

# TRIMION AFRICA™

## Workout Blueprint™

Body Sculpt Training Framework™

- Push Day: Bench Press 4x8, Shoulder Press 4x10, Incline Press 3x12.
- Pull Day: Pull Ups 4x8, Rows 4x10, Lat Pulldown 3x12.
- Leg Day: Squats 4x10, Romanian Deadlifts 3x12, Leg Press 4x12.
- Cardio structure: 20 minutes after training or morning walks.
- Track weights, reps and recovery consistently.

CATEGORY	DETAIL
Framework	Workout Blueprint™
Brand	TRIMION AFRICA™
Positioning	Premium Lifestyle & Discipline System™
WhatsApp	061 118 5978

Fine Print: This framework is intended for general wellness, discipline, lifestyle and educational purposes only. It does not replace professional medical, nutritional, psychological or fitness guidance. Results vary based on consistency, health status, nutrition, sleep, recovery and individual response. Always seek qualified professional advice where appropriate.