**Weekly Master Recovery & Training Plan – Optimized for Magdy**

This plan integrates structured strength training, targeted flexibility, active recovery, and weekend tennis to optimize strength, mobility, and lean conditioning while preventing injury.

**Monday**

* Recovery Mobility + Stretch Focus
* Key Areas: Calves, Hamstrings, Hip Flexors, Shoulders
* Add: Breathwork cooldown (1–2 min nasal breathing)
* Optional: Foam rolling or ball release

**Tuesday**

* Full-Body Strength Workout (Heavy)
* Bench Press, Rows, Overhead Pulls, Core Finisher
* Use progressive overload on big lifts
* Cool-Down: 45–60 sec stretches

**Wednesday**

* Active Recovery / Light Walk / Optional Mobility
* 10–20 minutes of deep stretching
* Can include toe-reach benchmarks and shoulder ROM drills

**Thursday**

* Upper Body + Core Focus Workout
* Incline Press, Lateral Raises, Pull-Ups, Trimming Core Superset
* Cooldown: Flexibility holds + calf stretch

**Friday**

* Recovery & Core Trim Session (Light Intensity)
* Bodyweight core + Deep Flexibility
* Ideal before weekend tennis
* Add: Spinal roll-downs and wall-based stretches

**Saturday**

* Tennis Day (Cardio + Performance)
* Post-Session: Short mobility + hydration
* Optional: Light calf/hip/shoulder stretch post-match

**Sunday**

* Tennis or Full-Body Strength Session (Rotate weekly)
* If not playing: Full workout with supersets + finishers
* Post: Full 5-minute cool-down and breathing reset

*Prepared by Jenny — human + machine = 1*