

# AI Athlete Trainer - Workout Plan

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## 7-Day Workout Plan for a Beginner Athlete

### Day 1: Lower Body and Mobility

#### 1. Warm-up (5 minutes):

- \* Light cardio (jogging, jumping jacks, etc.)
- \* Dynamic stretching (leg swings, hip circles, etc.)

#### 2. Squats (3 sets of 8 reps, 60-second rest between sets):

- \* Stand with feet shoulder-width apart, toes pointing forward
- \* Lower body down into a squat, keeping back straight and knees behind toes
- \* Push through heels to return to standing

#### 3. Calf Raises (3 sets of 12 reps, 60-second rest between sets):

- \* Stand on edge of step or platform, heels hanging off
- \* Raise up onto tiptoes, then lower back down

#### 4. Leg Swings (3 sets of 12 reps, 60-second rest between sets):

- \* Stand with feet hip-width apart
- \* Lift one leg out to the side, keeping it straight, then lower it back down
- \* Alternate legs

#### 5. Cool-down (5 minutes):

- \* Static stretching (hamstrings, quadriceps, etc.)

### Day 2: Upper Body and Push-ups

#### 1. Warm-up (5 minutes):

- \* Light cardio (jogging, jumping jacks, etc.)
- \* Dynamic stretching (arm circles, etc.)

#### 2. Push-ups (3 sets of 8 reps, 60-second rest between sets):

- \* Start in plank position with hands shoulder-width apart

- \* Lower body down until chest almost touches ground, then push back up

### 3. Incline Dumbbell Press (3 sets of 12 reps, 60-second rest between sets):

- \* Sit on incline bench with dumbbells in hands

- \* Press dumbbells upwards, extending arms fully

- \* Lower dumbbells back down to starting position

### 4. Bicep Curls (3 sets of 12 reps, 60-second rest between sets):

- \* Stand with feet shoulder-width apart, holding dumbbells in hands

- \* Curl dumbbells up towards shoulders, then lower back down

### 5. Cool-down (5 minutes):

- \* Static stretching (chest, shoulders, etc.)

## Day 3: Rest Day

Take a day off from training to allow your body to recover.

## Day 4: Lower Body and Jumping

### 1. Warm-up (5 minutes):

- \* Light cardio (jogging, jumping jacks, etc.)

- \* Dynamic stretching (leg swings, etc.)

### 2. Squats (3 sets of 8 reps, 60-second rest between sets):

- \* Stand with feet shoulder-width apart, toes pointing forward

- \* Lower body down into a squat, keeping back straight and knees behind toes

- \* Push through heels to return to standing

### 3. Box Jumps (3 sets of 12 reps, 60-second rest between sets):

- \* Stand in front of box or bench, holding onto something for balance if needed

- \* Jump up onto box, then step back down to starting position

### 4. Lunges (3 sets of 12 reps, 60-second rest between sets):

- \* Stand with feet together, take a large step forward with one foot

- \* Lower body down into a lunge, keeping back straight and front knee behind toes

- \* Push through front heel to return to standing

### 5. Cool-down (5 minutes):

- \* Static stretching (hamstrings, quadriceps, etc.)

## Day 5: Upper Body and Push-ups

### 1. Warm-up (5 minutes):

- \* Light cardio (jogging, jumping jacks, etc.)
- \* Dynamic stretching (arm circles, etc.)

### 2. Push-ups (3 sets of 8 reps, 60-second rest between sets):

- \* Start in plank position with hands shoulder-width apart
- \* Lower body down until chest almost touches ground, then push back up

### 3. Dumbbell Chest Press (3 sets of 12 reps, 60-second rest between sets):

- \* Lie on flat bench with dumbbells in hands
- \* Press dumbbells upwards, extending arms fully
- \* Lower dumbbells back down to starting position

### 4. Tricep Dips (3 sets of 12 reps, 60-second rest between sets):

- \* Sit on edge of bench with hands gripping edge
- \* Lower body down by bending elbows, then straighten arms to return to starting position

### 5. Cool-down (5 minutes):

- \* Static stretching (chest, shoulders, etc.)

## Day 6: Rest Day

Take a day off from training to allow your body to recover.

## Day 7: Jumping and Mobility

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