

Week 1-4 Overview

Day 1: Upper Body

- **Warm-Up (10 mins):** Dynamic stretches (arm circles, shoulder rolls, torso twists)
- **Workout:**
 1. **Push-Ups** (or Knee Push-Ups) - 3 sets of 8-12 reps
 2. **Dumbbell Bench Press** - 3 sets of 8-12 reps
 3. **Bent-Over Dumbbell Rows** - 3 sets of 8-12 reps
 4. **Dumbbell Shoulder Press** - 3 sets of 8-12 reps
 5. **Bicep Curls** - 3 sets of 10-15 reps
 6. **Tricep Dips** (using a bench) - 3 sets of 8-12 reps
- **Cooldown (5-10 mins):** Static stretches for upper body

Day 2: Lower Body + Cardio

- **Warm-Up (10 mins):** Dynamic stretches (leg swings, bodyweight squats)
- **Workout:**
 1. **Squats** (Bodyweight or Dumbbell) - 3 sets of 10-15 reps
 2. **Lunges** - 3 sets of 10-12 reps per leg
 3. **Deadlifts** (Dumbbell or Kettlebell) - 3 sets of 8-12 reps
 4. **Calf Raises** - 3 sets of 12-15 reps
 5. **Plank** - 3 sets of 20-30 seconds
- **Cardio (10-15 mins):** Moderate intensity (jogging, cycling, or jumping rope)

Day 3: Full Body

- **Warm-Up (10 mins):** Jumping jacks, light jogging
- **Workout:**
 1. **Dumbbell Thrusters** - 3 sets of 8-12 reps
 2. **Pull-Ups** (Assisted if needed) - 3 sets of 5-8 reps
 3. **Dumbbell Deadlifts** - 3 sets of 8-12 reps

4. **Push-Ups** - 3 sets of 8-12 reps
 5. **Russian Twists** - 3 sets of 10-15 reps per side
- **Cooldown (5-10 mins):** Full body static stretches

Day 4: Cardio + Core

- **Warm-Up (10 mins):** Dynamic stretches, light jogging
- **Workout:**
 - **Cardio (20-30 mins):** HIIT (30 seconds intense, 30 seconds rest) - running, cycling, or rowing
- **Core Exercises:**
 1. **Plank** - 3 sets of 30-45 seconds
 2. **Side Plank** - 2 sets of 20-30 seconds per side
 3. **Mountain Climbers** - 3 sets of 30 seconds
 4. **Leg Raises** - 3 sets of 10-15 reps
- **Cooldown (5-10 mins):** Static stretches focusing on core and lower back