**Workout #1: HIIT & Aerobic Exercise**

**Achieved Goals (2):**

Lose Fat

Boost Metabolic Rate

**Day #1: Lower Body HIIT + Cardio Focus (60 Minutes)**

**Warm-Up (7 Minutes)**

1. Jump Rope (3 minutes)

Description: Light, fast-paced skipping to increase heart rate and coordination.

2. Leg Swings (2 minutes)

Description: Front-to-back and side-to-side swings to mobilize the hips and legs.

3. Bodyweight Squats (2 minutes)

Description: Controlled, deep squats to engage the quads, hamstrings, and glutes.

**Exercise 1: HIIT Cardio Circuit (12 minutes)**

Repeat for 2 rounds with 1-minute rest between rounds.

1. Jump Squats – 40 sec on, 20 sec rest

Description: Explosive squats that transition into a jump, engaging the quads, glutes, and hamstrings.

2. Lateral Shuffles – 40 sec on, 20 sec rest

Description: Quick side-to-side movements that activate the inner thighs and improve agility.

3. Mountain Climbers – 40 sec on, 20 sec rest

Description: Drive knees towards the chest while holding a plank position, focusing on core and lower body engagement.

4. Lunge Jumps – 40 sec on, 20 sec rest

Description: Alternate lunging legs with a jump in between, focusing on explosive power in the quads and glutes.

5. Box Jumps – 40 sec on, 20 sec rest

Description: Explosively jump onto a box or step up onto a bench, driving through the glutes and quads.

*Rest 1 Minute*

**Exercise 2: Lower Body Strength Circuit (24 minutes)**

Complete 2 reps of this cycle. 1 minute break between each set.

1. **Barbell Back Squats** (12-15 reps) (45 Seconds)

Necessary Equipment: Barbell and Weights

Description: A fundamental lower body movement that targets the quads, glutes, and hamstrings with heavy weight for strength and muscle growth.

*1 minute break*

2. **Romanian Deadlifts** (12-15 reps) (45 Seconds)

Necessary Equipment: Dumbbells or Barbell

Description: Focus on hinging at the hips to stretch and activate the hamstrings and glutes, promoting strength and flexibility.

*1 minute break*

3. **Walking Lunges with Dumbbells** (12-15 reps) (45 Seconds)

Necessary Equipment: Dumbbells

Description: Step forward into deep lunges, keeping the core engaged and focusing on the quads, glutes, and hamstrings.

*1 minute break*

6. **Hip Thrusts with Barbell** (12-15 reps) (45 Seconds)

Necessary Equipment: Barbell and Weights

Description: Drive through the heels to lift your hips while activating the glutes and hamstrings for optimal glute development.

*1 minute break*

**Exercise 3: Full-Body Burnout Circuit (12 minutes)**

Perform each exercise for 30 seconds on, 30 seconds off. Complete 2 rounds.

1. **Jumping Lunges** – 30 sec on, 30 sec rest

Description: Alternate lunging legs with an explosive jump to keep the lower body working and the heart rate high.

2. **Bodyweight Squats** – 30 sec on, 30 sec rest

Description: Rapid, controlled squats to burn out the quads, glutes, and hamstrings.

3. **Burpees** – 30 sec on, 30 sec rest

Description: A full-body movement to engage both cardio and lower body muscles, pushing the heart rate to the max.

4. **Plank with Leg Lifts** – 30 sec on, 30 sec rest

Description: From a plank position, lift one leg at a time, focusing on the glutes, hamstrings, and core stability.

*Rest 2 Minutes*

**Cool-Down & Stretching (5 minutes)**

1. Child’s Pose – 1 minute

Description: Stretch out the lower back and hips.

2. Pigeon Pose – 1 minute per leg

Description: Deeply stretch the hips and glutes.

3. Seated Forward Fold – 2 minutes

Description: Stretch the hamstrings and lower back.

**Day #2: Upper Body HIIT + Core Focus (60 Minutes)**

**Warm-Up (6 Minutes)**

1. Jump Rope – 2 minutes

Description: Light, fast-paced skipping to increase heart rate and coordination.

2. Arm Circles – 1 minute

Description: Controlled circular motions to warm up the shoulders and increase mobility.

3. Push-Ups (Bodyweight) – 2 minutes

Description: Controlled push-ups to engage the chest, shoulders, and triceps, preparing upper body muscles.

4. Torso Twists – 1 minute

Description: Rotate from side to side, engaging the core and warming up the obliques and lower back.

**Exercise 1: HIIT Upper Body Circuit (11 Minutes)**

Perform each exercise for 40 seconds on, 20 seconds off. Complete 2 rounds with a 90-second rest between rounds.

1. Push-Ups to Shoulder Taps

Description: Perform a push-up followed by tapping each shoulder in a plank position to engage chest, shoulders, and core.

2. Renegade Rows

Necessary Equipment: Dumbbells

Description: Perform a row with dumbbells in a plank position, engaging the back, shoulders, and core.

3. Dumbbell Overhead Press

Necessary Equipment: Dumbbells

Description: Lift dumbbells overhead, focusing on the shoulders and triceps while engaging the core.

4. Burpee to Push-Up

Description: A burpee combined with a push-up to increase cardiovascular demand while engaging the chest and core.

*Rest 90 seconds between rounds*

**Exercise 2: Bench Press (11.5 minutes)**

Set #1: 15 Presses (1.5 minute)

1.5 minute break

Set #2: 15 Presses (1.5 minute)

1.5 minute break

Set #3: 15 Presses (1.5 minute)

1.5 minute break

Necessary Equipment: Barbell and Weights

Description: lie face up on a horizontal bench,with buttocks on the bench and feet flat on the ground: grasp the barbell with an overhand grip wider than shoulder width, lower the bar to the chest with a controlled movement.extend the arms and exhale at the end of the effort

*Break 2 Minutes*

**Exercise 3: Upper Body Strength Circuit (13.5 Minutes)**

Complete 3 sets, taking 30 second rest between exercises and 1-minute rest between sets.

1. Bent-Over Rows – 12-15 reps

Necessary Equipment: Dumbbells or Barbell

Description: Rowing motion targeting the upper back and lats, promoting strength and muscle balance.

2. Overhead Press – 12-15 reps

Necessary Equipment: Dumbbells or Barbell

Description: A shoulder press variation that engages the deltoid muscles.

3. Lateral Raises – 12-15 reps

Necessary Equipment: Dumbbells

Description: Extend arms to the side, focusing on shoulder strength and stability.

*Rest 1 minute between sets*

**Exercise 4: Core HIIT Circuit (12 Minutes)**

Perform each exercise for 45 seconds on, 15 seconds off. Complete 3 rounds.

1. Russian Twists (Weighted)

Description: Sit with knees bent and twist from side to side, using a weight to engage the obliques and core.

2. V-Ups

Description: Lift the upper and lower body simultaneously into a V-shape, focusing on the rectus abdominis.

3. Plank with Shoulder Taps

Description: Maintain a plank position while alternating shoulder taps, engaging the core and stabilizing muscles.

*Rest 1 minute between rounds*

**Cool-Down & Stretching (6 Minutes)**

1. Child’s Pose – 1 minute

Description: Stretch out the lower back and shoulders.

2. Seated Forward Fold – 2 minutes

Description: Stretch the hamstrings and lower back, promoting flexibility.

3. Standing Chest Stretch – 1 minute per side

Description: Stretch the chest and shoulders, aiding recovery.

**Day #3: Cardio HIIT + Arms Focus (60 Minutes)**

**Warm-Up (5 Minutes)**

1. Jump Rope – 2 minutes

Description: Light, fast-paced skipping to elevate heart rate and improve coordination.

2. Arm Circles – 1 minute

Description: Controlled circular motions to warm up shoulder joints and increase mobility.

3. Push-Ups – 1 minute

Description: Perform controlled push-ups to engage the chest, shoulders, and triceps, warming up the upper body.

**Exercise 1: Cardio HIIT Circuit (15 Minutes)**

Repeat 3 rounds with 1-minute rest between rounds.

1. Burpees – 40 sec on, 20 sec rest

Description: A full-body exercise that combines a squat, push-up, and jump, enhancing strength and cardiovascular endurance.

2. Mountain Climbers – 40 sec on, 20 sec rest

Description: Core and cardio exercise mimicking a climbing motion from a plank position.

3. Jump Squats – 40 sec on, 20 sec rest

Description: Lower body exercise with a squat followed by an explosive jump.

4. Battle Ropes – 40 sec on, 20 sec rest

Necessary Equipment: Ropes or Kettlebell (substitute with kettlebell swings if needed).

*Rest 1 minute between rounds*

**Exercise 2: Arm Strength Circuit (12 Minutes)**

Complete 2 sets of each exercise with 1-minute rest between sets.

1. Barbell Bicep Curls – 12-15 reps (1 minute)

Necessary Equipment: Barbell

Description: Classic bicep exercise targeting the arms and forearms.

*Rest 1 minute*

2. Hammer Curls – 12-15 reps (1 minute)

Necessary Equipment: Dumbbells

Description: Targets brachialis muscle for balanced arm development.

*Rest 1 minute*

3. Overhead Tricep Extensions – 12-15 reps (1 minute)

Necessary Equipment: Dumbbells

Description: Overhead movement engaging the triceps, focusing on the long head of the muscle.

*Rest 1 minute*

**Exercise 3: Arm Calisthenics Circuit (8 Minutes)**

Complete 2 sets of each exercise with 3 minute rest between sets.

1. **Tricep Dips** (Bodyweight) – 12-15 reps (1 minute)

Necessary Equipment: Pull up Dip Station

Description: Bodyweight exercise that isolates the triceps, targeting the back of the arms.

*No Break*

2. **Pull Ups** (Bodyweight) – 10-12 reps (1 minute)

Necessary Equipment: Pull up Dip Station

Description: Pull your body up to a bar using your arms and back muscles

*2 Minute Break between sets*

**Exercise 4: HIIT Cardio + Arm Circuit (15 Minutes)**

Repeat for 3 rounds with 1-minute rest between rounds.

1. Push-Up to T-Press – 40 sec on, 20 sec rest

Description: Perform a push-up, rotate into a side plank while raising one arm to the sky, engaging chest, triceps, shoulders, and core.

2. Jumping Jacks to Shoulder Press – 40 sec on, 20 sec rest

Description: Combine jumping jacks with a shoulder press, working shoulders and arms.

3. Squat to Bicep Curl – 40 sec on, 20 sec rest

Description: Squat followed by curling dumbbells up, engaging legs and arms.

4. Burpee to Push-Up – 40 sec on, 20 sec rest

Description: A high-intensity full-body movement that engages chest, core, and arms.

*Rest 1 minute between rounds*

**Cool-Down & Stretching (5 Minutes)**

1. Child’s Pose – 1 minute

Description: Stretch out the lower back and shoulders.

2. Pigeon Pose – 30 seconds per side

Description: Deep stretch for the hips and glutes.

3. Seated Forward Fold – 1 minute  
*Description*: Stretch the hamstrings and lower back to improve flexibility.

4. Triceps and Shoulder Stretch – 1 minute per side

Description: Stretch the triceps and shoulders for recovery.

**Day #4: Full Body HIIT + Active Recovery (60 Minutes)**

**Warm-Up (5 Minutes)**

1. Jump Rope – 2 minutes

Description: Light, fast-paced skipping to elevate heart rate and improve coordination.

2. Arm Circles – 1 minute

Description: Controlled circular motions to warm up shoulder joints and increase mobility.

3. Lunges with Twist – 1 minute

Description: Step into a lunge while rotating the torso to stretch and activate legs and core.

**Exercise 1: HIIT Circuit (15 Minutes)**

Repeat 3 rounds with 1-minute rest between rounds.

1. Burpees – 40 sec on, 20 sec rest

Description: A full-body exercise that combines a squat, push-up, and jump, increasing strength and cardiovascular endurance.

2. Mountain Climbers – 40 sec on, 20 sec rest

Description: Core and cardio exercise mimicking a climbing motion from a plank position.

3. Jump Squats – 40 sec on, 20 sec rest

Description: Lower body exercise with a squat followed by an explosive jump.

4. Battle Ropes – 40 sec on, 20 sec rest

Necessary Equipment: Ropes or Kettlebell (substitute with kettlebell swings if needed).

*Rest 1 minute between rounds*

**Exercise 2: HIIT Upper Body Circuit (15 Minutes)**

Repeat 3 rounds with 1-minute rest between rounds.

1. Push-Ups to Shoulder Taps – 40 sec on, 20 sec rest

Description: Perform a push-up followed by tapping each shoulder in a plank position to engage chest, shoulders, and core.

2. Renegade Rows – 40 sec on, 20 sec rest

Necessary Equipment: Dumbbells

Description: Perform a row with dumbbells in a plank position, engaging the back, shoulders, and core.

3. Dumbbell Overhead Press – 40 sec on, 20 sec rest

Necessary Equipment: Dumbbells

Description: Lift dumbbells overhead, focusing on shoulders and triceps while engaging core.

4. Plyometric Push-Ups – 40 sec on, 20 sec rest

Description: Explosive push-ups where the hands leave the ground, targeting fast-twitch muscle fibers and power.

*Rest 1 minute between rounds*

**Exercise 3: Active Recovery Circuit (20 Minutes)**

Perform the following for 2 rounds with 2-minute rest between rounds.

1. **Low-Intensity Jog** ( Treadmill) – 3 minutes

*Rest 1 Minute*

Description: A gentle jog to maintain a steady heart rate while engaging the lower body.

2. **Plank Hold** – 1 minute

Description: Engage the core, shoulders, and glutes in a static plank position.

3. **Bodyweight Lunges** (12-15 reps) – 1 minute

Description: Step into controlled lunges, activating quads, glutes, and hamstrings.

*Rest 1 Minute*

4. **Side Plank Hold** – 30 sec each side

Description: Hold a side plank to engage obliques, shoulders, and hip stabilizers.

*2-Minute Rest*

**Cool-Down & Stretching (5 Minutes)**

1. Child’s Pose – 1 minute

Description: Stretch out the lower back and shoulders.

2. Pigeon Pose – 1 minute per side

Description: Deep stretch for the hips and glutes to relieve tension.

3. Downward Dog – 1 minute

Description: Stretch the hamstrings, calves, and shoulders.

4. Hip Flexor Stretch – 30 sec per side

Description: Lengthen the hip flexors to relieve tension after the workout.