WORKOUT A — 25 MINUTES

Muscle-building focus • Rest enough to make the muscles, not your lungs, the limiting factor

TIME	EXERCISE	SETS × REPS	REST / NOTES
0–3 min	**Warm-up**	—	10 squats • arm circles • 10 easy push-ups • 10 light DB presses
3–9 min	**DB Bench Press**	3 × 8–12	~90 sec between sets
9–15 min	**1-Arm DB Row**	3 × 8–12 / side	L → R → rest 60–90 sec
15–22 min	**Bulgarian Split Squat**	3 × 8–12 / leg	L → R → rest 60–90 sec
22–25 min	**DB Lateral Raise**	2 × 12–20	45–60 sec between sets

EFFORT RULE

Working sets should end with ~1–3 good reps left. If you could easily do 5 more reps, increase the weight. Good form comes first.

PROGRESSION

Stay at the same weight until you can reach the top of the rep range with good form. Example: **40 lb bench: 10/9/8 → 11/10/9 → 12/12/12 → increase weight.**

TODAY'S LOG

EXERCISE	WEIGHT	SET 1	SET 2	SET 3
DB Bench Press	_____	_____	_____	_____
1-Arm DB Row	_____	_____	_____	_____
Bulgarian Split Squat	_____	_____	_____	_____
DB Lateral Raise	_____	_____	_____	—

Goal: strength ↑ waist ↓ body weight roughly stable

Tip: write down every working set. Next Workout A, try to add a rep or increase the weight when you've earned it.