

## 1. Training Workout Plan for Toned & Lean Physique

Your workout plan should focus on building lean muscle and burning fat through a combination of **strength training**, **high-intensity interval training (HIIT)**, and **cardio**.

### Weekly Schedule:

- **Frequency:** 4-6 days per week, mixing full-body workouts, strength training, and cardio.
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### Day 1: Full-Body Strength Training

- **Warm-up:** 5-10 minutes of light cardio (e.g., brisk walking or cycling)
  - **Workout:**
    - Squats (Bodyweight or Dumbbell): 3x12
    - Push-ups: 3x15
    - Dumbbell Rows: 3x12
    - Plank (Hold for 30-45 seconds): 3 rounds
    - Walking Lunges (Bodyweight or Dumbbell): 3x12 per leg
    - Glute Bridges: 3x15
  - **Cool down:** Stretching or foam rolling for 5-10 minutes.
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### Day 2: HIIT Cardio & Core

- **Warm-up:** 5-10 minutes of light cardio (e.g., jumping jacks or dynamic stretches)
- **Workout (HIIT):**
  - 20 seconds high-intensity exercise (e.g., burpees, sprints)
  - 40 seconds rest or low-intensity movement (e.g., jogging or walking)
  - Repeat for 20-30 minutes, alternating exercises like:
    - Burpees
    - High Knees
    - Mountain Climbers
    - Jump Squats
    - Jumping Jacks
- **Core:**
  - Russian Twists: 3x20
  - Leg Raises: 3x15

- Bicycle Crunches: 3x20
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### **Day 3: Upper Body Strength Training**

- **Warm-up:** 5-10 minutes of light cardio
  - **Workout:**
    - Bench Press (Barbell or Dumbbell): 3x10
    - Dumbbell Shoulder Press: 3x12
    - Lat Pulldown or Pull-ups (Assisted if necessary): 3x10
    - Dumbbell Bicep Curls: 3x12
    - Tricep Dips or Tricep Pushdowns: 3x12
    - Dumbbell Lateral Raises: 3x15
  - **Cool down:** Stretching or foam rolling for 5-10 minutes.
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### **Day 4: Active Recovery or Yoga**

- Light walking, swimming, or yoga for 30-45 minutes.
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### **Day 5: Lower Body Strength Training**

- **Warm-up:** 5-10 minutes of light cardio
  - **Workout:**
    - Deadlifts (Romanian or Conventional): 3x10
    - Bulgarian Split Squats: 3x12 per leg
    - Step-Ups with Dumbbells: 3x12 per leg
    - Leg Press: 3x12
    - Calf Raises: 3x20
    - Glute Kickbacks: 3x15 per leg
  - **Cool down:** Stretching or foam rolling for 5-10 minutes.
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### **Day 6: HIIT Cardio or Full-Body Circuit**

- **Warm-up:** 5-10 minutes of light cardio
- **Workout (HIIT or Full-Body Circuit):**
  - 30 seconds of each exercise, followed by 15 seconds of rest. Repeat circuit 4-5 times.

- Jump Squats
    - Burpees
    - Push-ups
    - Mountain Climbers
    - Plank
    - High Knees
  - **Cool down:** Stretching or foam rolling for 5-10 minutes.
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#### **Day 7: Rest or Active Recovery**

- Active recovery: Light walking, stretching, or yoga.