

Day	Workout Focus	Strength Routine	Cardio Goal
Monday	Rest/Active Recovery	None (Crucial for recovery)	80 Calories
Tuesday	Strength Day 1	Full Routine: Sumo Squats, Leg Press, Core Circuit (Twists, Crunches, Bicycle)	80 Calories
Wednesday	Active Recovery	None (Rest day for muscles)	80 Calories
Thursday	Strength Day 2	Full Routine: Sumo Squats, Leg Press, Core Circuit (Twists, Crunches, Bicycle)	80 Calories
Friday	Active Recovery	None (Rest day for muscles)	80 Calories
Saturday	Strength Day 3	Full Routine: Sumo Squats, Leg Press, Core Circuit (Twists, Crunches, Bicycle)	80 Calories
Sunday	Active Recovery	None (Rest day for muscles)	80 Calories