

Training Goal: Weight Loss

High-Intensity Strength & Cardio-Based Training for 7 Days

Day 1:

- Workout: Full-Body Strength Training + HIIT (Upper Focus)
- Main Exercises: Squats, Romanian Deadlifts, Bench Press, Bent-Over Rows
- Cardio: 4 Rounds of HIIT (Battle Ropes, Jump Squats, Burpees)

Day 2:

- Workout: Low-Intensity Cardio (45 min brisk walking or cycling)

Day 3:

- Workout: Lower Body Strength Training + HIIT
- Main Exercises: Deadlifts, Bulgarian Split Squats, Glute Bridges, Calf Raises
- Cardio: HIIT Sprints (30s sprint, 30s rest, repeat 5x)

Day 4:

- Workout: Full-Body Strength + Core Training
- Main Exercises: Dumbbell Press, Pull-Ups, Lunges, Hanging Leg Raises

Day 5:

- Workout: Active Recovery (Yoga, Walking, Stretching)

Day 6:

- Workout: HIIT Sprinting + Core Training
- Main Exercises: Sprint Intervals (30s sprint, 60s jog, repeat 6x), Russian Twists, Bicycle Crunches

Day 7:

- Workout: Long Duration Cardio (Steady-State Jogging or Cycling for 60 min)

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Training Goal: Muscle Gain

(Hypertrophy Focused)

## Strength-Based Training for Maximum Muscle Growth

### Day 1:

- Workout: Upper Body (Push: Chest, Shoulders, Triceps)
- Main Exercises: Incline Bench Press, Shoulder Press, Dips, Lateral Raises

### Day 2:

- Workout: Lower Body (Quads, Hamstrings, Glutes)
- Main Exercises: Squats, Romanian Deadlifts, Leg Press, Glute Bridges

### Day 3:

- Workout: Upper Body (Pull: Back, Biceps)
- Main Exercises: Deadlifts, Pull-Ups, Bent-Over Rows, Bicep Curls

### Day 4:

- Workout: Rest or Active Recovery

### Day 5:

- Workout: Lower Body (Glute/Quad Emphasis)
- Main Exercises: Front Squats, Bulgarian Split Squats, Hip Thrusts, Calf Raises

### Day 6:

- Workout: Full-Body Strength & Core
- Main Exercises: Deadlifts, Dumbbell Press, Pull-Ups, Hanging Leg Raises

### Day 7:

- Workout: Rest or Mobility Work

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## Training Goal: General Fitness & Endurance

### Combination of Strength, Endurance, and Functional Training

### Day 1:

- Workout: Strength + Endurance (Full Body)
- Main Exercises: Deadlifts, Pull-Ups, Goblet Squats, Kettlebell Swings

- Cardio: 4x Rowing Machine Sprints (20s on, 40s off)

Day 2:

- Workout: Endurance Training (Running, Rowing)
- Cardio: 5K Run or 40 min Rowing Machine

Day 3:

- Workout: Strength Training (Upper-Lower Mix)
- Main Exercises: Bench Press, Lunges, Bent-Over Rows, Core Work

Day 4:

- Workout: Core & Mobility Training
- Main Exercises: Hanging Leg Raises, Russian Twists, Yoga-Based Mobility Work

Day 5:

- Workout: Full-Body Functional Workout
- Main Exercises: Kettlebell Snatches, Box Jumps, Battle Ropes

Day 6:

- Workout: Rest or Light Cardio (Hiking, Cycling)

Day 7:

- Workout: Active Recovery (Swimming, Stretching)