

PROGRESSIVE OVERLOAD FOCUS



MONDAY

Bench Press: 4 x 8
Bent Over Rows: 3 x 10
Overhead Press: 4 x 6
Dumbbell Bicep Curls: 3 x 12
Tricep Dips: 3 x 15

TUESDAY

Squats: 4 x 10
Deadlifts: 3 x 8
Leg Press: 3 x 12
Lunges: 3 x 15 each leg
Calf Raises: 4 x 20

WEDNESDAY

Rest Day

THURSDAY

Incline Bench Press: 4 x 8
Dumbbell Flyes: 3 x 10
Seated Shoulder Press: 4 x 6
Tricep Kickbacks: 3 x 12
Plank: 3 sets, 60 seconds each

FRIDAY

Pull-Ups: 4 x 8
Lat Pulldowns: 3 x 10
Face Pulls: 3 x 12
Hammer Curls: 3 x 15
Russian Twists: 3 x 20 each side

SATURDAY

Deadlifts: 4 x 6
Front Squats: 3 x 8
Overhead Dumbbell Press: 3 x 10
Barbell Rows: 3 x 12
Hanging Leg Raises: 3 x 15

SUNDAY

Rest



BODY PART SPLIT FOCUS



MONDAY

Barbell Bench Press: 4 x 8
Incline Dumbbell Press: 3 x 10
Cable Flyes: 3 x 12
Tricep Pushdowns: 3 x 15
Overhead Tricep Extension: 4 x 10

TUESDAY

Deadlifts: 4 x 6
Lat Pulldowns: 3 x 10
T-Bar Rows: 4 x 8
Barbell Bicep Curls: 3 x 12
Concentration Curls: 3 x 15

WEDNESDAY

Rest Day

THURSDAY

Squats: 4 x 8
Leg Press: 3 x 10
Lunges: 3 x 12 each leg
Leg Extensions: 3 x 15
Seated Calf Raises: 4 x 20

FRIDAY

Military Press: 4 x 8
Lateral Raises: 3 x 10
Face Pulls: 3 x 12
Plank: 3 sets, 60 seconds
each
Russian Twists: 3 x 20 each
side

SATURDAY

Close-Grip Bench Press: 4 x 8
Hammer Curls: 3 x 10
Preacher Curls: 3 x 12
Tricep Dips: 3 x 15
Cable Crunches: 4 x 20

SUNDAY

Rest



FUNCTIONAL FITNESS FOCUS



MONDAY

Barbell Squats: (4 x 8-10)
Bench Press: (4 x 8-10)
Pull-Ups (Weighted if possible): (4 x 8-10)
Romanian Deadlifts: (3 x 10-12)
Plank with Alternating Arm and Leg Raises: (3 x 15 each side)

TUESDAY

Rowing Machine Sprints: (5 x 500 meters)
Cycling (Moderate Intensity): (30 minutes)
Light Jogging or Incline Treadmill Walking: (20 minutes)
Foam Rolling and Mobility Exercises: (15 minutes)

WEDNESDAY

Dumbbell Shoulder Press: (4 x 10-12)
Barbell Bent Over Rows: (4 x 10-12)
Dumbbell Incline Bench Press: (3 x 12-15)
Face Pulls with Resistance Bands: (3 x 15-20)
Hanging Leg Raises: (3 x 15)

THURSDAY

Power Cleans: (5 x 3-5)
Deadlifts: (4 x 6-8)
Weighted Dips: (4 x 8-10)
Barbell Lunges: (3 x 12-15 per leg)
Plank Variations (Front Plank, Side Plank): (3 x 60 seconds each)

FRIDAY

HIIT Cardio Circuit (e.g., burpees, box jumps, kettlebell swings): (4 rounds, 1 minute per exercise)
Battle Ropes: (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Sprint Intervals (Track or Treadmill): (8 x 100 meters)
Medicine Ball Slams: (3 x 20)
Mountain Climbers: (3 x 30 seconds)

SATURDAY

Yoga or Pilates Session: (45 minutes)
Foam Rolling and Self-Myofascial Release: (15 minutes)
Light Cardio (Walking or Cycling): (30 minutes)

SUNDAY

Rest



POWERBUILDING FOCUS (COMBINATION OF POWERLIFTING AND BODYBUILDING)



MONDAY

Barbell Back Squats (Powerlifting Style): (5 x 5)
Deadlifts (Conventional or Sumo): (4 x 5)
Leg Press Machine: (4 x 8-10)
Standing Calf Raises: (4 x 12-15)
Plank with Weighted Plate on Back: (3 x 60 seconds)

TUESDAY

Barbell Bench Press (Moderate Grip): (4 x 8-10)
Dumbbell Rows: (4 x 10-12 per arm)
Dumbbell Shoulder Press: (3 x 12-15)
Barbell Bicep Curls: (3 x 12-15)
Tricep Rope Pushdowns: (3 x 12-15)

WEDNESDAY

Light Cardio (Walking or Cycling): (30 minutes)
Yoga or Pilates Session: (45 minutes)
Foam Rolling and Mobility Exercises: (15 minutes)

THURSDAY

Barbell Overhead Press: (5 x 5)
Weighted Pull-Ups (or Assisted if needed): (4 x 6-8)
Close-Grip Bench Press: (4 x 8-10)
Barbell Face Pulls: (3 x 15-20)
Hanging Leg Raises: (3 x 15)

FRIDAY

Dumbbell Goblet Squats: (4 x 12-15)
Romanian Deadlifts with Dumbbells: (3 x 12-15)
Incline Dumbbell Bench Press: (4 x 10-12)
Pull-Ups (Bodyweight): (3 x Max Reps)
Plank Variations (Front Plank, Side Plank): (3 x 60 seconds each)

SATURDAY

Rowing Machine Intervals: (5 x 500 meters)
Box Jumps: (4 x 10)
Kettlebell Swings: (3 x 20)
Medicine Ball Slams: (3 x 20)
Mountain Climbers: (3 x 30 seconds)

SUNDAY

Rest



ATHLETIC PERFORMANCE FOCUS



MONDAY

Barbell Back Squats: (4 x 8-10)
Box Jumps: (4 x 10)
Romanian Deadlifts: (3 x 12-15)
Single-Leg Dumbbell Step-Ups: (3 x 12 each leg)
Medicine Ball Slams: (3 x 20)

TUESDAY

Barbell Bench Press: (4 x 8-10)
Pull-Ups (Weighted if possible): (4 x 8-10)
Dumbbell Rows: (3 x 12-15 per arm)
Standing Dumbbell Shoulder Press: (3 x 12-15)
Plank with Alternating Arm and Leg Raises: (3 x 15 each side)

WEDNESDAY

Light Cardio (Cycling or Swimming): (30 minutes)
Yoga or Mobility Routine: (45 minutes)
Foam Rolling and Stretching: (15 minutes)

THURSDAY

Power Cleans: (5 x 3-5)
Sprint Intervals (Track or Treadmill): (8 x 100 meters)
Push Press with Barbell: (4 x 8-10)
Plyometric Push-Ups: (3 x 12-15)
Ladder Drills or Cone Agility Exercises: (3 rounds)

FRIDAY

Dumbbell Lunges: (4 x 12-15 per leg)
Incline Dumbbell Bench Press: (4 x 10-12)
TRX Rows: (3 x 15)
Battle Ropes: (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises: (3 x 15)

SATURDAY

HIIT Cardio Circuit (e.g., burpees, box jumps, kettlebell swings): (4 rounds, 1 minute per exercise)
Rowing Sprints (Concept2 Rower): (5 x 250 meters)
Agility Cone Drills: (3 rounds)
Medicine Ball Throws (Overhead and Chest Passes): (3 x 15)
Mountain Climbers: (3 x 30 seconds)

SUNDAY

Rest



"TITAN'S TREK" - MYTHOLOGY- INSPIRED STRENGTH JOURNEY



MONDAY

Barbell Back Squats (The Titan's Pillar): (4 x 8-10)
Deadlifts (Cerberus' Lift): (4 x 6-8)
Leg Press Machine (Atlas' Burden): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Hermes' Stride): (3 x 12 each leg)
Hammer Strength Leg Curl (Achilles' Heel): (3 x 15)

TUESDAY

Bench Press (Zeus' Thunderbolt): (4 x 8-10)
Pull-Ups (Ares' Ascendancy): (4 x 8-10)
Dumbbell Shoulder Press (Apollo's Elevation): (3 x 12-15)
Chest-Supported T-Bar Rows (Poseidon's Pull): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Hera's Core Challenge): (3 x 15 each side)

WEDNESDAY

Light Cardio (Cycling or Swimming): (30 minutes)
Yoga or Mobility Routine (Demeter's Grace): (45 minutes)
Foam Rolling and Stretching (Helios' Unwind): (15 minutes)

THURSDAY

Power Cleans (Hercules' Cleanse): (5 x 3-5)
Sprint Intervals (Pegasus' Flight): (8 x 100 meters)
Push Press with Barbell (Athena's Ascent): (4 x 8-10)
Plyometric Box Jumps (Hermes' Leap): (3 x 12-15)
Ladder Drills or Cone Agility Exercises (Nike's Swiftiness): (3 rounds)

FRIDAY

Dumbbell Lunges (Prometheus' Stride): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Aphrodite's Embrace): (4 x 10-12)
Cable Rows (Hephaestus' Forge): (3 x 15)
Battle Ropes (Kraken's Wrath): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Nemesis' Challenge): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Atlas' Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Charon's Crossing): (5 x 250 meters)
Agility Cone Drills (Cerberus' Agility): (3 rounds)
Medicine Ball Throws (Zeus' Lightning Strikes): (3 x 15)
Mountain Climbers (Hades' Ascent): (3 x 30 seconds)

SUNDAY

Rest



"COSMIC CONQUEST" - SPACE EXPLORER TRAINING



MONDAY

Barbell Back Squats (Galactic Ground Control): (4 x 8-10)
Deadlifts (Black Hole Pulls): (4 x 6-8)
Leg Press Machine (Lunar Leaps): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Martian Strides): (3 x 12 each leg)
Hamstring Curls (Asteroid Swings): (3 x 15)

TUESDAY

Bench Press (Starship Press): (4 x 8-10)
Pull-Ups (Zero-G Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Rocket Thrusters): (3 x 12-15)
Chest-Supported T-Bar Rows (Galactic Pull): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Cosmic Core Challenge): (3 x 15 each side)

WEDNESDAY

Light Cardio (Cycling or Swimming): (30 minutes)
Yoga or Mobility Routine (Celestial Grace): (45 minutes)
Foam Rolling and Stretching (Stellar Unwind): (15 minutes)

THURSDAY

Power Cleans (Comet Cleanse): (5 x 3-5)
Sprint Intervals (Nebula Sprints): (8 x 100 meters)
Push Press with Barbell (Galaxy Ascent): (4 x 8-10)
Plyometric Box Jumps (Cosmic Leaps): (3 x 12-15)
Agility Cone Drills (Orbit Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Saturn's Stride): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Nebula Embrace): (4 x 10-12)
Cable Rows (Meteoric Rows): (3 x 15)
Battle Ropes (Asteroid Storm): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Cosmic Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Quasar Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Interstellar Row): (5 x 250 meters)
Medicine Ball Throws (Galactic Throws): (3 x 15)
Box Jumps (Lunar Leaps): (3 x 10)
Mountain Climbers (Stellar Ascent): (3 x 30 seconds)

SUNDAY

Rest



"NEPTUNE'S KINGDOM" - AQUATIC STRENGTH TRAINING



MONDAY

Barbell Back Squats (Trident Squats): (4 x 8-10)
Deadlifts (Sea Serpent Pulls): (4 x 6-8)
Leg Press Machine (Tidal Wave Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Mermaid's Ascent): (3 x 12 each leg)
Hamstring Curls (Coral Swings): (3 x 15)

TUESDAY

Bench Press (Wave Crusher): (4 x 8-10)
Pull-Ups (Dolphin Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Whale Tail Lifts): (3 x 12-15)
Chest-Supported T-Bar Rows (Manta Ray Rows): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Seabed Stability): (3 x 15 each side)

WEDNESDAY

Swimming (30 minutes): (Freestyle, Backstroke, or Breaststroke)
Yoga or Mobility Routine (Aqua Flex): (45 minutes)
Foam Rolling and Stretching (Tide Unwind): (15 minutes)

THURSDAY

Power Cleans (Whirlpool Cleanse): (5 x 3-5)
Sprint Intervals (Current Sprints): (8 x 100 meters)
Push Press with Barbell (Oceanic Ascent): (4 x 8-10)
Plyometric Box Jumps (Wave Leaps): (3 x 12-15)
Agility Cone Drills (Reef Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Sandbar Strides): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Coral Embrace): (4 x 10-12)
Cable Rows (Seaweed Rows): (3 x 15)
Battle Ropes (Riptide Storm): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Neptune's Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Quasar Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Interstellar Row): (5 x 250 meters)
Medicine Ball Throws (Galactic Throws): (3 x 15)
Box Jumps (Lunar Leaps): (3 x 10)
Mountain Climbers (Stellar Ascent): (3 x 30 seconds)

SUNDAY

Rest



"CYBERNETIC CIRCUIT" - FUTURISTIC FITNESS REGIME



MONDAY

Barbell Back Squats (Quantum Squats): (4 x 8-10)
Deadlifts (Cybernetic Pulls): (4 x 6-8)
Leg Press Machine (Nano Leg Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Virtual Ascent): (3 x 12 each leg)
Hamstring Curls (Bionic Swings): (3 x 15)

TUESDAY

Bench Press (Nano Press): (4 x 8-10)
Pull-Ups (Gravity Defying Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Holographic Lifts): (3 x 12-15)
Chest-Supported T-Bar Rows (Laser Rows): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Digital Stability): (3 x 15 each side)

WEDNESDAY

Virtual Reality Fitness Game (30 minutes):
(Choose a game for cardio)
AI-Powered Yoga or Mobility Routine (Robo Flex): (45 minutes)
Foam Rolling and Stretching (Nano Unwind): (15 minutes)

THURSDAY

Power Cleans (Quantum Cleanse): (5 x 3-5)
Sprint Intervals (Hyperdrive Sprints): (8 x 100 meters)
Push Press with Barbell (Neural Ascent): (4 x 8-10)
Plyometric Box Jumps (Quantum Leaps): (3 x 12-15)
Agility Cone Drills (Virtual Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Nanotech Strides): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Circuit Embrace): (4 x 10-12)
Cable Rows (Synthetic Rows): (3 x 15)
Battle Ropes (Circuit Storm): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Quantum Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Cyber Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Nanobot Row): (5 x 250 meters)
Medicine Ball Throws (Hologram Throws): (3 x 15)
Box Jumps (Digital Leaps): (3 x 10)
Mountain Climbers (Byte Ascent): (3 x 30 seconds)

SUNDAY

Rest



"ELEMENTAL ESSENCE" - HARNESSING NATURE'S POWER



MONDAY

Barbell Back Squats (Mountain Squats): (4 x 8-10)
Deadlifts (Groundforce Pulls): (4 x 6-8)
Leg Press Machine (Rock Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Rooted Ascent): (3 x 12 each leg)
Hamstring Curls (Cliff Swings): (3 x 15)

TUESDAY

Bench Press (Skyward Press): (4 x 8-10)
Pull-Ups (Windborne Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Cloud Lifts): (3 x 12-15)
Chest-Supported T-Bar Rows (Gale Rows): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Breeze Stability): (3 x 15 each side)

WEDNESDAY

Swimming or Water Aerobics (30 minutes):
(Embrace water resistance)
Yoga by the Water (45 minutes): (Connect with the flow)
Foam Rolling and Stretching (Fluid Unwind):
(15 minutes)

THURSDAY

Power Cleans (Inferno Cleanse): (5 x 3-5)
Sprint Intervals (Flame Sprints): (8 x 100 meters)
Push Press with Barbell (Volcanic Ascent): (4 x 8-10)
Plyometric Box Jumps (Ignite Leaps): (3 x 12-15)
Agility Cone Drills (Wildfire Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Aerobic Strides): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Sky Embrace): (4 x 10-12)
Cable Rows (Zephyr Rows): (3 x 15)
Battle Ropes (Tempest Storm): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Breeze Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Elemental Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Torrential Row): (5 x 250 meters)
Medicine Ball Throws (Cyclone Throws): (3 x 15)
Box Jumps (Whirlwind Leaps): (3 x 10)
Mountain Climbers (Gust Ascent): (3 x 30 seconds)

SUNDAY

Rest



MOUNTAIN CLIMBER'S MUSCLE CHALLENGE



MONDAY

Barbell Back Squats (Peak Squats): (4 x 8-10)
Deadlifts (Summit Pulls): (4 x 6-8)
Leg Press Machine (Altitude Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Climber's Ascent): (3 x 12 each leg)
Hamstring Curls (Elevation Swings): (3 x 15)

TUESDAY

Bench Press (Cliffhanger Press): (4 x 8-10)
Pull-Ups (Precipice Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Ridge Lifts): (3 x 12-15)
Chest-Supported T-Bar Rows (Valley Rows): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Peak Stability): (3 x 15 each side)

WEDNESDAY

Trail Running or Hiking (60 minutes): (Varied terrain for a challenge)
Yoga on the Summit (45 minutes): (Balance and flexibility)
Foam Rolling and Stretching (Mountain Unwind): (15 minutes)

THURSDAY

Power Cleans (Ridge Run Cleanse): (5 x 3-5)
Sprint Intervals (Peak Sprints): (8 x 100 meters)
Push Press with Barbell (Altitude Ascent): (4 x 8-10)
Plyometric Box Jumps (Peak Leaps): (3 x 12-15)
Agility Cone Drills (Mountain Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Summit Strides): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Mountain Embrace): (4 x 10-12)
Cable Rows (Ridge Rows): (3 x 15)
Battle Ropes (Peak Storm): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Crag Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Peak Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Mountain Row): (5 x 250 meters)
Medicine Ball Throws (Summit Throws): (3 x 15)
Box Jumps (Peak Leaps): (3 x 10)
Mountain Climbers (Elevated Ascent): (3 x 30 seconds)

SUNDAY

Rest



"GLADIATOR GAUNTLET" - ANCIENT WARRIOR WORKOUT CHALLENGE



MONDAY

Barbell Back Squats (Colosseum Squats): (4 x 8-10)
Deadlifts (Gladiator Pulls): (4 x 6-8)
Leg Press Machine (Roman Pillar Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Centurion Ascent):
(3 x 12 each leg)
Hamstring Curls (Gladiatorial Swings): (3 x 15)

TUESDAY

Bench Press (Cliffhanger Press): (4 x 8-10)
Pull-Ups (Precipice Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Ridge Lifts): (3 x 12-15)
Chest-Supported T-Bar Rows (Valley Rows):
(3 x 12-15)
Plank with Alternating Arm and Leg Raises
(Peak Stability): (3 x 15 each side)

WEDNESDAY

Light Jogging or Walking (30 minutes): (Active
recovery)
Yoga or Mobility Routine (Ancient Flex): (45
minutes)
Foam Rolling and Stretching (Warrior
Unwind): (15 minutes)

THURSDAY

Power Cleans (Warlord Cleanse): (5 x 3-5)
Sprint Intervals (Chariot Sprints): (8 x 100
meters)
Push Press with Barbell (Gladiatorial Ascent):
(4 x 8-10)
Plyometric Box Jumps (Arena Leaps): (3 x 12-
15)
Agility Cone Drills (Legion Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Battlefield Strides): (4
x 12-15 per leg)
Incline Dumbbell Bench Press (Warrior
Embrace): (4 x 10-12)
Cable Rows (Triumph Rows): (3 x 15)
Battle Ropes (Warrior Storm): (Tabata
Protocol - 20 seconds on, 10 seconds off,
8 rounds)
Hanging Leg Raises (Gladiator
Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Gauntlet
Endurance): (4 rounds, 1 minute per
exercise)
Rowing Sprints (Triumphant Row): (5 x
250 meters)
Medicine Ball Throws (Colosseum
Throws): (3 x 15)
Box Jumps (Gladiator Leaps): (3 x 10)
Mountain Climbers (Spartacus
Ascent): (3 x 30 seconds)

SUNDAY

Rest



"SUPERHERO SURGE" - COMIC BOOK HERO FITNESS CHALLENGE



MONDAY

Barbell Back Squats (Hulk Squats): (4 x 8-10)
Deadlifts (Thor's Hammer Pulls): (4 x 6-8)
Leg Press Machine (Wolverine Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Spider-Man Ascent):
(3 x 12 each leg)
Hamstring Curls (Flash Swings): (3 x 15)

TUESDAY

Bench Press (Superman Press): (4 x 8-10)
Pull-Ups (Batman Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Iron Man Lifts): (3
x 12-15)
Chest-Supported T-Bar Rows (Captain
America Rows): (3 x 12-15)
Plank with Alternating Arm and Leg Raises
(Wonder Woman Stability): (3 x 15 each side)

WEDNESDAY

Cycling or Light Jogging (30 minutes): (Active
recovery)
Heroic Yoga or Mobility Routine (Dynamic
Flex): (45 minutes)
Foam Rolling and Stretching (Power Unwind):
(15 minutes)

THURSDAY

Power Cleans (Green Lantern Cleanse): (5 x 3-5)
Sprint Intervals (The Flash Sprints): (8 x 100
meters)
Push Press with Barbell (Thor's Ascent): (4 x 8-
10)
Plyometric Box Jumps (Black Panther Leaps): (3 x
12-15)
Agility Cone Drills (Arrow Agility): (3 rounds))

FRIDAY

Dumbbell Lunges (Black Widow Strides):
(4 x 12-15 per leg)
Incline Dumbbell Bench Press (Wonder
Woman Embrace): (4 x 10-12)
Cable Rows (Aquaman Rows): (3 x 15)
Battle Ropes (Thor's Storm): (Tabata
Protocol - 20 seconds on, 10 seconds off,
8 rounds)
Hanging Leg Raises (Spider-Man
Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Heroic Endurance):
(4 rounds, 1 minute per exercise)
Rowing Sprints (Captain Marvel Row):
(5 x 250 meters)
Medicine Ball Throws (X-Men Throws):
(3 x 15)
Box Jumps (Superhero Leaps): (3 x 10)
Mountain Climbers (Batman's Ascent):
(3 x 30 seconds)

SUNDAY

Rest



"IRON FORGE" - INDUSTRIAL STRENGTH CHALLENGE



MONDAY

Barbell Back Squats (Forge Squats): (4 x 8-10)
Deadlifts (Molten Metal Pulls): (4 x 6-8)
Leg Press Machine (Steel Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Forge Ascent): (3 x 12 each leg)
Hamstring Curls (Anvil Swings): (3 x 15)

TUESDAY

Bench Press (Iron Press): (4 x 8-10)
Pull-Ups (Metal Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Metallic Lifts): (3 x 12-15)
Chest-Supported T-Bar Rows (Forge Rows): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Steel Stability): (3 x 15 each side)

WEDNESDAY

Elliptical or Stair Climbing (30 minutes):
(Active recovery)
Industrial Yoga or Mobility Routine (Forge Flex): (45 minutes)
Foam Rolling and Stretching (Metal Unwind): (15 minutes)

THURSDAY

Power Cleans (Smelt Cleanse): (5 x 3-5)
Sprint Intervals (Metallic Sprints): (8 x 100 meters)
Push Press with Barbell (Industrial Ascent): (4 x 8-10)
Plyometric Box Jumps (Steel Leaps): (3 x 12-15)
Agility Cone Drills (Foundry Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Molten Strides): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Forge Embrace): (4 x 10-12)
Cable Rows (Metal Alloy Rows): (3 x 15)
Battle Ropes (Iron Storm): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Anvil Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Forge Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Metal Row): (5 x 250 meters)
Medicine Ball Throws (Steel Throws): (3 x 15)
Box Jumps (Forge Leaps): (3 x 10)
Mountain Climbers (Foundry Ascent): (3 x 30 seconds)

SUNDAY

Rest



"NEON NINJA" - STEALTH AND AGILITY CHALLENGE



MONDAY

Barbell Back Squats (Stealth Squats): (4 x 8-10)
Deadlifts (Silent Strike Pulls): (4 x 6-8)
Leg Press Machine (Ninja Press): (3 x 12-15)
Single-Leg Dumbbell Step-Ups (Shadow Ascent): (3 x 12 each leg)
Hamstring Curls (Stealth Swings): (3 x 15)

TUESDAY

Bench Press (Silent Press): (4 x 8-10)
Pull-Ups (Ninja Pulls): (4 x 8-10)
Dumbbell Shoulder Press (Shadow Lifts): (3 x 12-15)
Chest-Supported T-Bar Rows (Silhouette Rows): (3 x 12-15)
Plank with Alternating Arm and Leg Raises (Stealth Stability): (3 x 15 each side)

WEDNESDAY

Parkour or Freerunning Techniques (30 minutes): (Active recovery)
Ninja Yoga or Mobility Routine (Stealth Flex): (45 minutes)
Foam Rolling and Stretching (Shadow Unwind): (15 minutes)

THURSDAY

Power Cleans (Ninja Cleanse): (5 x 3-5)
Sprint Intervals (Ghostly Sprints): (8 x 100 meters)
Push Press with Barbell (Silent Ascent): (4 x 8-10)
Plyometric Box Jumps (Shadow Leaps): (3 x 12-15)
Agility Cone Drills (Ninja Agility): (3 rounds)

FRIDAY

Dumbbell Lunges (Stealth Strides): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Silent Embrace): (4 x 10-12)
Cable Rows (Ninja Rows): (3 x 15)
Battle Ropes (Neon Storm): (Tabata Protocol - 20 seconds on, 10 seconds off, 8 rounds)
Hanging Leg Raises (Shadow Crunches): (3 x 15)

SATURDAY

HIIT Cardio Circuit (Neon Endurance): (4 rounds, 1 minute per exercise)
Rowing Sprints (Silent Row): (5 x 250 meters)
Medicine Ball Throws (Stealth Throws): (3 x 15)
Box Jumps (Ninja Leaps): (3 x 10)
Mountain Climbers (Stealth Ascent): (3 x 30 seconds)

SUNDAY

Rest



"FOUNDATIONS FIRST" - BASIC STRENGTH BUILDING



MONDAY

Barbell Back Squats (Foundation Squats): (4 x 8-10)
Leg Press Machine (Leg Foundation Press): (4 x 10-12)
Lunges (Walking Foundation Lunges): (3 x 12-15 per leg)
Leg Extensions (Quad Foundation): (3 x 15)
Calf Raises (Calf Foundation): (4 x 15-20)

TUESDAY

Bench Press (Chest Foundation Press): (4 x 8-10)
Overhead Dumbbell Press (Shoulder Foundation Lifts): (4 x 10-12)
Tricep Dips (Tricep Foundation Dips): (3 x 12-15)
Push-Ups (Push-Up Foundation): (3 x max reps)
Plank (Core Foundation Stability): (3 x 60 seconds)

WEDNESDAY

Light Cardio (30 minutes): (Walking, cycling, or light jogging)
Yoga or Mobility Routine (Foundational Flex): (45 minutes)
Foam Rolling and Stretching (Recovery Foundation): (15 minutes)

THURSDAY

Deadlifts (Deadlift Foundation): (4 x 6-8)
Pull-Ups (Pull-Up Foundation): (4 x max reps)
Bent Over Rows (Row Foundation): (3 x 10-12)
Lat Pulldowns (Lat Foundation Pulldowns): (3 x 12-15)
Face Pulls (Rear Delt Foundation): (3 x 15)

FRIDAY

Dumbbell Lunges (Lunge Foundation): (4 x 12-15 per leg)
Incline Dumbbell Bench Press (Incline Chest Foundation): (4 x 10-12)
Bicep Curls (Bicep Foundation Curls): (3 x 12-15)
Side Lateral Raises (Side Delt Foundation Raises): (3 x 15)
Hanging Leg Raises (Core Foundation Crunches): (3 x 15)

SATURDAY

Power Cleans (Clean Foundation): (5 x 3-5)
Box Jumps (Box Jump Foundation): (4 x 10)
Push Press with Barbell (Power Foundation Press): (4 x 8-10)
Medicine Ball Slams (Med Ball Foundation Slams): (3 x 15)
Russian Twists (Core Foundation Twists): (3 x 20 each side)

SUNDAY

Rest



"GENTLE GIANTS" - GENTLE INTRODUCTION TO MUSCLE BUILDING



MONDAY

Bodyweight Squats (Gentle Squats): (3 x 12-15)
Push-Ups (Gentle Push-Ups): (3 x 10-12)
Dumbbell Rows (Back Foundation Rows): (3 x 12-15 per arm)
Walking Lunges (Gentle Lunges): (2 x 15 steps per leg)
Plank (Core Foundation Stability): (3 x 30 seconds)

TUESDAY

Brisk Walking or Light Jogging (20 minutes): (Cardiovascular health)
Dynamic Stretching Routine (Gentle Flexibility): (15 minutes)
Yoga or Pilates (Gentle Flow): (30 minutes)

WEDNESDAY

Leg Raises (Gentle Leg Raises): (3 x 15)
Russian Twists (Gentle Twists): (3 x 20 each side)
Bird Dogs (Gentle Bird Dogs): (3 x 12-15 per side)
Side Plank (Gentle Side Plank): (2 x 30 seconds each side)
Stability Ball Crunches (Gentle Crunches): (3 x 15)

THURSDAY

Dumbbell Bench Press (Gentle Bench Press): (3 x 10-12)
Lat Pulldowns (Gentle Lat Pulldowns): (3 x 12-15)
Dumbbell Shoulder Press (Gentle Shoulder Press): (3 x 10-12)
Bicep Curls (Gentle Bicep Curls): (2 x 15)
Tricep Dips (Gentle Tricep Dips): (2 x 15)

FRIDAY

Goblet Squats (Gentle Goblet Squats): (3 x 12-15)
Romanian Deadlifts (Gentle RDLs): (3 x 10-12)
Step-Ups (Gentle Step-Ups): (3 x 12-15 per leg)
Calf Raises (Gentle Calf Raises): (2 x 15-20)
Plank with Leg Lifts (Gentle Plank): (3 x 15)

SATURDAY

Cycling or Swimming (20 minutes): (Low-impact cardio)
Recreational Activity (e.g., hiking, leisure sports): (Enjoyable movement)
Restorative Yoga (Gentle Restoration): (30 minutes)

SUNDAY

Rest



"ROOKIE RISE" - PROGRESSIVE OVERLOAD FOR NEWCOMERS



MONDAY

Barbell Back Squats (Rookie Squats): (4 x 8-10)
Bench Press (Rookie Press): (4 x 8-10)
Lat Pulldowns (Rookie Pulldowns): (3 x 12-15)
Dumbbell Lunges (Rookie Lunges): (3 x 12 per leg)
Plank (Core Foundation Stability): (3 x 30 seconds)

TUESDAY

Overhead Press with Barbell (Overload Rookie Press): (4 x 8-10)
Incline Dumbbell Bench Press (Overload Rookie Incline Press): (4 x 8-10)
Tricep Dips (Overload Rookie Tricep Dips): (3 x 12-15)
Face Pulls (Overload Rookie Face Pulls): (3 x 15)
Russian Twists (Core Overload Twists): (3 x 20 each side)

WEDNESDAY

Light Cardio (20 minutes): (Walking or cycling)
Dynamic Stretching Routine (Rookie Flex): (15 minutes)
Yoga or Mobility Work (Rookie Flow): (30 minutes)

THURSDAY

Deadlifts (Overload Rookie Deadlifts): (4 x 6-8)
Pull-Ups (Overload Rookie Pull-Ups): (4 x max reps)
Bent Over Rows (Overload Rookie Rows): (3 x 10-12)
Hammer Curls (Overload Rookie Hammer Curls): (3 x 15)
Hanging Leg Raises (Core Overload Crunches): (3 x 15)

FRIDAY

Dumbbell Step-Ups (Hypertrophy Rookie Step-Ups): (4 x 12-15 per leg)
Chest Flyes (Hypertrophy Rookie Flyes): (4 x 10-12)
Cable Lateral Raises (Hypertrophy Rookie Lateral Raises): (3 x 12-15)
Seated Rows (Hypertrophy Rookie Rows): (3 x 15)
Plank with Hip Dips (Hypertrophy Rookie Plank): (3 x 15 each side)

SATURDAY

Power Cleans (Power Rookie Cleans): (5 x 3-5)
Box Jumps (Power Rookie Jumps): (4 x 10)
Push Press with Barbell (Power Rookie Press): (4 x 8-10)
Medicine Ball Slams (Power Rookie Slams): (3 x 15)
Mountain Climbers (Core Power Climbers): (3 x 30 seconds)

SUNDAY

Rest



"ZENITH ZOOM" - FAST-TRACK FITNESS



MONDAY

Barbell Back Squats (Zenith Squats): (4 x 8-10)
Bench Press (Zenith Press): (4 x 8-10)
Pull-Ups (Zenith Pull-Ups): (3 x max reps)
Deadlifts (Zenith Deadlifts): (4 x 6-8)
Plank with Shoulder Taps (Zenith Stability): (3 x 30 seconds)

TUESDAY

Overhead Press with Barbell (Zenith Overhead Press): (4 x 8-10)
Incline Dumbbell Bench Press (Zenith Incline Press): (4 x 8-10)
Tricep Dips (Zenith Tricep Dips): (3 x 12-15)
Face Pulls (Zenith Face Pulls): (3 x 15)
Russian Twists with Medicine Ball (Zenith Twists): (3 x 20 each side)

WEDNESDAY

Interval Cardio (20 minutes): (Sprinting or cycling)
Dynamic Stretching Routine (Zenith Flex): (15 minutes)
Yoga or Mobility Work (Zenith Flow): (30 minutes)

THURSDAY

Power Cleans (Zenith Cleans): (5 x 3-5)
Weighted Pull-Ups (Zenith Weighted Pull-Ups): (4 x 6-8)
Front Squats (Zenith Front Squats): (4 x 8-10)
Box Jumps (Zenith Jumps): (3 x 10)
Hanging Leg Raises (Zenith Leg Raises): (3 x 15)

FRIDAY

Dumbbell Lunges (Zenith Lunges): (4 x 12-15 per leg)
Chest Flyes (Zenith Flyes): (4 x 10-12)
Lateral Raises with Dumbbells (Zenith Lateral Raises): (3 x 12-15)
Seated Cable Rows (Zenith Cable Rows): (3 x 15)
Plank with Knee to Elbow (Zenith Plank): (3 x 15 each side)

SATURDAY

Sprint Intervals (Zenith Sprints): (8 x 100 meters)
Push Press with Barbell (Zenith Push Press): (4 x 8-10)
Medicine Ball Slams (Zenith Slams): (3 x 15)
Jumping Lunges (Zenith Jumping Lunges): (3 x 12-15 per leg)
Mountain Climbers (Zenith Climbers): (3 x 30 seconds)

SUNDAY

Rest



"BALANCE AND BUILD" - HOLISTIC APPROACH TO MUSCLE BUILDING



MONDAY

Barbell Back Squats (Balance Squats): (4 x 8-10)
Bench Press (Balance Press): (4 x 8-10)
Pull-Ups (Balance Pull-Ups): (3 x max reps)
Deadlifts (Balance Deadlifts): (4 x 6-8)
Plank with Leg Raises (Balance Stability): (3 x 30 seconds)

TUESDAY

Overhead Press with Dumbbells (Dynamic Balance Press): (4 x 10-12)
Incline Dumbbell Bench Press (Dynamic Balance Incline Press): (4 x 10-12)
Russian Twists with Medicine Ball (Dynamic Balance Twists): (3 x 20 each side)
Face Pulls (Dynamic Balance Face Pulls): (3 x 15)
Hanging Knee Raises (Dynamic Balance Knee Raises): (3 x 15)

WEDNESDAY

Light Cardio (20 minutes): (Brisk walking or cycling)
Dynamic Stretching Routine (Balance Flex): (15 minutes)
Yoga or Mobility Work (Balance Flow): (30 minutes)

THURSDAY

Single-Leg Romanian Deadlifts (Stability Balance RDLs): (4 x 12-15 per leg)
Dumbbell Flyes (Stability Balance Flyes): (4 x 10-12)
Seated Cable Rows (Stability Balance Rows): (3 x 15)
Side Plank with Leg Lift (Stability Balance Side Plank): (3 x 15 each side)
Leg Press Machine (Hypertrophy Balance Press): (3 x 12-15)

FRIDAY

Power Cleans (Power Balance Cleans): (5 x 3-5)
Box Jumps (Power Balance Jumps): (4 x 10)
Push Press with Barbell (Power Balance Press): (4 x 8-10)
Medicine Ball Slams (Power Balance Slams): (3 x 15)
Mountain Climbers (Power Balance Climbers): (3 x 30 seconds)

SATURDAY

Dumbbell Lunges with Twist (Functional Balance Lunges): (4 x 12-15 per leg)
Lateral Raises with Dumbbells (Functional Balance Lateral Raises): (3 x 12-15)
Hamstring Curls on Stability Ball (Functional Balance Hamstring Curls): (3 x 15)
Plank with Arm Extension (Functional Balance Plank): (3 x 30 seconds each side)
Calf Raises on Step (Functional Balance Calf Raises): (4 x 15-20)

SUNDAY

Rest



"THE BALANCED BUILDER"



MONDAY

Barbell Back Squats (Foundation Squats): (4 x 8-10)
Bench Press (Foundation Press): (4 x 8-10)
Pull-Ups (Foundation Pull-Ups): (3 x max reps)
Deadlifts (Foundation Deadlifts): (4 x 6-8)
Plank with Leg Raises (Foundation Stability): (3 x 30 seconds)

TUESDAY

Dumbbell Lunges (Hypertrophy Lunges): (4 x 12-15 per leg)
Dumbbell Flyes (Hypertrophy Flyes): (4 x 10-12)
Seated Cable Rows (Hypertrophy Rows): (3 x 15)
Side Plank with Leg Lift (Hypertrophy Side Plank): (3 x 15 each side)
Leg Press Machine (Hypertrophy Press): (3 x 12-15)

WEDNESDAY

Light Cardio (20 minutes): (Brisk walking or cycling)
Dynamic Stretching Routine (Flexibility Builder): (15 minutes)
Yoga or Mobility Work (Balanced Flow): (30 minutes)

THURSDAY

Power Cleans (Functional Power Cleans): (5 x 3-5)
Box Jumps (Functional Box Jumps): (4 x 10)
Push Press with Barbell (Functional Power Press): (4 x 8-10)
Medicine Ball Slams (Functional Power Slams): (3 x 15)
Mountain Climbers (Functional Power Climbers): (3 x 30 seconds)

FRIDAY

Front Squats (Compound Front Squats): (4 x 8-10)
Dips (Compound Dips): (4 x 10-12)
Single-Leg Romanian Deadlifts (Stability RDLs): (3 x 12-15 per leg)
Plank with Arm Extension (Stability Plank): (3 x 30 seconds each side)
Calf Raises on Step (Stability Calf Raises): (4 x 15-20)

SATURDAY

Dumbbell Step-Ups (Endurance Step-Ups): (4 x 12-15 per leg)
Chest Press Machine (Endurance Chest Press): (4 x 15-20)
Tricep Pushdowns (Endurance Tricep Pushdowns): (3 x 15)
Russian Twists with Medicine Ball (Endurance Twists): (3 x 20 each side)
Plank with Shoulder Taps (Endurance Plank): (3 x 30 seconds)

SUNDAY

Rest



"THE OFFICE ATHLETE"



MONDAY

Bodyweight Squats (Desk Detox Squats): (4 x 12-15)
Desk Push-Ups (Desk Detox Push-Ups): (4 x 10-12)
Dumbbell Rows (Desk Detox Rows): (3 x 15 per arm)
Lunges in Place (Desk Detox Lunges): (3 x 20 steps)
Plank (Desk Detox Stability): (3 x 30 seconds)

TUESDAY

Chair Dips (Office Pump Dips): (3 x 15)
Seated Shoulder Press with Dumbbells (Office Pump Press): (3 x 12-15)
Leg Raises under Desk (Office Core Raises): (3 x 15)
Resistance Band Pull-Aparts (Office Core Pull-Aparts): (3 x 20)
Seated Russian Twists (Office Core Twists): (3 x 20 each side)

WEDNESDAY

Desk Stretching Routine (Mobility Break): (15 minutes)
Desk Yoga or Seated Leg Swings (Mobility Yoga): (20 minutes)
Short Walk or Stairs Climb (Active Break): (20 minutes)

THURSDAY

Dumbbell Goblet Squats (Desk Power Squats): (4 x 12-15)
Desk Push Press (Desk Power Press): (4 x 10-12)
Single-Leg Romanian Deadlifts (Desk Stability RDLs): (3 x 12-15 per leg)
Plank with Shoulder Taps (Desk Stability Plank): (3 x 30 seconds each side)
Bicep Curls with Resistance Band (Desk Stability Curls): (3 x 15)

FRIDAY

March in Place or High Knees (Office Cardio March): (4 x 1 minute)
Jumping Jacks (Office Cardio Jacks): (4 x 1 minute)
Desk Mountain Climbers (Office Cardio Climbers): (3 x 20 per leg)
Incline Push-Ups (Office Cardio Push-Ups): (3 x 15)
Seated Bicycle Crunches (Office Cardio Crunches): (3 x 20 each side)

SATURDAY

Bodyweight Bulgarian Split Squats (Desk Blast Split Squats): (4 x 12-15 per leg)
Desk Tricep Dips (Desk Blast Dips): (3 x 15)
Seated Overhead Tricep Extension (Desk Blast Tricep Extension): (3 x 12-15)
Resistance Band Rows (Desk Blast Rows): (3 x 15)
Plank with Leg Lifts (Desk Blast Plank): (3 x 15)

SUNDAY

Rest



"THE HOME GYM HERO"



MONDAY

Barbell Back Squats (Strength Squats): (4 x 8-10)
Bench Press (Strength Bench Press): (4 x 8-10)
Barbell Bent Over Rows (Strength Rows): (3 x 10-12)
Deadlifts (Strength Deadlifts): (4 x 6-8)
Plank (Core Stability): (3 x 30 seconds)

TUESDAY

Dumbbell Lunges (Hypertrophy Lunges): (4 x 12-15 per leg)
Dumbbell Chest Flyes (Hypertrophy Chest Flyes): (4 x 10-12)
Pull-Ups or Lat Pulldowns (Hypertrophy Pulls): (3 x 12-15)
Dumbbell Romanian Deadlifts (Hypertrophy RDLs): (3 x 12-15)
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

WEDNESDAY

Light Cardio (20 minutes): (Jump rope, brisk walking)
Dynamic Stretching Routine (Mobility Stretches): (15 minutes)
Yoga or Foam Rolling (Mobility Yoga): (30 minutes)

THURSDAY

Power Cleans (Power Cleans): (5 x 3-5)
Box Jumps (Box Jumps): (4 x 10)
Push Press with Barbell (Power Press): (4 x 8-10)
Medicine Ball Slams (Power Slams): (3 x 15)
Hanging Leg Raises (Core Power Raises): (3 x 15)

FRIDAY

Front Squats (Compound Front Squats): (4 x 8-10)
Dips (Compound Dips): (4 x 10-12)
Chin-Ups or Hammer Curls (Compound Pulls): (3 x 12-15)
Plank with Arm Extension (Endurance Plank): (3 x 30 seconds each side)
Calf Raises on Step (Endurance Calf Raises): (4 x 15-20)

SATURDAY

Dumbbell Step-Ups (Full Body Step-Ups): (4 x 12-15 per leg)
Chest Press Machine (Full Body Chest Press): (4 x 15-20)
Tricep Pushdowns (Full Body Tricep Pushdowns): (3 x 15)
Lateral Raises with Dumbbells (Full Body Lateral Raises): (3 x 12-15)
Plank with Knee to Elbow (Full Body Plank): (3 x 15 each side)

SUNDAY

Rest



"THE ENDURANCE ENTHUSIAST"



MONDAY

Bodyweight Squats (Endurance Squats): (4 x 15-20)
Push-Ups (Endurance Push-Ups): (4 x 15-20)
Pull-Ups or Lat Pulldowns (Endurance Pulls): (3 x max reps)
Bodyweight Lunges (Endurance Lunges): (3 x 20 per leg)
Plank (Core Stability): (3 x 45 seconds)

TUESDAY

Dumbbell Step-Ups (High-Rep Step-Ups): (4 x 20 per leg)
Dumbbell Chest Press (High-Rep Chest Press): (4 x 15-20)
Seated Russian Twists (High-Rep Twists): (3 x 25 each side)
Face Pulls with Resistance Band (High-Rep Face Pulls): (3 x 20)
Hanging Leg Raises (High-Rep Leg Raises): (3 x 20)

WEDNESDAY

Light Cardio (30 minutes): (Brisk walking, cycling)
Dynamic Stretching Routine (Mobility Stretches): (15 minutes)
Yoga or Foam Rolling (Mobility Yoga): (30 minutes)

THURSDAY

Kettlebell Swings (Endurance Swings): (4 x 25)
Box Jumps (Endurance Jumps): (4 x 15)
Medicine Ball Slams (Endurance Slams): (3 x 20)
Dumbbell Thrusters (Endurance Thrusters): (3 x 15)
Mountain Climbers (Core Endurance Climbers): (3 x 1 minute)

FRIDAY

Barbell Back Squats (Compound Squats): (4 x 12-15)
Bench Press (Compound Bench Press): (4 x 12-15)
Bent Over Rows (Compound Rows): (3 x 15)
Deadlifts (Compound Deadlifts): (4 x 10-12)
Plank with Shoulder Taps (Core Stamina Plank): (3 x 1 minute)

SATURDAY

Walking Lunges with Dumbbells (Endurance Lunges): (4 x 20 per leg)
Chest Flyes with Resistance Band (Endurance Flyes): (4 x 15-20)
Tricep Dips (Endurance Dips): (3 x 20)
Lateral Raises with Dumbbells (Endurance Lateral Raises): (3 x 15)
Plank with Knee to Elbow (Endurance Plank): (3 x 1 minute)

SUNDAY

Rest



"THE WEEKEND WARRIOR"



MONDAY

Light Cardio (20 minutes): (Brisk walking, cycling)
Dynamic Stretching Routine (Mobility Stretches): (15 minutes)
Yoga or Foam Rolling (Mobility Yoga): (30 minutes)

TUESDAY

Power Cleans (Power Cleans): (5 x 3-5)
Box Jumps (Box Jumps): (4 x 10)
Push Press with Barbell (Power Press): (4 x 8-10)
Medicine Ball Slams (Power Slams): (3 x 15)
Hanging Knee Raises (Core Power Raises): (3 x 15)

WEDNESDAY

Front Squats (Compound Front Squats): (4 x 8-10)
Dips (Compound Dips): (4 x 10-12)
Chin-Ups or Hammer Curls (Compound Pulls): (3 x 12-15)
Plank with Arm Extension (Stability Plank): (3 x 30 seconds each side)
Calf Raises on Step (Stability Calf Raises): (4 x 15-20)

THURSDAY

Dumbbell Step-Ups (Endurance Step-Ups): (4 x 12-15 per leg)
Chest Press Machine (Endurance Chest Press): (4 x 15-20)
Tricep Pushdowns (Endurance Tricep Pushdowns): (3 x 15)
Jumping Lunges (Endurance Lunges): (3 x 20)
Plank with Shoulder Taps (Endurance Plank): (3 x 30 seconds)

FRIDAY

Sprint Intervals (Warrior Sprints): (8 x 100 meters)
Pull-Ups or Chin-Ups (Warrior Pulls): (4 x max reps)
Box Jumps (Warrior Jumps): (3 x 10)
Kettlebell Swings (Warrior Swings): (3 x 20)
Plank with Knee to Elbow (Warrior Plank): (3 x 15 each side)

SATURDAY

Barbell Back Squats (Blitz Squats): (4 x 8-10)
Bench Press (Blitz Bench Press): (4 x 8-10)
Pull-Ups or Lat Pulldowns (Blitz Pulls): (3 x max reps)
Deadlifts (Blitz Deadlifts): (4 x 6-8)
Plank (Core Stability): (3 x 30 seconds)

SUNDAY

Rest



"SURF & STRENGTH" - BEACH ATHLETE TRAINING



MONDAY

Sand Dune Sprints (Foundation Sprints): (8 x 50 meters)
Sandbag Squats (Foundation Squats): (4 x 10-12)
Push-Ups with Hand Placement Variations (Foundation Push-Ups): (4 x 15-20)
Single-Leg Romanian Deadlifts with Sandbag (Foundation RDLs): (3 x 12-15 per leg)
Plank with Alternating Arm and Leg Lifts (Foundation Stability): (3 x 30 seconds)

TUESDAY

Surfing Paddle Practice (Hypertrophy Paddle): (4 x 10-12 minutes)
Sandbag Lunges (Hypertrophy Lunges): (4 x 12-15 per leg)
Chest-to-Sand Push-Ups (Hypertrophy Chest-to-Sand Push-Ups): (3 x 15-20)
Pull-Ups or Towel Pulls (Hypertrophy Pulls): (3 x max reps)
Hanging Leg Raises (Hypertrophy Leg Raises): (3 x 15)

WEDNESDAY

Beach Jogging or Brisk Walking (20 minutes):
Beach Yoga Flow (20 minutes): (Focus on mobility and relaxation)

THURSDAY

Pop-Up Practice (Power Pop-Ups): (4 x 10-15)
Surfing Stance Squats (Power Squats): (4 x 8-10)
Plyometric Push-Ups (Power Push-Ups): (3 x 12-15)
Lateral Cone Drills (Agility Drills): (3 x 20 seconds)
Towel Rows for Back Strength (Power Towel Rows): (3 x 15)

FRIDAY

Sand Sprints (Pump Sprints): (8 x 30 seconds)
Sandbag Overhead Press (Pump Overhead Press): (4 x 12-15)
Sandbag Rows (Pump Rows): (4 x 15-20)
Mountain Climbers in the Sand (Pump Climbers): (3 x 30 seconds)
Plank with Side Leg Lifts (Pump Stability): (3 x 20 seconds each side)

SATURDAY

Swim Sprints (Sea Sprints): (8 x 25 meters)
Tide Pull-Ups (Sea Pulls): (4 x max reps)
Dolphin Push-Ups (Sea Dolphin Push-Ups): (3 x 15-20)
Surfer Get-Ups (Sea Get-Ups): (3 x 10-12)
Side Plank with Arm Extension (Sea Stability): (3 x 30 seconds each side)

SUNDAY

Rest



"SUN & STEEL" - AESTHETIC MUSCLE SCULPTING



MONDAY

Barbell Back Squats (Power Squats): (4 x 8-10)
Romanian Deadlifts (Power RDLs): (4 x 10-12)
Bulgarian Split Squats with Dumbbells (Sculpt Split Squats): (3 x 12-15 per leg)
Calf Raises on Leg Press Machine (Sculpt Calf Raises): (4 x 15-20)
Plank with Leg Raises (Core Sculpt): (3 x 30 seconds)

TUESDAY

Dumbbell Bench Press (Aesthetic Bench Press): (4 x 10-12)
Seated Shoulder Press with Barbell (Aesthetic Shoulder Press): (4 x 10-12)
Lat Pulldowns (Aesthetic Lat Pulldowns): (3 x 12-15)
Dumbbell Bicep Curls (Sculpt Bicep Curls): (3 x 15-20)
Hanging Leg Raises (Core Sculpt): (3 x 15)

WEDNESDAY

Light Cardio (20 minutes): (Brisk walking or cycling)
Yoga for Flexibility and Recovery (20 minutes):

THURSDAY

Incline Dumbbell Press (Sculpt Incline Press): (4 x 10-12)
Tricep Dips (Sculpt Tricep Dips): (4 x 15-20)
Cable Flyes (Sculpt Cable Flyes): (3 x 12-15)
Tricep Rope Pushdowns (Sculpt Tricep Pushdowns): (3 x 15-20)
Plank with Alternating Arm and Leg Lifts (Core Sculpt): (3 x 30 seconds)

FRIDAY

Deadlifts (Power Deadlifts): (4 x 6-8)
Seated Cable Rows (Sculpt Cable Rows): (4 x 12-15)
Chin-Ups (Sculpt Chin-Ups): (3 x max reps)
Hammer Curls with Dumbbells (Sculpt Hammer Curls): (3 x 15-20)
Russian Twists with Medicine Ball (Core Sculpt): (3 x 20 each side)

SATURDAY

Dumbbell Lateral Raises (Sculpt Lateral Raises): (4 x 12-15)
Face Pulls with Resistance Band (Sculpt Face Pulls): (4 x 15-20)
Front Plate Raises (Sculpt Front Raises): (3 x 12-15)
Reverse Flyes with Dumbbells (Sculpt Reverse Flyes): (3 x 15-20)
Plank with Side Leg Lifts (Core Sculpt): (3 x 20 seconds each side)

SUNDAY

Rest



"WAVE WARRIOR" - FUNCTIONAL BEACH FITNESS



MONDAY

Sand Sprints (Shoreline Sprints): (8 x 50 meters)
Sandbag Squats (Shoreline Squats): (4 x 10-12)
Push-Ups with Hand Variations (Shoreline Push-Ups): (4 x 15-20)
Walking Lunges in the Sand (Shoreline Lunges): (3 x 20 steps)
Plank with Alternating Arm and Leg Lifts (Core Stability): (3 x 30 seconds)

TUESDAY

Surfing Paddle Practice (Wave Paddle): (4 x 10-12 minutes)
Sandbag Lunges (Wave Lunges): (4 x 12-15 per leg)
Chest-to-Sand Push-Ups (Wave Chest-to-Sand Push-Ups): (3 x 15-20)
Pull-Ups or Towel Pulls (Wave Pulls): (3 x max reps)
Hanging Leg Raises (Wave Leg Raises): (3 x 15)

WEDNESDAY

Light Cardio (20 minutes): (Brisk walking or cycling)
Beach Yoga Flow (20 minutes): (Focus on mobility and relaxation)

THURSDAY

Pop-Up Practice (Sea Pop-Ups): (4 x 10-15)
Surfing Stance Squats (Sea Squats): (4 x 8-10)
Plyometric Push-Ups (Sea Plyo Push-Ups): (3 x 12-15)
Lateral Cone Drills (Agility Drills): (3 x 20 seconds)
Towel Rows for Back Strength (Sea Towel Rows): (3 x 15)

FRIDAY

Sand Sprints (Pump Sprints): (8 x 30 seconds)
Sandbag Overhead Press (Pump Overhead Press): (4 x 12-15)
Sandbag Rows (Pump Rows): (4 x 15-20)
Mountain Climbers in the Sand (Pump Climbers): (3 x 30 seconds)
Plank with Side Leg Lifts (Pump Stability): (3 x 20 seconds each side)

SATURDAY

Swim Sprints (Sea Sprints): (8 x 25 meters)
Tide Pull-Ups (Sea Pulls): (4 x max reps)
Dolphin Push-Ups (Sea Dolphin Push-Ups): (3 x 15-20)
Surfer Get-Ups (Sea Get-Ups): (3 x 10-12)
Side Plank with Arm Extension (Sea Stability): (3 x 30 seconds each side)

SUNDAY

Rest



"SUNNY SCULPT" - TARGETED TONING & MUSCLE BUILDING



MONDAY

Barbell Hip Thrusts (Glute Hip Thrusts): (4 x 12-15)
Walking Lunges with Dumbbells (Leg Lunges): (4 x 15-20 steps per leg)
Leg Press Machine (Leg Press): (3 x 12-15)
Seated Leg Curls (Hamstring Curls): (3 x 15-20)
Plank with Leg Lifts (Core Sculpt): (3 x 20 seconds each side)

TUESDAY

Dumbbell Shoulder Press (Shoulder Press): (4 x 10-12)
Alternating Dumbbell Curls (Bicep Curls): (4 x 15-20)
Tricep Dips (Tricep Dips): (3 x 15-20)
Cable Lateral Raises (Lateral Raises): (3 x 12-15)
Hanging Leg Raises (Core Sculpt): (3 x 15)

WEDNESDAY

Light Cardio (20 minutes): (Brisk walking or cycling)
Dynamic Stretching Routine (15 minutes): (Focus on flexibility)

THURSDAY

Bench Press (Chest Bench Press): (4 x 10-12)
Lat Pulldowns (Back Lat Pulldowns): (4 x 12-15)
Incline Dumbbell Flyes (Chest Flyes): (3 x 12-15)
Bent Over Barbell Rows (Back Barbell Rows): (3 x 15-20)
Plank with Alternating Arm and Leg Lifts (Core Sculpt): (3 x 20 seconds)

FRIDAY

Hanging Leg Raises (Abs Leg Raises): (4 x 15)
Russian Twists with Medicine Ball (Oblique Twists): (4 x 20 each side)
Decline Sit-Ups (Abs Sit-Ups): (3 x 15-20)
Woodchopper Cable Twist (Oblique Woodchopper): (3 x 15-20)
Side Plank with Hip Dips (Oblique Side Plank): (3 x 20 seconds each side)

SATURDAY

Kettlebell Swings (Full Body Swings): (4 x 20)
Dumbbell Step-Ups (Full Body Step-Ups): (4 x 15-20 per leg)
Cable Rope Pushdowns (Tricep Pushdowns): (3 x 15-20)
Lateral Raises with Dumbbells (Lateral Raises): (3 x 12-15)
Plank with Knee to Elbow (Core Sculpt): (3 x 20 seconds each side)

SUNDAY

Rest



"BEACH BODY BLITZ" - INTENSIVE FULL- BODY SCULPTING



MONDAY

Barbell Squats (Total Body Squats): (4 x 8-10)
Bent Over Rows (Total Body Rows): (4 x 10-12)
Dumbbell Chest Press (Total Body Chest Press): (3 x 12-15)
Walking Lunges with Dumbbells (Total Body Lunges): (3 x 20 steps)
Plank with Shoulder Taps (Core Stability): (3 x 30 seconds)

TUESDAY

Sprint Intervals (High-Intensity Sprints): (8 x 30 seconds)
Burpees (High-Intensity Burpees): (4 x 15)
Mountain Climbers (High-Intensity Climbers): (3 x 1 minute)
Russian Twists with Medicine Ball (High-Intensity Twists): (3 x 20 each side)
Hanging Leg Raises (High-Intensity Leg Raises): (3 x 15)

WEDNESDAY

Light Jogging or Brisk Walking (20 minutes):
Dynamic Stretching Routine (15 minutes):

THURSDAY

Overhead Press (Upper Body Overhead Press): (4 x 8-10)
Pull-Ups (Upper Body Pull-Ups): (4 x max reps)
Dumbbell Rows (Upper Body Rows): (3 x 12-15)
Dumbbell Bicep Curls (Upper Body Bicep Curls): (3 x 15-20)
Plank with Alternating Arm and Leg Lifts (Core Stability): (3 x 30 seconds)

FRIDAY

Deadlifts (Leg Deadlifts): (4 x 8-10)
Leg Press Machine (Leg Press): (4 x 12-15)
Lunges with Barbell (Leg Lunges): (3 x 20 steps)
Glute Bridges (Glute Bridges): (3 x 15-20)
Russian Twists with Medicine Ball (Core Sculpt): (3 x 20 each side)

SATURDAY

Box Jumps (Full Body Jumps): (4 x 10)
Kettlebell Swings (Full Body Swings): (4 x 20)
Chest Flyes with Dumbbells (Full Body Flyes): (3 x 12-15)
Tricep Dips (Full Body Dips): (3 x 15-20)
Plank with Knee to Elbow (Core Sculpt): (3 x 20 seconds each side)

SUNDAY

Rest

