

how to create a workout plan

creating an effective workout plan can be a mix of science and art, especially when balancing strength training, cardio, flexibility, and rest. here's a guide to help you craft a balanced and efficient workout routine:

key points to remember:

individual responses: different bodies respond differently to various training types. trial and error will help find the best balance for you.

professional guidance: if you're just starting or recovering from an injury, consider meeting with a personal trainer to assess form and provide modifications.

doctor's approval: always check with a doctor before making any fitness or nutrition changes.

common mistakes:

overtraining: training too hard consistently (like doing barry's bootcamp or orangetheory every day) can lead to diminishing returns and increased risk of injuries.

lack of rest: training the same muscle groups daily without allowing rest can impede progress. rest is crucial for results.

monotonous cardio: not alternating cardio intensities (hiit, steady state, tempo work, liss, hill training) can limit effectiveness.

inefficient gym time: maximize gym time with supersets or circuit training, especially if you're busy.

neglecting strength training: while cardio can help shrink your body, strength training shapes it and protects bone density as we age.

weekly workout plan

4 days of strength training:

upper and lower split:

day 1: upper body

day 2: lower body

day 3: upper body

day 4: lower body

example split:

day 1: shoulders, chest, and triceps

day 2: legs

day 3: back and biceps

day 4: legs (emphasis on different leg exercises)

rest days: pick 1-2 days off from formal exercise. use these days for light activities like walking, yoga, or stretching.

label your strength days: write down what you'll do on each strength day. example:

sunday: off

monday: strength day 1 (upper body)

tuesday: cardio

wednesday: off

thursday: strength day 2 (lower body)

friday: cardio

saturday: strength day 3 (total body circuit)

cardio plan:

general rules: according to nasm guidelines, aim for at least 150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity exercise per week.

types of cardio:

steady state: biking, jogging, power walking, dancing, stair climbing.

hiit: max 2-3 times a week on non-consecutive days.

tempo work or hill training: include these for variety and increased intensity.

how to structure strength training:

reps and sets:

stabilization/endurance: 12-20 reps with lower weights.

hypertrophy: 6-12 reps with moderate weights.

max strength: 1-6 reps with heavy weights.

power: 8-10 reps with mostly body weight.

splits and rest:

each muscle group needs 48 hours of rest between training sessions.

example splits:

2 days of strength: 1 upper, 1 lower.

3 days of strength: 1 upper, 1 lower, 1 total body.

4 days of strength: 2 upper, 2 lower or specific muscle group focus.

example workouts:

build a kardashian booty:

4 sets of 10 heavy weighted squats

single leg squats

heavy glute bridges

cable kickbacks

stability ball hamstring curls

deadlifts

chiseled abs:

squat

plank

deadlift

cable rotation

barre ab work

cut-up arms:

pull-ups

cable biceps curls

seated heavy rows

cable triceps extensions

lean legs:

side step-ups with a leg raise

squat jumps

single-leg weighted work

hip raises

walking lunges

flexibility and neuromotor exercises:

recommended at least twice per week for balance, agility, and coordination.

final tips:

movement adds up; consistency is key.

don't stress about skipping workouts; adapt as needed.

for tailored workouts, visit the fitness tab on the blog or take a fitness quiz to determine your fitness personality.