

**Claude** Content is user-generated and unverified.



Customize



# 3-Day Strength & Fitness Program

**For: 50-year-old male, 6'4", 256lbs, novice lifter**

## Program Overview

This program focuses on building foundational strength, improving mobility, and establishing healthy movement patterns. The three-day split allows adequate recovery time while providing consistent stimulus for strength gains.

**Schedule:** Monday, Wednesday, Friday (or any 3 non-consecutive days)

**Duration:** 8-12 weeks before progression

**Session Length:** 45-60 minutes

## Day 1: Upper Body Focus

### Warm-Up (8-10 minutes)

- 5 minutes light cardio (walking, stationary bike)
- Arm circles: 10 forward, 10 backward
- Band pull-aparts: 15 reps
- Wall slides: 10 reps
- Cat-cow stretches: 10 reps

## Strength Training