

Alhamdulillah Workout Goal

Cardio (Daily)

Walk from Asr to Maghrib for 30 minutes.

Daily Bed Routine (18 Minutes - Reps Based)

Warm-Up (4 Minutes)

- Supine March: 2 sets x 20 reps (10 per leg)
- Pelvic Tilt: 2 sets x 15 reps

Main Circuit (12 Minutes)

- Side-Lying Leg Lifts: 2 sets x 15 reps per side
- Leg Raises: 2 sets x 15 reps
- Core Squeeze Hold: 2 sets x 20 seconds hold (tighten core like bracing)
- Mountain Climbers: 2 sets x 20 reps (10 per leg)
- Leg Raises (Repeat): 1 set x 15 reps

Cool-Down (2 Minutes)

- Knee-to-Chest Stretch: Hold each leg for 1 minute

Monday - Chest Focus

- Push-ups (Standard): 4 sets x 15 reps - 8 minutes
- Pull-ups (Neutral grip): 3 sets x max reps - 10 minutes
- Dumbbell Chest Press (Floor): 4 sets x 10 reps - 10 minutes
- Burpees (Explosive): 3 sets x 12 reps - 6 minutes
- Mountain Climbers (Fast): 2 sets x 45 sec - 4 minutes

Total Heavy Routine Time: ~38 minutes

Tuesday - Back Focus

- Short-Step Forward Lunges (Bodyweight): 3 sets x 12 reps/leg - 10 minutes
- Leg Raises: 3 sets x 20 reps - 8 minutes
- Mountain Climbers: 3 sets x 45 sec - 6 minutes
- Burpees (Controlled): 2 sets x 10 reps - 6 minutes
- Shoulder Taps: 1 set - 5 minutes

Total Heavy Routine Time: 35 minutes

Wednesday - Chest Focus

- Push-ups (Incline/Decline): 4 sets x 12 reps - 8 minutes
- Pull-ups (Wide grip): 3 sets x max reps - 10 minutes
- Dumbbell Floor Press: 3 sets x 12 reps - 8 minutes
- Mudgar: 3 sets x 60 sec - 10 minutes

Total Heavy Routine Time: ~36 minutes

Thursday - Back Focus

- Short-Step Forward Lunges (Bodyweight): 3 sets x 15 reps/leg - 10 minutes
- Leg Raises: 3 sets x 25 reps - 8 minutes
- Mountain Climbers: 3 sets x 1 min - 6 minutes
- Burpees (Controlled): 2 sets x 12 reps - 4 minutes
- Shoulder Taps: 1 set - 7 minutes

Total Heavy Routine Time: 35 minutes

Friday - Explosive Mixed

- Push-ups: 3 sets x 20 reps - 6 minutes
- Pull-ups: 3 sets x max reps - 10 minutes
- Leg Raises: 3 sets x 15 reps/leg - 8 minutes
- Mountain Climbers: 3 sets x 60 sec - 6 minutes
- Burpees (Controlled): 3 sets x 12 reps - 5 minutes

Total Heavy Routine Time: 35 minutes

Saturday - Box Day (Back Sore)

- Kettlebell: 3 sets x 20 reps - 5 minutes
- Mudgar: 4 sets x 25 reps - 10 minutes
- Boxing: 20 minutes

Total Heavy Routine Time: 35 minutes

Sunday - Kick Day (Chest Sore)

- Kettlebell: 3 sets x 20 reps - 5 minutes
- Mudgar: 4 sets x 25 reps - 10 minutes
- Kicking: 20 minutes

Total Heavy Routine Time: 35 minutes