

## **Weekly Overview**

- **Days per Week: 5 days of training**
- **Split: Upper/Lower Body Split with Cardio**
- **Duration: 8-week program**

## **Workout Schedule:**

- **Monday: Upper Body + Cardio**
- **Tuesday: Lower Body**
- **Wednesday: Cardio + Core**
- **Thursday: Upper Body + Cardio**
- **Friday: Lower Body**
- **Saturday: Active Recovery (light cardio, stretching)**
- **Sunday: Rest**

## **Monday: Upper Body + Cardio**

### **Weighted Workout:**

1. **Bench Press: 4 sets of 8-10 reps**
2. **Bent Over Barbell Row: 4 sets of 8-10 reps**
3. **Standing Overhead Press: 3 sets of 8-10 reps**
4. **Pull-Ups (Assisted if needed): 3 sets of 6-8 reps**
5. **Dumbbell Curls: 3 sets of 10-12 reps**
6. **Tricep Dips: 3 sets of 8-10 reps**

### **Cardio:**

- **High-Intensity Interval Training (HIIT): 20 minutes (e.g., 30 seconds sprint, 30 seconds walk, repeat)**

## **Tuesday: Lower Body**

### **Weighted Workout:**

- 1. Squats: 4 sets of 8-10 reps**
- 2. Deadlifts (Conventional or Romanian): 4 sets of 8-10 reps**
- 3. Leg Press: 3 sets of 10-12 reps**
- 4. Lunges (Walking or Stationary): 3 sets of 10 reps per leg**
- 5. Calf Raises: 4 sets of 12-15 reps**
- 6. Leg Curls: 3 sets of 10-12 reps**

### **Wednesday: Cardio + Core**

#### **Cardio:**

- Steady-State Cardio: 30-45 minutes (running, cycling, or swimming at moderate intensity)**

#### **Core Workout:**

- 1. Plank: 3 sets of 30-60 seconds**
- 2. Russian Twists: 3 sets of 15 reps per side**
- 3. Leg Raises: 3 sets of 10-15 reps**
- 4. Bicycle Crunches: 3 sets of 15 reps per side**

### **Thursday: Upper Body + Cardio**

#### **Weighted Workout:**

- 1. Incline Dumbbell Press: 4 sets of 8-10 reps**
- 2. One-Arm Dumbbell Row: 4 sets of 8-10 reps per side**
- 3. Seated Dumbbell Shoulder Press: 3 sets of 8-10 reps**
- 4. Face Pulls: 3 sets of 10-12 reps**
- 5. Skull Crushers: 3 sets of 10-12 reps**
- 6. Hammer Curls: 3 sets of 10-12 reps**

**Cardio:**

- **Moderate Intensity Cardio: 20-30 minutes (e.g., cycling or brisk walking)**

**Friday: Lower Body****Weighted Workout:**

1. **Front Squats: 4 sets of 8-10 reps**
2. **Romanian Deadlifts: 4 sets of 8-10 reps**
3. **Leg Extensions: 3 sets of 10-12 reps**
4. **Hip Thrusts: 3 sets of 8-10 reps**
5. **Seated Calf Raises: 3 sets of 12-15 reps**
6. **Glute Bridges: 3 sets of 12-15 reps**

**Saturday: Active Recovery**

- **Light Cardio: 20-30 minutes (walking, easy cycling)**
- **Stretching or Yoga: Focus on flexibility and recovery**

**Sunday: Rest**