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# Monku: Tailored 5-Day Workout Plan

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**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.

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

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## 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

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

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### 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

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## Day 3: Functional Cardio & Core

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### 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

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## Day 4: Lower Body (Hypertrophy & Endurance)

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### 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

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## Day 5: Upper Body (Back & Biceps)

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### 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

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## 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.

## Recommended Equipment:

- Dumbbells
- Resistance Bands
- Barbell & Plates
- Yoga Mat
- Stability Ball

This plan provides a balanced approach, focusing on strength, endurance, and functional movements to enhance overall fitness. Tailor the intensity and volume based on individual progress and preferences