**1. RESIST Dumbbell Training Plan - DAY 16 (UPPER BODY WORKOUT) - YouTube**

[**https://www.youtube.com/watch?v=Jg4keZiw0OM**](https://www.youtube.com/watch?v=Jg4keZiw0OM)

{

"Introduction": "Welcome to Day 16 of the RESIST Dumbbell Training Plan, focusing on an upper body workout. The session begins with a 3-minute AMRAP (as many rounds as possible), featuring blastoff push-ups, prone overhead reaches, and internal/external overhead reaches.",

"Exercises": {

"AMRAP": {

"Duration": "3 minutes",

"Exercises": [

{"Name": "Blastoff Push-ups", "Repetitions": 5},

{"Name": "Prone Overhead Reaches", "Repetitions": 10},

{"Name": "Internal/External Overhead Reaches", "Repetitions": 5}

],

"Instructions": "Perform the exercises at your own pace. Modifications are allowed, such as knee push-ups. Focus on full extension and warming up the shoulders."

},

"Circuit1": {

"Sets": 4,

"Exercises": [

{"Name": "Dumbbell Bench Press (No Lockout)", "Repetitions": [8, 8, 10, 12]},

{"Name": "Gorilla Rows (Alternating)", "Repetitions": [8, 8, 8, 8]}

],

"Instructions": "Perform sets with specified rest intervals. Bench press without lockout and alternating gorilla rows focusing on back muscles."

},

"Circuit2": {

"Sets": 4,

"Exercises": [

{"Name": "Dumbbell Floor Press", "Repetitions": [8, 8, 10, 12]},

{"Name": "Dumbbell Shrugs", "Repetitions": [8, 8, 10, 12]}

],

"Instructions": "Perform sets with specified rest intervals. Floor presses with elbows flared and shrugs on an incline bench or leaning forward for added contraction."

},

"Circuit3": {

"Sets": 4,

"Exercises": [

{"Name": "Alternating Dumbbell Shoulder Press", "Repetitions": [8, 8, 10, 12]},

{"Name": "Dumbbell Incline Side Raise", "Repetitions": [8, 8, 10, 12]}

],

"Instructions": "Perform sets with specified rest intervals. Focus on shoulder stability with alternating presses and side raises."

},

"AMRAP2": {

"Duration": "5 minutes",

"Exercises": [

{"Name": "Cobra Push-ups", "Repetitions": 10},

{"Name": "Forward Leaning Dumbbell Curls", "Repetitions": 10}

],

"Instructions": "Set a 5-minute AMRAP. Perform 10 reps each of Cobra push-ups and forward leaning dumbbell curls. Focus on triceps engagement and bicep contraction."

},

"AMRAP3": {

"Duration": "3 minutes",

"Exercises": [

{"Name": "Bear Crawls (Lateral or Forward/Backward)", "Rounds": "As many rounds as possible"},

{"Name": "Burpees (Optional Push-up)", "Repetitions": 8}

],

"Instructions": "Set a 3-minute AMRAP. Perform bear crawls and burpees with optional push-up. Maintain good form and adjust intensity as needed."

}

},

"Coaching Insights": "Focus on a controlled and full range of motion during exercises. Modify as needed for individual fitness levels. Maintain proper form to prevent injuries.",

"Tactical Strategies": "Alternate between strength and cardio circuits. Adjust weights based on individual capacity. Utilize the AMRAP format for high-intensity intervals. Emphasize triceps engagement in Cobra push-ups and controlled curls in the final AMRAP.",

"Outro": "Congratulations on completing Day 16. Ensure proper cool-down and recovery. Join tomorrow for a lower body workout. Thank you for your dedication to the RESIST program.",

"Title": "RESIST Dumbbell Training Plan - Day 16 (Upper Body Workout)",

"Privacy\_Compliance\_and\_Ethical\_Considerations": "No personal or identifiable information from the video source is included in this summary.",

"Additional\_Keys": {

"Skill\_Level\_Focus": "Suitable for various skill levels with modifications provided.",

"Preparation": "Follow warm-up guidelines in the video. Adjust weights and intensity based on individual fitness levels."

},

"Factual\_Adherence": "Every piece of information in this summary is directly traceable to the video content without additions, assumptions, or extrapolations."

}

**2. The BEST Exercises For A Full Body Workout - YouTube**

[**https://www.youtube.com/watch?v=rL5FdSd1tQ4**](https://www.youtube.com/watch?v=rL5FdSd1tQ4)

{

"Introduction": "In this training video, the presenter outlines an optimal gym workout for individuals limited to once-a-week sessions. The focus is on maximizing effectiveness and prioritizing hypertrophy, catering to those with time constraints or limited gym access.",

"Exercises": [

{

"MuscleGroup": "Chest",

"Exercise": "Dumbbell Press on Slight Incline",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "Emphasizes freedom of movement, hand positioning, and elbow positioning. Recommends a slight incline to target upper chest and reduce shoulder joint stress."

},

{

"MuscleGroup": "Back",

"Exercise1": "T-Bar Row",

"Exercise2": "Pull Down (Neutral or Underhand Grip)",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "T-Bar Row for mid to upper back, utilizing chest support. Pull Down for lats, focusing on neutral or underhand grip and keeping the elbow in front for efficient lat engagement."

},

{

"MuscleGroup": "Shoulders",

"Exercise": "Lateral Raise Machine or Lying Cable Lateral Raise",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "Prefers a lateral raise machine for mid-delt training, emphasizing the importance of resistance throughout the movement. Alternatively, suggests lying cable lateral raise as a substitute."

},

{

"MuscleGroup": "Quads",

"Exercise": "Pendulum Squat or Hack Squat",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "Pendulum Squat recommended for full quad engagement with back support. Hack Squat is a second choice, emphasizing the importance of maintaining depth for effective quad activation."

},

{

"MuscleGroup": "Hamstrings",

"Exercise": "Seated Leg Curl",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "Seated Leg Curl highlighted for optimal hamstring engagement, with back support ensuring proper positioning. Lying Leg Curl or Romanian Deadlift suggested as alternatives."

},

{

"MuscleGroup": "Glutes",

"Exercise": "Hip Thrust or Bulgarian Split Squat",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "Recommends exercises that lengthen the glutes, providing a choice between Hip Thrust and Bulgarian Split Squat. Demonstrates preferred form and stability considerations for each."

},

{

"MuscleGroup": "Biceps",

"Exercise": "Single Arm Dumbbell Bicep Curl on Preacher Bench",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "Optimal choice for joint-friendly bicep training, utilizing the preacher bench for support. Advocates single-arm curls to align the elbow directly downward for reduced joint stress."

},

{

"MuscleGroup": "Triceps",

"Exercise": "Cable Crossover Tricep Extension or Close Grip Press",

"Repetitions": "Not specified",

"Sets": "Not specified",

"Instructions": "Cable Crossover Tricep Extension recommended for its resistance profile, targeting triceps in the lengthened and mid positions. Close Grip Press suggested as an alternative, emphasizing joint-friendly execution."

}

],

"CoachingInsights": "The presenter provides insights into exercise selection based on joint-friendliness, optimal resistance profiles, and muscle engagement. Coaching tips include maintaining proper form, choosing alternatives wisely, and pushing beyond concentric failure with appropriate spotting.",

"TacticalStrategies": "Tactical strategies involve focusing on specific muscle groups, emphasizing joint-friendly exercises, and prioritizing exercises that provide optimal resistance profiles for muscle engagement.",

"Outro": "In conclusion, the outlined workout routine covers a variety of muscle groups and exercises, ensuring a comprehensive approach to a once-a-week gym session. The presenter emphasizes joint-friendly techniques and optimal resistance profiles for effective muscle training.",

"Title": "Optimal Once-a-Week Gym Workout for Maximum Hypertrophy",

"PrivacyComplianceAndEthicalConsiderations": "No personal or identifiable information from the video source is included in the summary, ensuring privacy compliance and ethical considerations.",

"AdditionalKeys": {

"SkillLevelFocus": "The video content does not explicitly mention a specific skill level focus.",

"Preparation": "The video does not provide specific mental or physical preparation advice beyond recommendations related to equipment usage and exercise form."

},

"FactualAdherence": "Every piece of information in the summary is directly traceable to the video content without additions, assumptions, or extrapolations.",

"Format": "JSON"

}