

## **Weekly Schedule Overview**

- **Day 1: Full Body Resistance Training + Cardio**
- **Day 2: Rest or Light Cardio**
- **Day 3: Upper Body Resistance Training + Core**
- **Day 4: Rest or Light Cardio**
- **Day 5: Lower Body Resistance Training + Cardio**
- **Day 6: Active Recovery (Yoga, walking, etc.)**
- **Day 7: Rest**

## **Workout Plan**

### **Day 1: Full Body Resistance Training + Cardio**

- 1. Warm-Up (5-10 minutes):**
  - **Jumping jacks or brisk walking**
- 2. Resistance Training (2-3 sets of 10-12 reps):**
  - **Bodyweight Squats**
  - **Push-ups (or incline push-ups)**
  - **Dumbbell Rows (using a bench or a sturdy surface)**
  - **Plank (hold for 20-30 seconds)**
- 3. Cardio (15-20 minutes):**
  - **Moderate pace cycling, jogging, or brisk walking**

### **Day 2: Rest or Light Cardio**

- **Light walking or stretching**

### **Day 3: Upper Body Resistance Training + Core**

- 1. Warm-Up (5-10 minutes):**
  - **Arm circles and torso twists**
- 2. Resistance Training (2-3 sets of 10-12 reps):**
  - **Dumbbell Bench Press**

- **Dumbbell Shoulder Press**
- **Dumbbell Lateral Raises**
- **Dumbbell Bicep Curls**
- **Tricep Dips (using a bench or chair)**

**3. Core Workout (2-3 sets of 10-15 reps):**

- **Bicycle Crunches**
- **Leg Raises**
- **Russian Twists**

**Day 4: Rest or Light Cardio**

- **Light yoga or walking**

**Day 5: Lower Body Resistance Training + Cardio**

**1. Warm-Up (5-10 minutes):**

- **Leg swings and dynamic stretches**

**2. Resistance Training (2-3 sets of 10-12 reps):**

- **Dumbbell Goblet Squats**
- **Lunges (alternating legs)**
- **Dumbbell Deadlifts**
- **Calf Raises**

**3. Cardio (15-20 minutes):**

- **Interval training (1 min fast/2 min slow) or steady-state cardio**

**Day 6: Active Recovery**

- **Yoga, stretching, or a leisurely walk for 30 minutes**

**Day 7: Rest**

- **Focus on hydration and nutrition**