

Monday: Push Day (Chest, Shoulders, Triceps)

- **Bench Press:** 4 sets of 8-10 reps
- **Incline Dumbbell Press:** 3 sets of 10-12 reps
- **Overhead Press:** 4 sets of 8-10 reps
- **Tricep Pushdowns:** 3 sets of 12-15 reps
- **Lateral Raises:** 3 sets of 12-15 reps

Tuesday: Pull Day (Back, Biceps)

- **Deadlifts:** 4 sets of 6-8 reps
- **Pull-Ups:** 4 sets of 8-10 reps
- **Bent-Over Rows:** 4 sets of 8-10 reps
- **Barbell Curls:** 3 sets of 10-12 reps
- **Face Pulls:** 3 sets of 12-15 reps

Wednesday: Cardio and Core

- **Cardio:** 30-40 minutes (running, cycling, swimming)
- **Core Work:** 3 sets each of:
 - Planks (1 minute)
 - Leg Raises (15-20 reps)
 - Russian Twists (20 reps)

Thursday: Lower Body

- **Squats:** 4 sets of 8-10 reps
- **Leg Press:** 4 sets of 10-12 reps
- **Lunges:** 3 sets of 10-12 reps per leg
- **Leg Curls:** 3 sets of 12-15 reps
- **Calf Raises:** 4 sets of 15-20 reps

Friday: Full Body Compound Day

- **Deadlifts:** 3 sets of 5-6 reps
- **Bench Press:** 3 sets of 8-10 reps
- **Pull-Ups:** 3 sets of 8-10 reps
- **Overhead Press:** 3 sets of 8-10 reps
- **Barbell Rows:** 3 sets of 8-10 reps

Saturday: HIIT (High-Intensity Interval Training)

- **Warm-Up:** 5 minutes of light jogging
- **Circuit:** 30 seconds work, 30 seconds rest, repeat 5 times
 - Jump Squats
 - Burpees
 - Push-Ups
 - Mountain Climbers

- **Cool-Down:** 5 minutes of stretching

Sunday: Rest or Active Recovery

- **Light Cardio:** 20-30 minutes (walking, cycling)
- **Stretching:** Focus on flexibility

Tips:

- **Balanced Diet:** Focus on a balanced diet with lean proteins, healthy fats, and complex carbs.
- **Hydration:** Keep hydrated, especially on cardio and HIIT days.
- **Rest:** Ensure 7-9 hours of sleep per night for optimal recovery.
- **Consistency:** Stick to the schedule and maintain consistency with both workouts and diet.

This schedule combines strength training, cardio, and HIIT to build lean muscle while keeping body fat low.