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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
HIIT	Face pulls	Thrusters	Chest	Calves	Bench or Chair	5	24	Posterior	Builds unilateral leg strength	1556.3	1
Yoga	Chest flies	Lateral Raises	Legs	Glutes, Hamstrings, Core	Box or Platform	5	24	Posterior	Targets obliques and improves core rotation	857.51	1
Strength	Standing calf raises	Lateral Raises	Forearms	Lower Back, Glutes	Resistance Band or Cable Machine	5	24	Wrist Extensors	Strengthens lower body	1153.67	1

2

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Dumbbell rows	Lateral Raises	Shoulders	Upper Chest, Triceps	Resistance Band	5	25	Wrist Extensors	Strengthens core and improves mobility	1306.61	2
Strength	Leg raises	Lateral Raises	Arms	Upper Chest, Triceps	Resistance Band	5	24	Grip Strength	Targets obliques and improves core rotation	1180.14	2
Strength	Bird dog	Push-ups	Back	Calves	Dumbbells or Barbell	5	25	Lower Chest	Strengthens back and legs	1268.35	2

3

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Cardio	Barbell hip thrusts	Lateral Raises	Abs	Upper Back, Rear Deltoids	Step or Box	5	25	Quads	Improves core stability and upper body strength	1726.4	3
Strength	Standing calf raises	Dragon Flags	Back	Upper Back, Rear Deltoids	Box or Platform	5	24	Quads	Improves hip power and cardiovascular fitness	722.04	3
Strength	Hyperextensions	Glute Bridges	Back	Rear Deltoids, Upper Back	Bench or Step	5	25	Lateral	Improves balance and leg strength	1258.44	3

4

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Yoga	Leg curls	Lateral Raises	Arms	Triceps	Wall	5	24	Grip Strength	Targets obliques and improves core rotation	862.56	4
Cardio	Fat grip dumbbell curl	Flutter Kicks	Arms	Triceps, Chest	None or Dumbbell	5	25	Lateral	Builds back strength	440.8	4
Strength	Dumbbell flies	Plank	Chest	Calves	None or Dumbbells	5	25	Upper	Isolates triceps	1263.74	4

Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
Strength	Triceps pushdowns	Dragon Flags	Abs	Legs, Core	Dumbbells	5	25	Lateral	Improves unilateral leg strength and balance	514.33	4

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Workout_Type	Workout	Name of Exercise	Body Part	Target Muscle Group	Equipment Needed	Sets	Reps	Type of Muscle	Benefit	Calories_Burned	Day
HIIT	Face pulls	Thrusters	Chest	Calves	Bench or Chair	5	24	Posterior	Builds unilateral leg strength	1556.3	5
Yoga	Chest flyes	Lateral Raises	Legs	Glutes, Hamstrings, Core	Box or Platform	5	24	Posterior	Targets obliques and improves core rotation	857.51	5
Strength	Standing calf raises	Lateral Raises	Forearms	Lower Back, Glutes	Resistance Band or Cable Machine	5	24	Wrist Extensors	Strengthens lower body	1153.67	5