

# AI Athlete Trainer - Workout Plan

*Generated for: test | Date: 2026-01-06 23:44*

## 7-Day Workout Plan for an Athlete with Beginner Status

### Day 1: Monday - Upper Body and Core

1. Warm-up (5 minutes): Light cardio (jogging in place, jumping jacks, etc.) and dynamic stretching (arm circles, leg swings, etc.)
2. Push-ups - 3 sets of 8 reps, 30-second rest period between sets
  - \* Focus on proper form, engaging core and keeping back straight
3. Incline Dumbbell Press - 3 sets of 10 reps, 30-second rest period between sets
  - \* Use lighter weights to focus on proper form and technique
4. Bent-over Rows - 3 sets of 8 reps, 30-second rest period between sets
  - \* Focus on squeezing shoulder blades together and keeping back straight
5. Plank - 3 sets of 30-second hold, 30-second rest period between sets
  - \* Engage core and maintain proper form throughout the hold
6. Cool-down (5 minutes): Static stretching (focusing on chest, shoulders, and back)

### Day 2: Tuesday - Lower Body and Core

1. Warm-up (5 minutes): Light cardio and dynamic stretching
2. Squats - 3 sets of 10 reps, 30-second rest period between sets
  - \* Focus on proper form, engaging core and keeping back straight
3. Calf Raises - 3 sets of 15 reps, 30-second rest period between sets
  - \* Use body weight or light weights to focus on proper form and technique
4. Step-ups - 3 sets of 10 reps (per leg), 30-second rest period between sets
  - \* Focus on proper form, engaging core and keeping back straight
5. Russian twists - 3 sets of 10 reps, 30-second rest period between sets
  - \* Use a weight or medicine ball to focus on engaging core and proper form
6. Cool-down (5 minutes): Static stretching (focusing on legs, calves, and hips)

### Day 3: Wednesday - Rest Day

\* Take a day off from intense physical activity to allow for recovery and muscle repair.

### Day 4: Thursday - Upper Body and Core

1. Warm-up (5 minutes): Light cardio and dynamic stretching
2. Incline Dumbbell Press - 3 sets of 10 reps, 30-second rest period between sets
  - \* Use lighter weights to focus on proper form and technique
3. Bent-over Rows - 3 sets of 8 reps, 30-second rest period between sets
  - \* Focus on squeezing shoulder blades together and keeping back straight
4. Tricep Dips - 3 sets of 10 reps, 30-second rest period between sets
  - \* Use a bench or chair to focus on proper form and technique
5. Leg Raises - 3 sets of 10 reps, 30-second rest period between sets
  - \* Use a weight or medicine ball to focus on engaging core and proper form
6. Cool-down (5 minutes): Static stretching (focusing on chest, shoulders, and back)

### Day 5: Friday - Lower Body and Core

1. Warm-up (5 minutes): Light cardio and dynamic stretching
2. Squats - 3 sets of 10 reps, 30-second rest period between sets
  - \* Focus on proper form, engaging core and keeping back straight
3. Calf Raises - 3 sets of 15 reps, 30-second rest period between sets
  - \* Use body weight or light weights to focus on proper form and technique
4. Step-ups - 3 sets of 10 reps (per leg), 30-second rest period between sets
  - \* Focus on proper form, engaging core and keeping back straight
5. Russian twists - 3 sets of 10 reps, 30-second rest period between sets
  - \* Use a weight or medicine ball to focus on engaging core and proper form
6. Cool-down (5 minutes): Static stretching (focusing on legs, calves, and hips)

### Day 6: Saturday - Core and Agility

1. Warm-up (5 minutes): Light cardio and dynamic stretching
2. Plank - 3 sets of 30-second hold, 30-second rest period between sets
  - \* Engage core and maintain proper form throughout the hold
3. Reverse plank - 3 sets of 30-second hold, 30-second rest period between sets
  - \* Engage core and maintain proper form throughout the hold
4. Jump squats - 3 sets of 10 reps, 30-second rest period between sets
  - \* Focus on proper form and explosive jumping technique
5. Agility ladder drills - 3 sets of 10 reps, 30-second rest period between sets
  - \* Focus on proper form and quick foot movements
6. Cool-down (5 minutes): Static stretching (focusing on core and legs)

Day 7:

