

1. Training Workout Plan for General Fitness

This plan incorporates a mixture of strength, cardio, flexibility, and endurance training, which helps improve overall fitness without focusing on any one area too exclusively. It can be done 4–5 times a week, with rest or active recovery days in between.

Weekly Schedule:

Day 1: Full-Body Strength Training

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

- **Warm-up:** 5–10 minutes of light cardio
 - **Workout** (Cardio & Core):
 - **HIIT Cardio** (Alternate between high-intensity and low-intensity exercises for 20–30 minutes):
 - 30 seconds sprints / 60 seconds walking
 - 30 seconds mountain climbers / 30 seconds rest
 - 30 seconds jump squats / 60 seconds rest
 - **Core Routine:**
 - Bicycle Crunches: 3x20
 - Leg Raises: 3x15
 - Russian Twists (Bodyweight or with a dumbbell): 3x20
 - Plank: 3x30-45 seconds
 - **Cool down:** Stretching or foam rolling for 5–10 minutes
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Day 3: Active Recovery or Yoga

- Light walking, swimming, or cycling for 20–30 minutes. Alternatively, you can practice yoga or Pilates for flexibility, recovery, and mobility.
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Day 4: Upper Body Strength Training

- **Warm-up:** 5–10 minutes of light cardio
 - **Workout:**
 - Bench Press or Dumbbell Chest Press: 3x10–12
 - Dumbbell Shoulder Press: 3x10
 - Lat Pulldowns or Assisted Pull-ups: 3x8–10
 - Dumbbell Bicep Curls: 3x12
 - Tricep Dips or Tricep Pushdowns: 3x12
 - Dumbbell Lateral Raises: 3x12
 - **Cool down:** Stretching or foam rolling for 5–10 minutes
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Day 5: Lower Body Strength Training + Cardio

- **Warm-up:** 5–10 minutes of light cardio
 - **Workout:**
 - Deadlifts (Bodyweight, Dumbbell, or Barbell): 3x10
 - Bulgarian Split Squats: 3x12 per leg
 - Step-ups (Bodyweight or with Dumbbells): 3x12 per leg
 - Leg Press (Optional): 3x12
 - Calf Raises: 3x15–20
 - **Cardio:** 20–30 minutes of moderate-intensity cardio (e.g., cycling, brisk walking, jogging)
 - **Cool down:** Stretching or foam rolling for 5–10 minutes
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Day 6: Cardio + Full-Body Circuit

- **Warm-up:** 5–10 minutes of light cardio
- **Workout (Full-Body Circuit):**

Perform each exercise for 30–45 seconds, followed by 15–30 seconds of rest. Repeat the circuit 3–4 times.

 - Jumping Jacks

- Squats (Bodyweight or Dumbbell)
 - Push-ups
 - Plank
 - Burpees
 - Mountain Climbers
 - **Cool down:** Stretching or foam rolling for 5–10 minutes
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Day 7: Rest or Active Recovery

- Active recovery: Light walking, swimming, yoga, or stretching for 20–30 minutes.