

Weekly Workout Schedule

Frequency: 5 days a week

Duration: 60-75 minutes per session

Format: Alternate between resistance training and cardio-focused sessions.

Day 1: Upper Body Strength

1. Warm-up (10 minutes)

- **Dynamic stretches (arm circles, torso twists)**
- **Light cardio (jump rope or brisk walking)**

2. Resistance Training (45 minutes)

- **Bench Press: 4 sets of 8-12 reps**
- **Bent-over Row: 4 sets of 8-12 reps**
- **Overhead Dumbbell Press: 3 sets of 8-10 reps**
- **Pull-ups or Lat Pulldowns: 3 sets of 8-10 reps**
- **Bicep Curls: 3 sets of 10-12 reps**
- **Tricep Dips: 3 sets of 10-12 reps**

3. Cool Down (5 minutes)

- **Stretching focused on upper body muscles**

Day 2: Cardio + Core

1. Cardio (30-40 minutes)

- **HIIT (High-Intensity Interval Training): 20-30 seconds of sprinting followed by 1 minute of walking/jogging for 20 minutes.**
- **Steady-state cardio: 20 minutes at moderate intensity (running, cycling, or swimming).**

2. Core Workout (15 minutes)

- **Plank: 3 sets of 30-60 seconds**
- **Russian Twists: 3 sets of 15-20 reps per side**
- **Bicycle Crunches: 3 sets of 15 reps per side**

- **Leg Raises: 3 sets of 10-15 reps**
- 3. Cool Down (5 minutes)**
 - **Stretching focused on core and lower body**

Day 3: Lower Body Strength

- 1. Warm-up (10 minutes)**
 - **Dynamic stretches (leg swings, hip circles)**
 - **Light cardio (cycling or brisk walking)**
- 2. Resistance Training (45 minutes)**
 - **Squats: 4 sets of 8-12 reps**
 - **Deadlifts: 4 sets of 8-12 reps**
 - **Lunges (Walking or Stationary): 3 sets of 10-12 reps per leg**
 - **Leg Press: 3 sets of 8-10 reps**
 - **Calf Raises: 3 sets of 12-15 reps**
- 3. Cool Down (5 minutes)**
 - **Stretching focused on lower body muscles**

Day 4: Active Recovery or Light Cardio

- **Activities:**
 - **Light jogging, brisk walking, cycling, or swimming for 30-45 minutes.**
 - **Alternatively, focus on mobility exercises and stretching.**

Day 5: Full Body Circuit

- 1. Warm-up (10 minutes)**
 - **Dynamic stretches and light cardio**
- 2. Circuit Training (45 minutes)**
 - **Perform each exercise for 30-45 seconds, followed by 15-30 seconds of rest. Complete 3-4 rounds.**
 - **Push-ups**

- **Kettlebell Swings**
- **Box Jumps or Step-Ups**
- **Dumbbell Thrusters**
- **Mountain Climbers**
- **Plank to Push-Up**

3. Cool Down (5 minutes)

- **Full body stretching**

Day 6 & 7: Rest and Recovery

- **Incorporate light activities like walking or yoga to aid recovery.**