

## Today's Workout



## Plan Info

4-day GZCLP

4

days per week

30-45

mins per day

A beginner program designed by competitive powerlifter and strength coach Cody Lefever. The program is highly effective because it works a variety of rep ranges and intensities, automatically adjusting to your progress over time. The program is strength-focused, but also suitable for building muscle, getting toned, or losing fat assuming you follow your meal plan.

 Edit Routine

 Pick New Routine

## Workout Schedule

Last Week

This Week

**Next Week**

Wed Squat Workout



Thu Rest Day

Fri OHP Workout



Sat Rest Day

Sun Bench Workout



Mon Deadlift Workout



Tue Rest Day