Blueprint starter
Foundation Full Body

Three full-body days for a commercial gym. Beginner.
Default days: Monday, Wednesday, Friday.
Goals: fat loss, muscle gain, body transformation.

Three full-body days. Squat, hinge, push, and pull, with machines where they make the patt

How to choose a starting weight
No history yet. Pick a weight you can move with clean reps.
The app leaves the first weight empty until you log the exercise.
This PDF does not assign a kilogram or a pound.

How the next session moves
On loaded exercises, clear every set and the next session adds
2.5 kg. A dumbbell exercise adds 2 kg. In pounds the jump is 5 lb.
A miss holds the weight. Two misses at the same weight drop
one increment.

Starting this Blueprint in Swoledex copies the days onto your
account as workouts you can edit. The plan stays available.
These targets are a training plan, not medical advice.

Day A â Squat and push
Goblet Squat: 3 x 10, rest 90 sec
DB Bench Press: 3 x 8, rest 120 sec
Lat Pulldown (Feeder Sets): 3 x 10, rest 90 sec
Seated Leg Curl: 3 x 10, rest 75 sec
DB Lateral Raise: 2 x 12, rest 60 sec
Reverse Crunch: 2 x 12, rest 45 sec

Day B â Hinge and pull
DB RDL: 3 x 10, rest 90 sec
Machine Chest Press: 3 x 10, rest 90 sec
Cable Seated Row: 3 x 10, rest 90 sec
Leg Press: 3 x 10, rest 120 sec
Seated DB Shoulder Press: 2 x 10, rest 90 sec
Cable Crunch: 2 x 12, rest 60 sec

Day C â Full body
Leg Press: 3 x 12, rest 120 sec
Low Incline DB Press: 3 x 10, rest 90 sec
Machine Pulldown: 3 x 10, rest 90 sec
Lying Leg Curl: 3 x 12, rest 75 sec
DB Curl: 2 x 12, rest 60 sec
Triceps Pressdown: 2 x 12, rest 60 sec