

# General Balanced Workout Plan

## Monday: Full-Body Strength

### Warm-Up (5-10 minutes):

- Dynamic stretches (arm circles, leg swings).
- Light cardio (jumping jacks, jogging).

### Workout (3 sets each):

1. Squats - 12 reps.
2. Push-ups - 10-15 reps (modify if needed).
3. Dumbbell or bodyweight rows - 12 reps per arm.
4. Plank - hold for 30-60 seconds.

### Cool-Down (5 minutes):

- Static stretches (hamstrings, quads, shoulders).

## Tuesday: Cardio and Core

### Warm-Up (5 minutes):

- Light jog or fast-paced walk.

### Workout:

1. Cardio (20-30 minutes): Jogging, cycling, or swimming.
2. Core (3 rounds):
  - Russian twists - 20 reps (10 per side).
  - Bicycle crunches - 20 reps.
  - Side plank - hold 20-30 seconds per side.

Cool-Down:

- Deep breathing and light stretching.

Wednesday: Active Recovery

- Yoga or a stretching routine (20-30 minutes).
- Easy walk or casual sports activity.

Thursday: Upper Body & Cardio Intervals

Warm-Up (5 minutes):

- Light cardio and arm/shoulder mobility stretches.

Workout:

1. Strength (3 sets each):

- Push-ups - 10-15 reps.
- Dumbbell or bodyweight overhead press - 12 reps.
- Tricep dips - 12-15 reps.

2. Cardio Intervals (20 minutes):

- Alternate 1 minute of fast running/cycling with 2 minutes of walking.

Cool-Down:

- Stretch chest, shoulders, and arms.

Friday: Lower Body Strength

Warm-Up: Same as Monday.

Workout (3 sets each):

1. Lunges - 12 reps per leg.
2. Deadlifts (with dumbbells or bodyweight) - 12 reps.
3. Calf raises - 15 reps.
4. Glute bridges - 12-15 reps.

#### Cool-Down:

- Stretch hamstrings, quads, and glutes.

#### Saturday: Cardio & Fun Activity

- Choose an activity like hiking, biking, or playing sports (30-60 minutes).

#### Sunday: Rest or Gentle Recovery

- Light yoga, foam rolling, or stretching (15-20 minutes).

#### Tips:

- Stay hydrated and eat balanced meals to fuel your workouts.
- Adjust weights, reps, or durations based on your fitness level.
- Listen to your body and modify as needed to prevent overtraining.