

Workout Plans

Monday

HIIT Cardio

Intense bursts of cardio with short rest periods (e.g., 30 seconds on, 15 seconds off). Focus on exercises like burpees, mountain climbers, and jump squats.

Weightlifting

Compound exercises targeting major muscle groups (e.g., squats, deadlifts, bench press, overhead press). Use challenging weights.
3 x 8-12

Tuesday

Active Rest

Light activities like swimming, cycling, or brisk walking for 30-45 minutes to promote recovery and active calorie burning.

Wednesday

HIIT Circuit

Choose 4-5 bodyweight exercises (e.g., push-ups, lunges, squats, plank) and perform each for a set amount of time, followed by a short rest. Repeat the circuit.
3 x As many as possible (AMRAP)

Weightlifting

Focus on isolation exercises targeting specific muscle groups (e.g., bicep curls, tricep extensions, leg curls, calf raises). Use moderate weight.
3 x 10-15

Thursday

Rest

Complete rest and recovery to allow your body to rebuild muscle tissue.

Friday

HIIT Cardio

Similar to Monday's HIIT session but try different exercises or vary the intensity and duration.

Weightlifting

Compound exercises focusing on different muscle groups than Monday (e.g., Romanian deadlifts, pull-ups, overhead press, lunges). Use challenging weights.
3 x 8-12

Saturday

Active Rest or Cross-Training

Engage in enjoyable activities like hiking, sports, dancing, or swimming for 45-60 minutes.

Sunday

Rest or Active Recovery

Choose between complete rest or light activities like stretching, yoga, or a leisurely walk for 30 minutes.

