

MARCH 2026, 3-DAY

WEEK 1: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: ONE-ARM DUMBBELL ROWS	3 X 6-8	
2A: LEANING DUMBBELL LATERAL RAISE	3 X 8-10	
2B: DUMBBELL REAR DELT FLY	3 X 8-10	
3A: FEET UP DUMBBELL BENCH PRESS (OR FLOOR PRESS)	3 X 10-12	
3B: DUMBBELL SKULL CRUSHERS	3 X 10-12	

NOTES: PERFORM EXERCISES WITH THE SAME NUMBER ASSIGNED AS A SUPERSET. EX: EXERCISES 3A AND 3B SHOULD BE PERFORMED BACK-TO-BACK, BEFORE TAKING A REST PERIOD.

MARCH 2026, 3-DAY

WEEK 1: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1A: LATERAL SHUFFLE	3 X 30 SECONDS	
1B: BODYWEIGHT SQUATS	3 X 30 SECONDS	
2A: DUMBBELL SUMO DEADLIFT	3 X 8-10 (EACH SIDE)	
2B: STANDING CALF RAISES	3 X 8-10	
3A: DUMBBELL BOX SQUAT	3 X 10-12 (EACH SIDE)	
3B: FRONT PLANK W/REACH	3 X 10-12 (EACH SIDE)	

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MARCH 2026, 3-DAY

WEEK 1: TOTAL BODY

EXERCISE	SETS & REPS	NOTES
1A: DUMBBELL RDL	3 X 6-8	
1B: SINGLE-ARM KNEELING SHOULDER PRESS	3 X 6-8 (EACH SIDE)	
2A: GOBLET SQUAT	3 X 8-10	
2B: KETTLEBELL ROW	3 X 8-10	
3A: SINGLE-LEG HIP THRUST	3 X 10-12 (EACH SIDE)	
3B: DEAD BUGS	3 X 10-12 (EACH SIDE)	

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WEEK 2: UPPER BODY

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2A: LEANING DUMBBELL LATERAL RAISE	3 X 8-10	
2B: DUMBBELL REAR DELT FLY	3 X 8-10	
3A: FEET UP DUMBBELL BENCH PRESS (OR FLOOR PRESS)	3 X 10-12	
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3A: FEET UP DUMBBELL BENCH PRESS (OR FLOOR PRESS)	3 X 10-15	
3B: DUMBBELL SKULL CRUSHERS	3 X 10-15	

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NOTES: IF YOU'VE REACHED THE TOP END OF THE REP RANGE, FEEL FREE TO
ADD WEIGHT TO THE EXERCISE(S). CONTINUE TO TRY AND INCREASE
PERFORMANCE.

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