## HIGH INTENSITY INTERVAL TRAINING (HIIT) ~Mohammed Omer

PARENTAL ADVISORY EXPLICIT CONTENT Monday: Chest & Core

Push-Ups (4 sets of 12-15 reps)

Dumbbell Chest Press (4 sets of 10-12 reps)

Chest Flyes (4 sets of 12-15 reps)

Plank Hold (3 sets, 45-60 sec)

Bicycle Crunches (4 sets of 20 reps)

Mountain Climbers (4 sets, 30 sec)



Tuesday: Legs & Glutes

Squats (4 sets of 12-15 reps)
Lunges (4 sets of 12 reps per leg)
Glute Bridges (4 sets of 15 reps)
Step-Ups (4 sets of 12 reps per leg)
Calf Raises (4 sets of 20 reps)



Wednesday: Upper Body (Back & Shoulders)

Bent-Over Rows (4 sets of 12-15 reps)
Shoulder Press (4 sets of 12 reps)
Lateral Raises (4 sets of 15 reps)
Dumbbell Rows (4 sets of 12-15 reps)
Arnold Press (4 sets of 12 reps)

18-W5

ADVISORY
EXPLICIT CONTENT

Thursday: Sex + Active Recovery

**Sex Session:** 

Position: Missionary with Legs Raised

**Duration: 30-45 minutes** 

**Stretching Routine (Full Body, 20 mins)** 



Friday: Arms & Core

Bicep Curls (4 sets of 12-15 reps)

Tricep Dips (4 sets of 12 reps)

Hammer Curls (4 sets of 12 reps)

**Dumbbell Tricep Kickbacks (4 sets of 12 reps)** 

Russian Twists (4 sets of 20 reps per side)

Leg Raises (4 sets of 15 reps)



Saturday: Full Body & Conditioning

**Burpees (4 sets of 12 reps)** 

**Dumbbell Thrusters (4 sets of 12 reps)** 

**Jump Squats (4 sets of 15 reps)** 

**Dumbbell Deadlifts (4 sets of 12 reps)** 

High Knees (4 sets, 30 sec)



Sunday: Sex + Active Recovery

**Sex Session:** 

**Position: Cowgirl Variation** 

**Duration: 40-60 minutes** 

Stretching Routine (Full Body, 20 mins)



