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

**Achieved Goals (3):**

Lose Fat

Boost Metabolic Rate

Reduce Body Fat Percentage

**Day #1: Lower Body HIIT + Cardio Focus (90 Minutes)**

**Warm-Up: Jump Rope (3 minutes)**

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

**Warm-Up: Leg Swings (2 minutes)**

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

**Warm-Up: Bodyweight Squats (3 minutes)**

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

**Warm-Up: Lunges with a Twist (2 minutes)**

Description: Step forward into a lunge and twist the torso to stretch the hips and activate the core

**Exercise 1: HIIT Cardio Circuit (22 minutes)**

Repeat for 3 rounds with 90 seconds 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.

6. **Sprint Intervals** – 40 sec on, 20 sec rest  
Description: Sprint in place or on a treadmill for short bursts to spike heart rate and engage the entire lower body.

*Rest 1 Minute*

**Exercise 2: Lower Body Strength Circuit (28 minutes)**

Complete 3 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*

4. **Bulgarian Split Squats** (12-15 reps) (45 Seconds)

Necessary Equipment: Dumbbells and Bench

Description: Perform split squats with one foot elevated behind you, focusing on single-leg strength and stability.

*1 minute break*

5. **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*

*Rest 1 minute 45 seconds after exercise*

**Exercise 3: Full-Body Burnout Circuit (18 minutes)**

Perform each exercise for 30 seconds on, 30 seconds off. Complete 3 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 (12 minutes)**

1. **Child’s Pose** – 1 minute

Description: Stretch out the lower back and hips.

2. **Pigeon Pose** – 2 minutes per leg

Description: Deeply stretch the hips and glutes.

3. **Seated Forward Fold** – 2 minutes

Description: Stretch the hamstrings and lower back.

4. **Standing Quad Stretch** – 1 minute per leg

Description: Stretch the quads and hip flexors.

5. **Downward Dog** – 1 minute

Description: Stretch the hamstrings, calves, and shoulders.

6. **Hip Flexor Stretch** – 1 minute per side

Description: Lengthen the hip flexors and relieve tension.

**Day #3 Upper Body HIIT + Core Focus (90 Minutes)**

**Warm-Up (7 Minutes)**

1. Jump Rope – 4 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) – 1 minute

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

4. Torso Twists – 1 minutes

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

**Exercise 1: HIIT Upper Body Circuit (20 Minutes)**

Repeat for 3 rounds with 90 seconds 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. **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.

4. **Dumbbell Overhead Press** – 40 sec on, 20 sec rest

Necessary Equipment: Dumbbells

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

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

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

*Rest 2 minutes*

**Exercise 2: Bench Press (11 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 (21 Minutes)**

Complete 3 sets of each exercise, resting for 1 minute between sets.

1. **Bent-Over Rows** (12-15 reps) – 1 Minute

Necessary Equipment: Dumbbells or Barbell

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

*1 minute break*

2. **Overhead Press** (12-15 reps) – 1 Minute

Necessary Equipment: Dumbbells or Barbell

Description: A shoulder press variation that rotates the palms inward to engage more of the deltoid muscle.

*1 minute break*

3. **Lateral Raises** (Assisted if needed) (12-15 reps) – 1 Minute

Necessary Equipment: Dumbbells

Description: A bodyweight movement where you keep your elbow straight and extend your arms to the side

*2 minute break between sets*

**Exercise 4: Core HIIT Circuit (21 Minutes)**

Perform each exercise for 30 seconds on, 30 seconds off. Complete 3 rounds.

1. **Russian Twists** (Weighted) – 30 sec on, 30 sec rest

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

2. **V-Ups** – 30 sec on, 30 sec rest

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

3. **Plank with Shoulder Taps** – 30 sec on, 30 sec rest

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

4. **Bicycle Crunches** – 30 sec on, 30 sec rest

Description: Alternating elbow-to-knee crunches, focusing on the obliques and rectus abdominis.

5. **Leg Raises** – 30 sec on, 30 sec rest

Description: Lift legs from a supine position, targeting the lower abdominals.

*Rest 2 minutes between rounds.*

**Cool-Down & Stretching (10 Minutes)**

1. **Child’s Pose** – 1 minute

Description: Stretch out the lower back and shoulders.

2. **Pigeon Pose** – 1 minutes per side

Description: Deeply stretch the hips and glutes to relieve tension.

3. **Seated Forward Fold** – 2 minutes

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

4. **Standing Chest Stretch** – 1 minute per side

Description: Stretch the chest and shoulders, aiding recovery.

5. **Downward Dog** – 1 minute

Description: Stretch the hamstrings, calves, and shoulders.

6. **Triceps and Shoulder Stretch** – 1 minute per side

Description: Focus on stretching the triceps and shoulders.

**Day #3: Cardio HIIT + Arms Focus (90 Minutes)**

**Warm-Up (6 Minutes)**

1. **Jump Rope** – 3 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 minutes

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

*1 minute rest*

**Exercise 1: Cardio HIIT Circuit (24 Minutes)**

Repeat 4 rounds with 2-minute rest between rounds:

1. **Burpees** – 40 sec on, 20 sec rest. (1 Minute)

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

2. **Mountain climbers** – 40 sec on, 20 sec rest. (1 Minute)

Description: A core and cardio exercise where you alternate driving your knees toward your chest from a plank position, mimicking a climbing motion

3. **Push-ups** – 40 sec on, 20 sec rest. (1 Minute)

Description: A bodyweight exercise where you lower and raise your body by bending and straightening your arms from a plank position.

4. **High knee sprints** – 40 sec on, 20 sec rest. (1 Minute)

Description: A cardio drill where you run in place, bringing your knees up toward your chest as high and fast as possible, targeting the core and legs

*Rest 2 Minute*

**Exercise 2: Arm Strength Circuit (21 Minutes)**

Complete 3 sets of each exercise with 1 minute rest between sets.

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

Necessary Equipment: Barbell

Description: A classic bicep-building movement that targets the arms and forearms.

*1-minute break*

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

Necessary Equipment: Dumbbells

Description: Focuses on the brachialis muscle in the arms for balanced development.

*1-minute break*

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

Necessary Equipment: Dumbbells

Description: Engages the triceps with an overhead movement, stretching the long head of the muscle.

*2 Minute Break between sets*

**Exercise 3: Arm Calisthenics Circuit (15 Minutes)**

Complete 3 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

*3 Minute Break between sets*

**Exercise 4: HIIT Cardio + Arm Circuit (18 Minutes)**

Repeat the following for 3 rounds with 2-minute rest between rounds.

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

Description: Perform a push-up, then rotate into a side plank while raising one arm to the sky. Engages the 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 to elevate heart rate and work the shoulders and arms.

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

Description: Perform a squat, then curl dumbbells up, engaging legs and arms simultaneously.

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

Description: A burpee combined with a push-up for a high-intensity full-body movement that engages the chest, core, and arms.

*2 Minute Rest*

**Cool-Down & Stretching (6 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 to relieve tension.

3. **Seated Forward Fold** – 1 minutes

Description: Stretch the hamstrings and lower back to improve flexibility.

5. **Downward Dog** – 1 minute

Description: Stretch the hamstrings, calves, and shoulders.

6. **Triceps and Shoulder Stretch** – 1 minute per side

Description: Focus on stretching the triceps and shoulders.

**Day #4: Full Body HIIT + Active Recovery (101.5 Minutes)**

**Warm-Up (8 Minutes)**

1. **Jump Rope** – 3 minutes

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

2. **Lunges with Twist** – 2 minutes  
Description: Step into a lunge while rotating the torso to stretch and activate the legs and core.

3. **Leg Swings (Front to Back)** – 2 minutes  
Description: Dynamic leg swings to activate hip flexors and hamstrings, improving mobility for lower body movements.  
*1-minute rest*

**Exercise 1: HIIT Circuit (24 minutes)**

Repeat 4 rounds with 2-minute rest between rounds:

1. **Burpees** – 40 sec on, 20 sec rest. (1 Minute)

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

2. **Jump squats** – 40 sec on, 20 sec rest. (1 Minute)

Description: A lower body exercise that involves performing a squat followed by an explosive jump

3. **Push-ups** – 40 sec on, 20 sec rest. (1 Minute)

Description: A bodyweight exercise where you lower and raise your body by bending and straightening your arms from a plank position.

4. **Battle Ropes** – 40 sec on, 20 sec rest. (1 Minute)

Description: Rapidly slam the ropes into the ground, alternating or together, focusing on the shoulders, core, and endurance. Substitute with kettlebell swings if unavailable.

*Rest 2 Minute*

**Exercise 2: HIIT Upper Body Circuit (16.5 Minutes)**

Repeat for 3 rounds with 90 seconds 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. **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.

4. **Dumbbell Overhead Press** – 40 sec on, 20 sec rest

Necessary Equipment: Dumbbells

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

*Rest 1.5 minutes*

**Exercise 3: Active Recovery Circuit (16 Minutes)**

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

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

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.

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

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

*2-Minute Rest*

**Exercise 2: Core Circuit (21 minutes)**

Repeat 3 rounds with 2-minute rest between rounds

1. **Plank with Alternating Leg Lifts** – 40 sec on, 20 sec rest

Description: Maintain a plank position and lift one leg at a time, activating the lower abs and glutes.

2. **Russian Twists with Medicine Ball** – 40 sec on, 20 sec rest

Description: Rotate your torso from side to side, holding a medicine ball or dumbbell to engage the obliques.

3. **Bicycle Crunches** – 40 sec on, 20 sec rest

Description: Alternate bringing opposite elbow to knee in a slow, controlled manner to activate the rectus abdominis and obliques.

4. **V-Ups** – 40 sec on, 20 sec rest

Description: Perform a full-body crunch, lifting both your upper body and legs off the ground to meet in the middle.

5. **Leg Raises** – 40 sec on, 20 sec rest

Description: Lift your legs straight up and down while lying on your back, focusing on lower abs.

*Rest 2 Minutes*

**Cool-Down & Stretching (4.5 Minutes)**

1. **Child’s Pose** – 1 minute

Description: Stretch out the lower back and shoulders.

2. **Pigeon Pose** – 30 sec 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** – 45 sec per side

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