

# Your Personalized Workout Plan

Generated by Athlete

## Your plan starts here

### Day 1

#### Jumping Jacks

*Duration: 5 mins*

Perform jumping jacks at a moderate pace.

#### Dumbbell Squats

*Duration: 10 mins*

Hold dumbbells at your sides and perform squats. 3 sets of 10 reps.

#### Push-ups

*Duration: 10 mins*

Perform as many push-ups as possible with good form. 3 sets.

#### Plank

*Duration: 5 mins*

Hold a plank position, engaging core. 3 sets of 30 secs with 30 secs rest.

### Day 2

#### Yoga Flow

*Duration: 15 mins*

Follow a basic yoga flow sequence focusing on stretching and flexibility.

#### Dumbbell Rows

*Duration: 10 mins*

Bend over and row dumbbells, focusing on back muscles. 3 sets of 10 reps per arm.

#### Mountain Climbers

*Duration: 5 mins*

Perform mountain climbers at a fast pace. 3 sets of 30 secs with 30

secs rest.

### **Day 3**

#### **Cardio - Brisk Walking/Jogging**

*Duration: 20 mins*

Walk or jog at a brisk pace. Maintain a consistent pace for the duration.

#### **Dumbbell Bicep Curls**

*Duration: 5 mins*

Perform bicep curls with dumbbells. 3 sets of 12 reps.

#### **Dumbbell Tricep Extensions**

*Duration: 5 mins*

Perform tricep extensions with dumbbells. 3 sets of 12 reps.

### **Day 4**

#### **Yoga for Core**

*Duration: 15 mins*

Focus on yoga poses that strengthen core muscles, like boat pose and plank variations.

#### **Burpees**

*Duration: 10 mins*

Do burpees at a moderate pace. 3 sets of 10 reps.

#### **Rest**

*Duration: 5 mins*

Take 5 minutes to stretch and relax.

### **Day 5**

#### **Jumping Jacks**

*Duration: 5 mins*

Perform jumping jacks at a moderate pace.

#### **Dumbbell Lunges**

*Duration: 10 mins*

Perform lunges while holding dumbbells. 3 sets of 10 reps per leg.

#### **Dumbbell Shoulder Press**

*Duration: 10 mins*

Perform shoulder presses with dumbbells. 3 sets of 10 reps.

### **Cool Down Stretching**

*Duration: 5 mins*

Stretch major muscle groups.

## **Day 6**

### **Yoga for Relaxation**

*Duration: 30 mins*

Perform a relaxing yoga session, focusing on breathing and stretching.

## **Day 7**

### **Rest**

*Duration: 30 mins*

Complete rest day. Consider a light walk if desired.