your doctor before starting any new workout program and take a rest day in between each workout day.

Workout Day 1

Date: _____

Warm-Up (5 min) do each exercise:

- March in place
- High knees
- Arm circles

Circuit 1: Lower Body (8 min): 2 Rounds - Rest 30-sec between rounds

- Bodyweight or Dumbbell squats (10-12 reps)
- Reverse lunges (10 reps per leg)
- Glute bridges (12 reps with 1-second hold at top)

Circuit 2: Upper Body Push & Pull (8 min): 2 Rounds - Rest 30-sec between rounds

- Pushups or chest press (10-12 reps)
- Dumbbell shoulder press (10-12 reps)
- 1-Arm dumbbell row (10 reps per side)
- Straight leg deadlifts (12 reps)

Circuit 3: Core (2-4 min):

- Plank (30-45 seconds)
- Dead bugs (30 second hold x 5)
- Repeat once if time allows

Cool Down & Stretch (3-5 min):

- Hamstring stretch
- Quad stretch

- Chest opener
- Child pose

Workout Day 2

Date: _____

Warm-Up (5 min):

- March in place
- High knees
- Arm circles

Circuit 1: Lower Body (8 min): 2 Rounds - Rest 30-sec between rounds

- Bodyweight or Dumbbell squats (10-12 reps)
- Reverse lunges (10 reps per leg)
- Glute bridges (12 reps with 1 second hold at top)

Circuit 2: Upper Body Push & Pull (8 min): 2 Rounds - Rest 30-sec between rounds

- Pushups or chest press (10-12 reps)
- Dumbbell shoulder press (10-12 reps)
- 1-Arm dumbbell row (10 reps per side)
- Straight leg deadlifts (12 reps)

Circuit 3: Core (2-4 min):

- Plank (30-45 seconds)
- Dead bugs (30 second hold x 5)
- Repeat once if time allows

Cool Down & Stretch (3-5 min):

- Hamstring stretch
- Quad stretch
- Chest opener
- Child pose

Workout Day 3

Date: _____

Warm-Up (5 min):

- March in place
- High knees

- Arm circles

Circuit 1: Lower Body (8 min): 2 Rounds - Rest 30-sec between rounds

- Bodyweight or Dumbbell squats (10-12 reps)
- Reverse lunges (10 reps per leg)
- Glute bridges (12 reps with 1 second hold at top)

Circuit 2: Upper Body Push & Pull (8 min): 2 Rounds - Rest 30-sec between rounds

- Pushups or chest press (10-12 reps)
- Dumbbell shoulder press (10-12 reps)
- 1-Arm dumbbell row (10 reps per side)
- Straight leg deadlifts (12 reps)

Circuit 3: Core (2-4 min):

- Plank (30-45 seconds)
- Dead bugs (30 second hold x 5)
- Repeat once if time allows

Cool Down & Stretch (3-5 min):

- Hamstring stretch
- Quad stretch
- Chest opener
- Child pose

Pro Tip

Focus on the **eccentric** (lowering) part of each exercise. Slow down for 3-4 seconds, and up for 1 second. This increases time under tension, leading to greater strength gains.

Notes

Use this space to write down any thoughts about the workout such as improvements, any pain or exhaustion that you felt, things that you may have struggled with or things that you found easy.