

## FitPeak Full-Body Muscle-Building Workout Plan

**Goal:** Build overall strength, tone muscles, and improve full-body fitness.

---

### Workout Structure

- **Frequency:** 3–4 times per week (e.g., Monday, Wednesday, Friday)
  - **Sets & Reps:** 3–4 sets of 10–12 reps per exercise
  - **Rest:** 60–90 seconds between sets
- 

### Exercises & Focus Areas

- **Squats** – Strengthen legs, glutes, and core
  - **Bench Press** – Build chest and triceps
  - **Dumbbell Rows** – Strengthen back and biceps
  - **Shoulder Press** – Sculpt shoulders and traps
  - **Lunges** – Improve balance and tone legs
  - **Bicep Curls** – Define arms
  - **Tricep Dips** – Tone triceps and chest
  - **Planks** – Strengthen core and stability
  - **Pull-Ups / Assisted Pull-Ups** – Build back and biceps
- 

### Tips for Maximum Results

- Maintain **proper form** to prevent injuries
  - Gradually **increase weights or reps** for progressive overload
  - Include **protein-rich meals** for muscle recovery and growth
  - Perform **dynamic warm-ups and cool-down stretches**
  - Track progress weekly to measure full-body strength and endurance
- 

**Call to Action:** Achieve full-body strength today! Visit [fitpeak.online](https://fitpeak.online) or contact us at [hello@fitpeak.online](mailto:hello@fitpeak.online) for personalized programs.