



Program Workout 1-3 Bulan



Tujuan Program Ini

- Meningkatkan massa otot (hypertrophy) dengan progressive overload
- Kekuatan & daya tahan otot
- Six-pack & core kuat
- Lengan (biceps & triceps) lebih berisi
- Bahu lebar & postur optimal
- Kesehatan kardiovaskular (lari mingguan)
- Fleksibilitas & pemulihan



Peralatan yang Dibutuhkan

- Dumbbell 5kg (1 buah, digunakan bergantian untuk **single arm**)
- Matras yoga
- Kursi/bench untuk dip & step up

Skema Progressive Overload (1-3 Bulan)

Bulan	Reps Range	Set	Catatan
1 (Minggu 1-4)	8-12	3	Adaptasi teknik, fokus gerakan benar
2 (Minggu 5-8)	10-15	3-4	Tambah volume, kurangi rest
3 (Minggu 9-12)	12-20	4	Intensitas tinggi, tempo lambat, set terakhir sampai failure

- **Rest antar set:** 45-90 detik
- **Tempo bulan 3:** turunkan beban 3-4 detik → kontraksi maksimal



Jadwal Workout Mingguan

- **Senin** → Push (Chest, Shoulders, Triceps + Core)
- **Selasa** → Pull (Back, Biceps + Core)
- **Rabu** → Active Recovery (stretching / yoga / jalan santai)
- **Kamis** → Legs + Core
- **Jumat** → Arms & Shoulders Hypertrophy
- **Sabtu** → Full Body + Cardio ringan
- **Minggu** → Lari 5-7K (Easy-Moderate Pace)



Senin - Push Day (Chest, Shoulders, Triceps + Core)

1. [Push Up](#) - 3-4 set x 8-20
2. [Single Arm Floor Press](#) - 3-4 set x 8-15/arm
3. [Dumbbell Lateral Raise](#) - 3-4 set x 10-20
4. [Seated Tricep Press](#) - 3-4 set x 8-15
5. [Bench Dip](#) - 3-4 set x 10-20

6. [Plank](#) - 3x30-60 detik

Selasa - Pull Day (Back, Biceps + Core)

1. [Dumbbell Bicep Curl](#) - 3-4 set x 10-20
2. [Hammer Curls](#) - 3-4 set x 10-15
3. [Cross Body Hammer Curls](#) - 3-4 set x 10-15/arm
4. [Bodyweight Squat Hold](#) - 3-4 set x 15-20
5. [Concentration Curl](#) - 3-4 set x 8-15/arm
6. **Core Circuit (2-3 round)**
 - [Russian Twist](#) - 15/side
 - [Leg Raise](#) - 12-15
 - [Dead Bug](#) - 12-15

Rabu - Active Recovery

- Stretching / Yoga 15-20 menit
- Jalan santai 20-30 menit

- Foam rolling (opsional)

Kamis - Legs + Core

1. [Dumbbell Goblet Squat](#) - 3-4 set x 10-20
2. [Lunge](#) - 3-4 set x 10-15/leg
3. [Single Dumbbell Sumo Squat](#) - 3-4 set x 10-15/leg
4. [Dumbbell Hip Thrust](#) - 3-4 set x 10-15
5. [Standing Single Arm Dumbbell Shoulder Press](#) - 3-4 set x 10-15
6. [Wall Sit](#) - 2-3x30-60 detik
7. [Scissor Kick](#) - 3x15-20

Jumat - Arms & Shoulders Hypertrophy

1. [Waiter Curls](#) - 3-4 set x 10-15
2. [Biceps Curl To Shoulder Press](#) - 3-4 set x 8-12
3. [Single Arm Overhead Press](#) - 3-4 set x 10-15
4. [Side Laterals to Front Raise](#) - 3-4 set x 12-15
5. [Dumbbell Hammer Pause Curl](#) - 3-4 set x 8-12

6. [Dumbbell Halo To Oblique Crunch](#) - 3-4 set x 8-12/side
7. [Leg Pull-In](#) - 3-4 set x 12-15

Sabtu - Full Body + Cardio Ringan

1. [Dumbbell Squat To Shoulder Press](#) - 3-4 set x 10-15
2. [Seated Single Arm Dumbbell Front Press](#) - 3-4 set x 8-12
3. [Air Squats](#) - 3-4 set x 15-20
4. [Single Arm Floor Press](#) - 3-4 set x 10-15/arm
5. [Plank](#) - 3x45-60 detik
6. [Butt Kick](#) - 3x20-30
7. **Optional Cardio:** Elliptical/Jogging 10-15 menit

Minggu - Running Day

- **Lari 5-7 km** (easy-moderate pace, bisa ngobrol)
- **Durasi:** ±35-50 menit
- **Tujuan:**
 - Kesehatan kardiovaskular

- Fat burn
- Recovery aktif (aliran darah → otot segar)
- **Tips:**
 - Jangan sprint, cukup pace nyaman
 - Kalau terasa berat: lari 1 km → jalan cepat 500m → lanjut lagi
 - Setelah lari → stretching hip flexor, hamstring, betis, lower back

Tips Penting untuk Kesuksesanmu

- **Progressive Overload:** tambah reps / set / kurangi rest tiap minggu
- **Mind-Muscle Connection:** fokus kontraksi tiap rep
- **Core hampir tiap hari** → abs makin defined
- **Protein:** target 1.6-2g/kgBB per hari
- **Recovery:** tidur cukup 7-8 jam