

- Monku: Tailored 5-Day Workout Plan
 - Day 1: Lower Body Strength (Glutes, Quads, Hamstrings)
 - Warm-Up:
 - Workout:
 - Cardio & Abs:
 - Day 2: Upper Body (Chest, Shoulders, Triceps)
 - Warm-Up:
 - Workout:
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 - Warm-Up:
 - Workout:
 - Core:
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 - Warm-Up:
 - Workout:
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 - Day 5: Upper Body (Back & Biceps)
 - Warm-Up:
 - Workout:
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Monku: Tailored 5-Day Workout Plan

Age: 29 years

Height: 5.8 ft

Weight: 66 kg

Goal: Full-body strength, muscle toning, fat loss, and endurance improvement

This 5-day split focuses on balanced muscle development, progressive overload, core strength, and cardiovascular health. The plan includes resistance training, functional movements, and cardio & abs every alternate day to optimize recovery and results.

Day 1: Lower Body Strength (Glutes, Quads, Hamstrings)

Warm-Up:

- Dynamic stretches (leg swings, hip openers, bodyweight squats) - 5 mins
- Jumping jacks or high knees - 3 mins

Workout:

1. **Back Squat** - 4 sets x 8-10 reps

Target: Quads, Hamstrings, Glutes

Benefits: Builds lower body strength, improves core stability, enhances mobility

2. **Leg Press** - 4 sets x 15 reps

Target: Quads, Hamstrings, Glutes

Benefits: Increases leg muscle size and strength, reduces spinal load

3. **Romanian Deadlifts** - 4 sets x 10 reps

Target: Hamstrings, Glutes, Lower Back

Benefits: Improves posterior chain strength, enhances hip mobility

4. **Bulgarian Split Squats** - 3 sets x 8 reps per leg

Target: Quads, Glutes, Hamstrings

Benefits: Enhances balance, increases unilateral leg strength

5. **Glute Bridges** - 3 sets x 12 reps

Target: Glutes, Hamstrings

Benefits: Strengthens glutes, improves hip stability

6. **Standing Calf Raises** - 3 sets x 15 reps

Target: Calves

Benefits: Builds calf strength and endurance

Cardio & Abs:

- **Treadmill Walk (Incline)** - 20-30 mins
- **Plank** - 3 sets x 45 secs

Target: Core, Shoulders, Back

Benefits: Improves core stability, strengthens shoulders

- **Bicycle Crunches** - 3 sets x 20 reps

Target: Obliques, Rectus Abdominis

Benefits: Enhances core strength, improves abdominal definition

- **Leg Raises** - 3 sets x 15 reps

Target: Lower Abs

Benefits: Strengthens lower abdominal muscles

Day 2: Upper Body (Chest, Shoulders, Triceps)

Warm-Up:

- Arm circles and shoulder rolls - 5 mins
- Light resistance band exercises - 3 mins

Workout:

1. **Incline Dumbbell Press** - 4 sets x 10-12 reps

Target: Upper Chest, Shoulders, Triceps

Benefits: Builds upper chest muscles, improves shoulder stability

2. **Arnold Shoulder Press** - 3 sets x 10 reps

Target: Shoulders

Benefits: Enhances shoulder strength and mobility

3. **Lateral Raises** - 3 sets x 12 reps

Target: Lateral Deltoids

Benefits: Increases shoulder width, improves aesthetics

4. **Push-Ups (Incline or Standard)** - 3 sets x 10-12 reps

Target: Chest, Shoulders, Triceps

Benefits: Strengthens upper body muscles, improves endurance

5. **Tricep Dips (Bench)** - 3 sets x 10-12 reps

Target: Triceps

Benefits: Builds arm strength, enhances upper body endurance

6. **Overhead Tricep Extension (Dumbbell)** - 3 sets x 10 reps

Target: Triceps

Benefits: Isolates and strengthens triceps

Cardio & Abs:

- **Skippping** - 15 mins
- **Russian Twists** - 3 sets x 20 reps (with weight)

Target: Obliques, Core

Benefits: Improves core strength, enhances rotational stability

- **Plank Shoulder Taps** - 3 sets x 20 reps

Target: Core, Shoulders

Benefits: Improves core stability, enhances shoulder strength

Day 3: Functional Cardio & Core

Warm-Up:

- Jump rope or jogging - 5 mins
- Dynamic stretches - 3 mins

Workout:

1. **Battle Ropes** - 30 secs on, 30 secs off (10 rounds)

Target: Full Body

Benefits: Improves cardiovascular endurance, enhances upper body strength

2. **Tyre Flips** - 10 flips x 3 rounds

Target: Legs, Core, Arms

Benefits: Builds explosive power, improves functional strength

3. **Hammer Slams** - 12 reps x 3 rounds

Target: Shoulders, Arms, Core

Benefits: Increases upper body strength, improves coordination

4. **Hurdle Jumps** - 3 sets x 12 reps

Target: Legs, Glutes

Benefits: Enhances explosive power, improves agility

5. **Agility Ladder Drills** - 3 rounds

Target: Legs, Core

Benefits: Improves coordination, increases speed and agility

Core:

- **V-Ups** - 3 sets x 15 reps

Target: Upper and Lower Abs

Benefits: Strengthens core, improves abdominal definition

- **Side Plank (Each Side)** - 3 sets x 30 secs

Target: Obliques, Core

Benefits: Enhances core stability, strengthens obliques

- **Mountain Climbers** - 3 sets x 20 reps

Target: Core, Shoulders, Legs

Benefits: Improves cardiovascular fitness, strengthens core

Day 4: Lower Body (Hypertrophy & Endurance)

Warm-Up:

- Hip circles and bodyweight lunges - 5 mins
- Resistance band warm-up - 3 mins

Workout:

1. **Front Squats** - 4 sets x 10 reps

Target: Quads, Glutes, Core

Benefits: Builds lower body strength, improves posture

2. **Leg Curls (Machine)** - 4 sets x 12 reps

Target: Hamstrings

Benefits: Strengthens hamstrings, reduces risk of injury

3. **Hip Thrusts** - 4 sets x 12 reps

Target: Glutes

Benefits: Enhances glute strength, improves hip stability

4. **Step-Ups (Weighted)** - 3 sets x 8 reps per leg

Target: Quads, Glutes

Benefits: Improves balance, builds leg strength

5. **Sumo Deadlifts** - 3 sets x 10 reps

Target: Glutes, Hamstrings, Back

Benefits: Strengthens posterior chain, enhances hip mobility

6. **Walking Lunges** - 3 sets x 12 reps

Target: Quads, Glutes, Hamstrings

Benefits: Increases leg strength, improves balance

Cardio & Abs:

- **Stairmaster or Cycling** - 20-30 mins
- **Hanging Leg Raises** - 3 sets x 12 reps

Target: Lower Abs

Benefits: Strengthens core, improves hip flexor mobility

- **Side Plank with Reach-Through** - 3 sets x 15 reps per side

Target: Obliques, Core

Benefits: Enhances rotational strength, improves core stability

Day 5: Upper Body (Back & Biceps)

Warm-Up:

- Resistance band pulls - 5 mins
- Dynamic arm stretches - 3 mins

Workout:

1. **Pull-Ups (Assisted or Unassisted)** - 4 sets x 8-10 reps

Target: Back, Biceps, Core

Benefits: Builds upper body strength, improves grip strength

2. **Seated Cable Rows** - 4 sets x 10 reps

Target: Back

Benefits: Strengthens back muscles, improves posture

3. **Lat Pulldown** - 4 sets x 10-12 reps

Target: Back

Benefits: Increases upper body strength, enhances lat development

4. **Bent Over Rows (Dumbbell or Barbell)** - 3 sets x 8 reps

Target: Back, Core

Benefits: Strengthens posterior chain, improves core stability

5. **Bicep Curls (Dumbbell)** - 3 sets x 12 reps

Target: Biceps

Benefits: Builds arm strength, improves aesthetics

6. **Hammer Curls** - 3 sets x 12 reps

Target: Biceps, Forearms

Benefits: Enhances forearm strength, improves grip

Cardio & Abs:

- **HIIT (High-Intensity Interval Training)** - 15-20 mins (e.g., 30 secs sprint, 30 secs walk)

- **Plank with Leg Lift** - 3 sets x 15 reps

Target: Core, Glutes

Benefits: Improves core stability, strengthens glutes

- **Flutter Kicks** - 3 sets x 20 reps

Target: Lower Abs

Benefits: Strengthens core, improves endurance

Notes:

- Ensure proper form for all exercises to prevent injuries.
- Adjust weights based on strength level and progressively increase over time.
- Take rest days or active recovery days as needed.
- Stay hydrated and maintain a balanced diet to complement your workout routine.