

General Adventure Plan

Target Audience: For those who assess progress monthly and prefer indoor workouts

Monday:

Indoor Circuit Training

Warm-Up: 5 min jump rope

Workout: 3 rounds - 10 Push-ups, 15 Squats, 20 Sit-ups

Cool-Down: Stretch + deep breathing

Watch: <https://www.youtube.com/watch?v=UBMk30rjy0o>

Tuesday:

Indoor Cycling Session

Warm-Up: Easy pace (5 min)

Workout: Intervals - 1 min fast / 2 min easy x 6

Cool-Down: Light pedaling + stretches

Watch: <https://www.youtube.com/watch?v=AnYl6Nk9GOA>

Wednesday:

Adventure Activity: Rock Climbing or Rowing

Warm-Up: Arm circles + mobility

Workout: 30-45 min climb or row machine

Cool-Down: Foam rolling

Watch: <https://www.youtube.com/watch?v=4pKly2JojMw>

Thursday:

Strength Training

Warm-Up: Band stretches + arm swings

Workout: 3 sets - Dumbbell presses, Deadlifts, Lunges

Cool-Down: Stretch chest and legs

Watch: https://www.youtube.com/watch?v=_Zem0_qsDg0

Friday:

Yoga + Recovery

Routine: 30 min guided yoga session indoors

Watch: https://www.youtube.com/watch?v=2_L3sM1U8b4

Saturday:

Fun Indoor Challenge

Warm-Up: Dance or jump rope (5 min)

Workout: AMRAP 20 min - 10 burpees, 15 jump squats, 20 mountain climbers

Cool-Down: Light yoga flow

Watch: <https://www.youtube.com/watch?v=ml6cT4AZdql>

Sunday:

Rest or Light Stretching

Routine: 15-20 min light mobility or meditation

Watch: <https://www.youtube.com/watch?v=Qq8Uc5BFogE>

Tips:

- Log your progress at the end of each month to track improvements.
- Mix different indoor activities to keep workouts adventurous and fun.
- Try indoor climbing, cycling, or circuit training for variety.
- Maintain consistency by scheduling workouts like appointments.