

Monday Day 1: Full Body (Strength + Cardio)

Exercise	Option 1	Option 2	Option 3
Bodyweight Squats	Dumbbell Goblet Squats	Leg Press Machine	Box Squats
Dumbbell Shoulder Press	Machine Shoulder Press	Seated Dumbbell Press	Arnold Press
Incline Dumbbell Press	Machine Chest Press	Push-Ups	Dumbbell Floor Press
Triceps Rope Pushdown	Dumbbell Overhead Extension	Bench Dips	Close-Grip Push-Ups
Core (Plank)	Standard Plank	Knee Plank	Side Plank
Cardio	Treadmill Walk (5% incline)	Cycling (20 min)	Jump Rope (5 min)

Tuesday Day 2: Lower Body + Core

Exercise	Option 1	Option 2	Option 3
Goblet Squat	Machine Leg Press	Bodyweight Squats	Step-Ups
Dumbbell Lunges	Step-Ups	Leg Extensions	Bulgarian Split Squats
Calf Raises	Seated Calf Raises	Standing Calf Raises	Jump Rope
Leg Curl Machine	Dumbbell Romanian Deadlift	Glute Bridges	Resistance Band Hamstring Curls
Core (Hanging Knee Raises)	Bicycle Crunches	Russian Twists	Leg Raises
Cardio	Stairmaster (15 min)	Treadmill Walk	Cycling

Wednesday Day 3: Arms & Shoulders

Exercise	Option 1	Option 2	Option 3
Bicep Curls (Dumbbells)	Resistance Band Curls	EZ Bar Bicep Curls	Cable Curls
Hammer Curls	Cable Rope Hammer Curls	Resistance Band Hammer Curls	TRX Bicep Curls
Triceps Rope Pushdown	Bench Dips	Close-Grip Bench Press	Dumbbell Overhead Extension
Dumbbell Shoulder Press	Seated Machine Shoulder Press	Arnold Press	Dumbbell Front Raise
Lateral Raises	Cable Lateral Raises	Resistance Band Lateral Raises	Machine Lateral Raises
Cardio (HIIT)	10 rounds: 30s sprint / 30s walk	Jump Rope	Rowing Machine (20 min)

Thursday Day 4: Back & Core

Exercise	Option 1	Option 2	Option 3
Seated Row Machine	Dumbbell One-Arm Row	Resistance Band Rows	Inverted Rows
Lat Pulldown Machine	Assisted Pull-Ups	Resistance Band Lat Pull	Bent-Over Dumbbell Rows
Face Pulls (Cable Machine)	Dumbbell Reverse Fly	Resistance Band Reverse Fly	TRX Rows
Dumbbell Shrugs	Machine Shrugs	Trap Bar Shrugs	Farmers Carry
Core (Leg Raises)	Plank	Hanging Knee Raises	Bicycle Crunches
Cardio	Rowing Machine (20 min)	Elliptical Machine	Treadmill

Friday Day 5: Full Body + Cardio

Exercise	Option 1	Option 2	Option 3
Goblet Squat	Machine Leg Press	Bodyweight Squats	Box Squats
Incline Dumbbell Press	Machine Chest Press	Push-Ups	Dumbbell Floor Press
Shoulder Press	Arnold Press	Seated Dumbbell Press	Resistance Band Shoulder Press
Bicep Curls	Hammer Curls	Cable Rope Curls	Resistance Band Curls
Triceps Pushdown	Dumbbell Overhead Extension	Bench Dips	Close-Grip Push-Ups
Core (Planks, Twists, etc.)	Hanging Knee Raises	Cable Twists	Medicine Ball Slam
Cardio	Treadmill (Incline Walk)	Cycling (20 min)	Stairmaster

Cardio Routine (3-4 Times a Week)

- **Moderate Cardio (20-30 min):** Treadmill, Cycling, Rowing Machine.
 - **HIIT (2x a week):** 30s sprint + 30s walk (10-15 min total).
 - **Jump Rope:** 5 min as a finisher.
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