30-Minute Full-Body Workout & Recovery Plan

This is a structured 4-week workout and recovery plan designed to boost testosterone, promote muscle growth, and maintain optimal recovery. The workout includes compound exercises and is split into two circuits for efficient use of time. Aim to follow this schedule to support overall health, muscle strength, and endurance.

Weekly Schedule

Training Days: Monday, Wednesday, Friday

Active Recovery Days: Tuesday, Thursday, Saturday

Full Rest Day: Sunday

Week 1-2: Building a Foundation

1. Monday, Wednesday, Friday:

- Strength Workout (Your Compound Circuit): Complete Circuit 1 and Circuit 2 as outlined in your workout plan.

- Cool Down: 5-10 minutes of stretching focusing on all major muscle groups.

2. Tuesday, Thursday, Saturday:

- Active Recovery:

  - 20-30 minutes of low-intensity cardio (e.g., walking, cycling, or swimming)

  - 15 minutes of mobility exercises

  - Gentle stretching for worked muscle areas

3. Sunday:

- Full Rest Day: No strenuous physical activity; focus on hydration and balanced nutrition.

Week 3-4: Increasing Intensity and Recovery Depth

1. Monday, Wednesday, Friday:

- Strength Workout (Your Compound Circuit): Increase weights slightly or add 1-2 reps per set.

- Cool Down: Extended stretching session (10-15 minutes) and foam rolling.

2. Tuesday, Thursday:

- Active Recovery with Focused Mobility:

  - Low-intensity cardio (20-30 minutes)

  - Dynamic Mobility Drills

  - 10 minutes of yoga poses (e.g., child's pose, cobra, downward dog)

3. Saturday: Deep Recovery Day:

- 30 minutes of gentle yoga or stretching

- Foam rolling or massage for tight areas

- 10 minutes of breathing exercises or meditation

4. Sunday:

- Full Rest Day: Focus on hydration and balanced diet.

Additional Tips

- Hydrate well on all days, aiming for around 2-3 liters per day.

- Sleep: Aim for 7-9 hours per night to support recovery and testosterone production.

- Nutrition: Include foods rich in zinc, vitamin D, and healthy fats (like nuts, eggs, lean meats, and

leafy greens).