

AI Athlete Trainer - Workout Plan

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Comprehensive 7-Day Workout Plan

Based on the athlete's initial profile, I've created a 7-day workout plan that starts with foundational exercises and gradually increases in intensity and difficulty. This plan will help the athlete build a solid foundation for future progress.

Day 1: Fundamentals of Movement

1. Warm-up: 5-minute dynamic stretching (leg swings, arm circles, hip circles)
2. Bodyweight Squats: 3 sets of 10 reps
3. Push-ups: 3 sets of 10 reps
4. Jumping Jacks: 3 sets of 30 seconds (30 seconds rest between sets)
5. Cool-down: 5-minute static stretching (focusing on legs and back)

Day 2: Upper Body Focus

1. Warm-up: 5-minute dynamic stretching (arm circles, shoulder rolls, leg swings)
2. Push-ups: 3 sets of 12 reps
3. Incline Push-ups (using a chair or bench): 3 sets of 12 reps
4. Tricep Dips (using a chair or bench): 3 sets of 12 reps
5. Cool-down: 5-minute static stretching (focusing on upper body)

Day 3: Lower Body Focus

1. Warm-up: 5-minute dynamic stretching (leg swings, hip circles, calf raises)
2. Bodyweight Squats: 3 sets of 12 reps
3. Calf Raises (using bodyweight or weights): 3 sets of 12 reps
4. Step-Ups (using a chair or bench): 3 sets of 12 reps (per leg)

5. Cool-down: 5-minute static stretching (focusing on lower body)

Day 4: Core and Balance

1. Warm-up: 5-minute dynamic stretching (leg swings, arm circles, hip circles)
2. Plank: 3 sets of 30-second hold
3. Russian Twists (using a weight or medicine ball): 3 sets of 12 reps
4. Balance Exercises (single-leg squats, single-arm balance): 3 sets of 12 reps (per leg/arm)
5. Cool-down: 5-minute static stretching (focusing on core and balance)

Day 5: Jumping and Agility

1. Warm-up: 5-minute dynamic stretching (leg swings, arm circles, hip circles)
2. Box Jumps (using a chair or bench): 3 sets of 12 reps
3. Lateral Jumps (using a small space): 3 sets of 12 reps
4. Zig-Zag Running (using a small space): 3 sets of 30 seconds
5. Cool-down: 5-minute static stretching (focusing on legs and hips)

Day 6: Rest and Recovery

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

Day 7: Active Recovery

1. Light Cardio (jogging, cycling, or swimming): 20-30 minutes at a low intensity
2. Dynamic Stretching: 5-10 minutes (focusing on major muscle groups)
3. Foam Rolling or Self-Myofascial Release: 5-10 minutes (focusing on major muscle groups)
4. Cool-down: 5-minute static stretching (focusing on major muscle groups)

Progressive Overload

As the athlete progresses through the 7-day workout plan, I recommend increasing the intensity and difficulty of exercises by:

- * Adding weight or resistance to exercises
- * Increasing the number of reps or sets
- * Decreasing rest time between sets
- * Increasing the duration of cardio exercises

Tracking Progress

Monitor the athlete's progress by tracking:

- * Total sessions completed
- * Total jumps performed
- * Total points earned (if applicable)
- * Bad moves detected (if applicable)
- * Average points per session

This 7-day workout plan provides a solid foundation for the athlete to build upon. Encourage them to listen to their body and adjust the plan as needed to avoid injury or burnout.

