

# BALANCED BODY TRANSFORMATION PROGRAM



## MONDAY

Brisk Walking or Jogging (Cardio Warm-up): (20 minutes)  
Jumping Jacks (Cardio Jumping Jacks): (4 x 1 minute)  
Bodyweight Squats (Cardio Squats): (3 x 15-20)  
High Knees (Cardio High Knees): (3 x 1 minute)  
Plank (Core Stability): (3 x 30 seconds)

## TUESDAY

Dumbbell Goblet Squats (Total Body Squats): (4 x 12-15)  
Push-Ups (Total Body Push-Ups): (4 x 15-20)  
Dumbbell Rows (Total Body Rows): (3 x 12-15)  
Mountain Climbers (Cardio Climbers): (3 x 1 minute)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## WEDNESDAY

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

## THURSDAY

Jump Rope (Cardio Jump Rope): (4 x 2 minutes)  
Bodyweight Lunges (Cardio Lunges): (3 x 20 steps)  
Bicep Curls with Dumbbells (Upper Body Bicep Curls): (3 x 15-20)  
Plank with Shoulder Taps (Core Plank Taps): (3 x 30 seconds)  
Leg Raises (Core Leg Raises): (3 x 15)

## FRIDAY

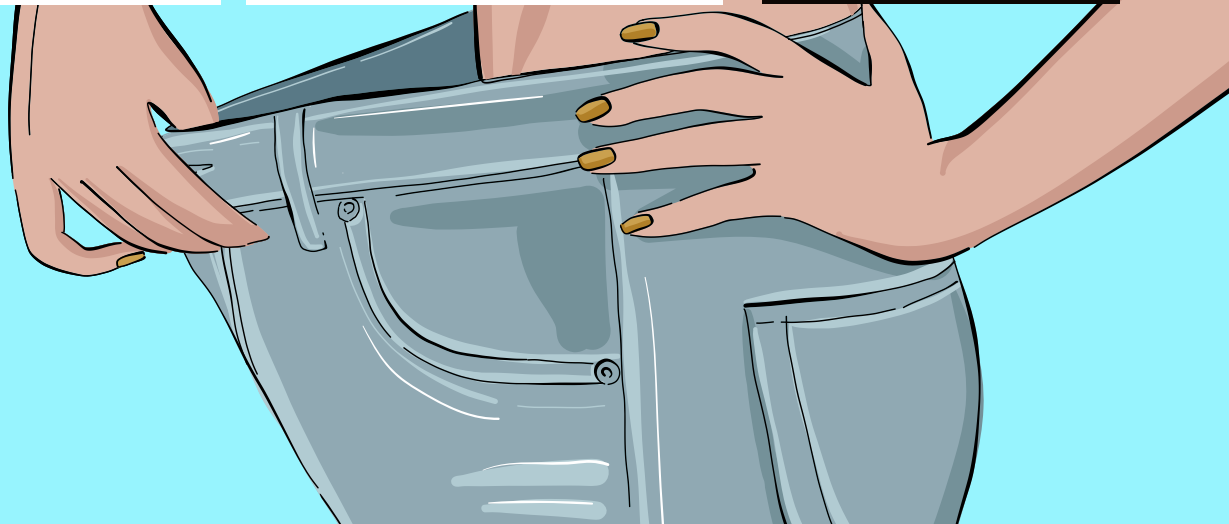
Sprint Intervals (HIIT Sprints): (8 x 20 seconds)  
Burpees (HIIT Burpees): (4 x 15)  
Dumbbell Thrusters (HIIT Thrusters): (3 x 12-15)  
Lateral Jumps (HIIT Lateral Jumps): (3 x 1 minute)  
Plank with Knee to Elbow (Core Plank): (3 x 20 seconds each side)

## SATURDAY

Deadlifts (Strength Deadlifts): (4 x 8-10)  
Box Jumps (Cardio Box Jumps): (4 x 10)  
Push-Ups with Rotation (Total Body Push-Ups): (3 x 15-20)  
Jumping Lunges (Cardio Lunges): (3 x 1 minute)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## SUNDAY

**Rest**



# INTENSE FAT SHREDDER PROGRAM



## MONDAY

High-Intensity Interval Training (HIIT) Running or Cycling: (20 minutes)  
Jump Squats (HIIT Jump Squats): (4 x 15)  
Push-Ups with Shoulder Taps (HIIT Push-Ups): (3 x 15-20)  
Plank to Alternating Knee Tuck (Core Plank): (3 x 20)  
Mountain Climbers (HIIT Climbers): (3 x 1 minute)

## TUESDAY

Box Jumps (Cardio Box Jumps): (4 x 10)  
Kettlebell Swings (Cardio Swings): (4 x 20)  
Dumbbell Lunges (Cardio Lunges): (3 x 20 steps)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)  
Bicycle Crunches (Core Bicycle Crunches): (3 x 20)

## WEDNESDAY

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

## THURSDAY

Plank with Alternating Leg Lifts (Core Plank): (4 x 30 seconds each leg)  
Hanging Leg Raises (Core Leg Raises): (4 x 15)  
Side Plank with Hip Dips (Core Side Plank): (3 x 20 seconds each side)  
Reverse Crunches (Core Reverse Crunches): (3 x 20)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## FRIDAY

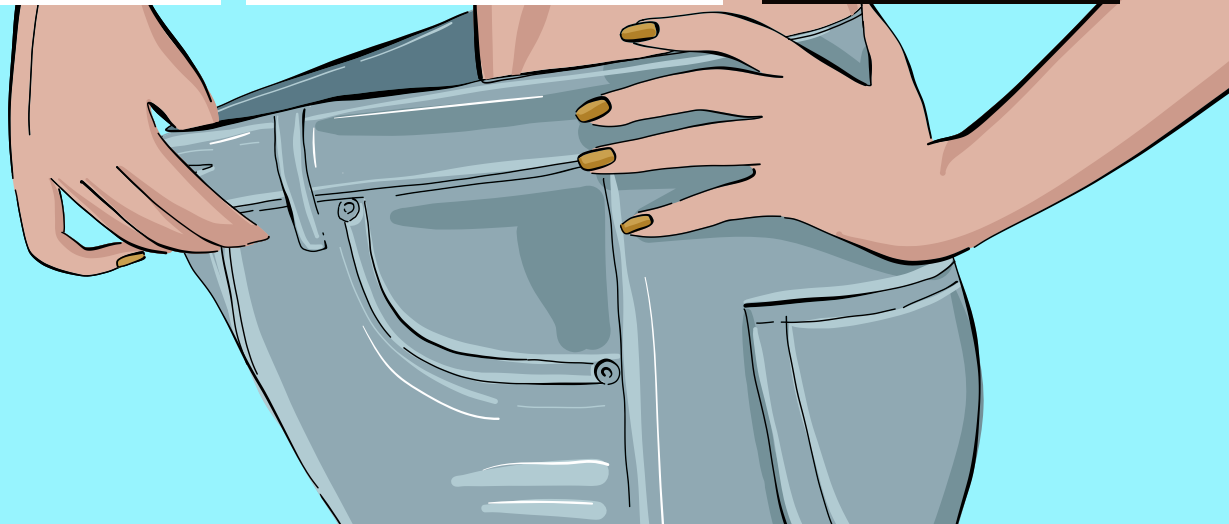
Sprint Intervals (HIIT Sprints): (8 x 20 seconds)  
Burpees (HIIT Burpees): (4 x 15)  
Jumping Lunges (HIIT Lunges): (3 x 1 minute)  
Push-Ups with Rotation (Total Body Push-Ups): (3 x 15-20)  
Plank to Elbow Touches (Core Plank): (3 x 20)

## SATURDAY

Deadlifts (Full Body Deadlifts): (4 x 8-10)  
Dumbbell Thrusters (Full Body Thrusters): (4 x 12-15)  
Jump Rope (Cardio Jump Rope): (3 x 2 minutes)  
Leg Raises (Core Leg Raises): (3 x 15)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## SUNDAY

**Rest**



# STRENGTH AND STAMINA BOOSTER PROGRAM



## MONDAY

Barbell Squats (Strength Squats): (4 x 8-10)  
Bench Press (Strength Bench Press): (4 x 8-10)  
Dumbbell Rows (Strength Rows): (3 x 12-15)  
Walking Lunges with Dumbbells (Leg Lunges): (3 x 20 steps)  
Plank (Core Stability): (3 x 30 seconds)

## TUESDAY

Running or Cycling (Cardio Warm-up): (20 minutes)  
Jumping Jacks (Cardio Jumping Jacks): (4 x 1 minute)  
Mountain Climbers (Cardio Climbers): (3 x 1 minute)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)  
Hanging Leg Raises (Core Leg Raises): (3 x 15)

## WEDNESDAY

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

## THURSDAY

Box Jumps (Cardio Box Jumps): (4 x 10)  
Kettlebell Swings (Cardio Swings): (4 x 20)  
Push-Ups (Stamina Push-Ups): (3 x max reps)  
Dumbbell Lunges (Cardio Lunges): (3 x 20 steps)  
Plank to Alternating Knee Tuck (Core Plank): (3 x 20 seconds each leg)

## FRIDAY

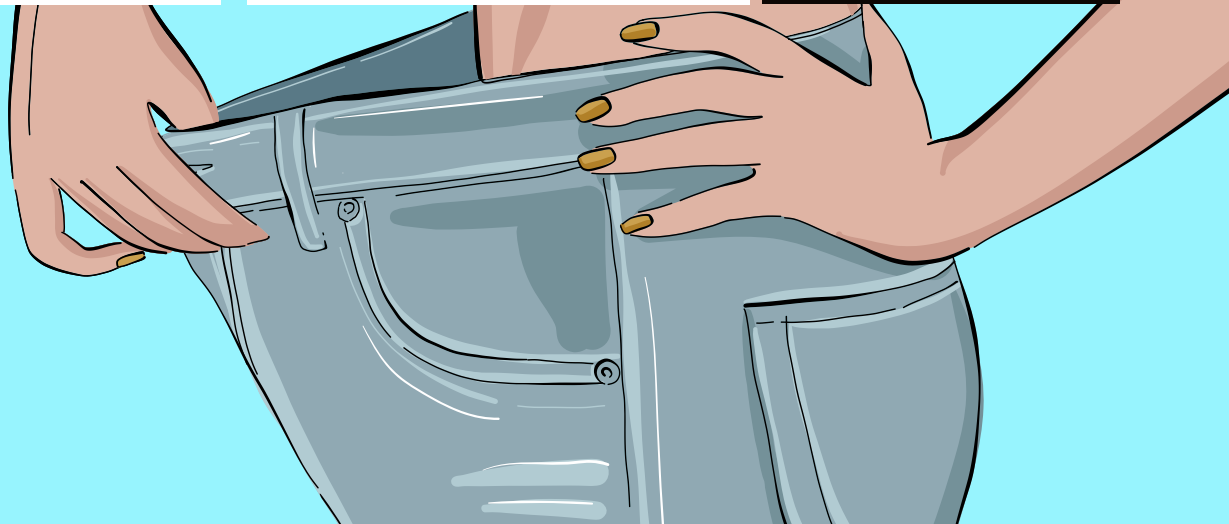
Sprint Intervals (HIIT Sprints): (8 x 20 seconds)  
Burpees (HIIT Burpees): (4 x 15)  
Dumbbell Thrusters (HIIT Thrusters): (3 x 12-15)  
Lateral Jumps (HIIT Lateral Jumps): (3 x 1 minute)  
Plank with Knee to Elbow (Core Plank): (3 x 20 seconds each side)

## SATURDAY

Deadlifts (Strength Deadlifts): (4 x 8-10)  
Pull-Ups (Strength Pull-Ups): (4 x max reps)  
Jump Rope (Cardio Jump Rope): (3 x 2 minutes)  
Push-Ups with Rotation (Total Body Push-Ups): (3 x 15-20)  
Plank to Elbow Touches (Core Plank): (3 x 20))

## SUNDAY

**Rest**



# MIND-BODY WELLNESS PROGRAM



## MONDAY

Mindful Walking or Nature Jogging (Cardio Warm-up): (20 minutes)  
Yoga Flow for Mobility and Flexibility: (20 minutes)  
Bodyweight Squats with Mindful Breathing: (3 x 15-20)  
Seated Meditation with Deep Breathing: (3 x 5 minutes)  
Plank with Mindful Focus on Core Activation: (3 x 30 seconds)

## TUESDAY

Dumbbell Lunges with Focus on Form (Balance Lunges): (4 x 12-15 per leg)  
Single-Leg Deadlifts with Mindful Balance: (4 x 10-12 per leg)  
Mindful Push-Ups with Controlled Movement: (3 x 15-20)  
Tree Pose (Yoga Balance Pose): (3 x 30 seconds per leg)  
Mindful Bodyweight Rows (Focus on Muscle Engagement): (3 x 15)

## WEDNESDAY

Light Jogging or Brisk Walking (20 minutes):  
Deep Breathing Exercises and Guided Meditation: (20 minutes)

## THURSDAY

Cycling or Nature Trail Run (Cardio with Mindful Focus): (30 minutes)  
Mindful High Knees (Cardio High Knees): (4 x 1 minute)  
Mindful Jumping Jacks: (3 x 1 minute)  
Sun Salutations (Yoga Flow for Cardio and Flexibility): (3 rounds)  
Plank with Mindful Breath Awareness: (3 x 30 seconds)

## FRIDAY

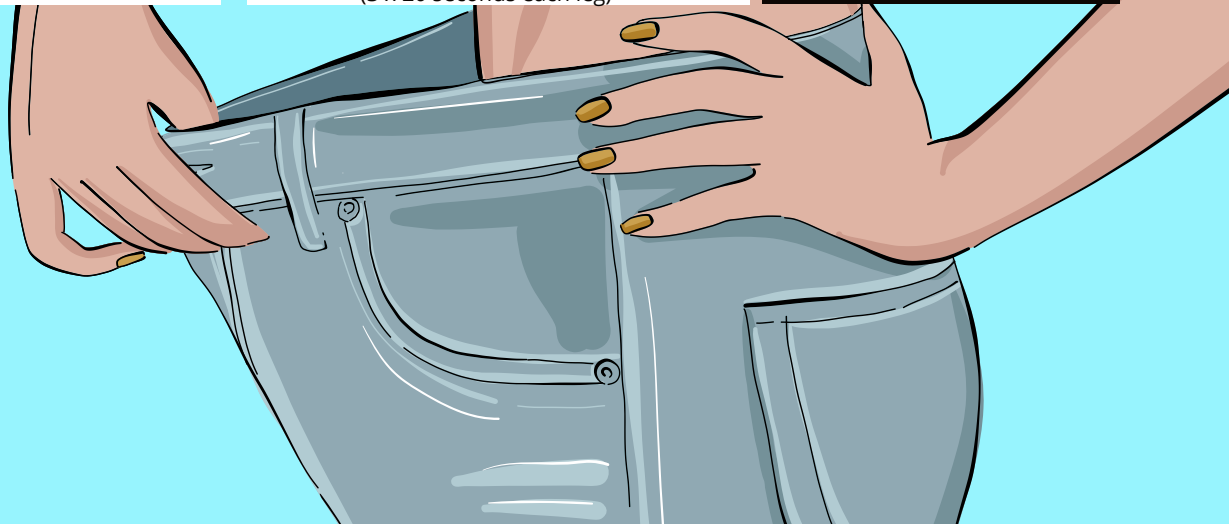
Goblet Squats with Mindful Breathing: (4 x 12-15)  
Mindful Dumbbell Rows with Controlled Movement: (4 x 12-15)  
Dumbbell Shoulder Press with Focus on Form: (3 x 12-15)  
Mindful Tricep Dips: (3 x 15-20)  
Mindful Core Twists (Russian Twists): (3 x 20 each side)

## SATURDAY

Rowing Machine with Mindful Breath Coordination: (20 minutes)  
Mindful Burpees with Controlled Descent: (4 x 12-15)  
Dumbbell Thrusters with Mindful Form: (3 x 12-15)  
Lateral Jumps with Mindful Landing: (3 x 1 minute)  
Mindful Plank with Alternating Knee Tuck: (3 x 20 seconds each leg)

## SUNDAY

**Rest**





# ADVENTURE FITNESS PROGRAM



## MONDAY

Trail Running or Hiking (Adventure Cardio): (30 minutes)  
Rock Climbing or Bodyweight Climbers: (4 x 10-15)  
Jumping Lunges on Uneven Terrain: (3 x 20 steps)  
Nature-Inspired Yoga Flow: (20 minutes)  
Plank with Mountain Climbers: (3 x 1 minute)

## TUESDAY

Kayaking or Canoeing (Adventure Cardio on Water): (30 minutes)  
Russian Twists with Medicine Ball (Core Twists): (4 x 20 each side)  
Paddleboard Plank (Core Stability): (3 x 30 seconds)  
Kayak Rows with Controlled Motion: (3 x 15-20)  
Leg Raises on a Stability Ball: (3 x 15)

## WEDNESDAY

Brisk Walk or Leisurely Bike Ride (Active Recovery): (30 minutes)  
Outdoor Yoga Session with Nature Connection: (30 minutes)

## THURSDAY

Mountain Biking (Adventure Cardio on Trails): (40 minutes)  
Bodyweight Squats on Elevated Terrain: (4 x 15-20)  
Trailside Lunges with a Backpack: (3 x 20 steps)  
Rock Scrambling or Boulder Hopping: (3 x 10-15)  
Plank with Alternating Arm and Leg Lifts: (3 x 20 seconds each side)

## FRIDAY

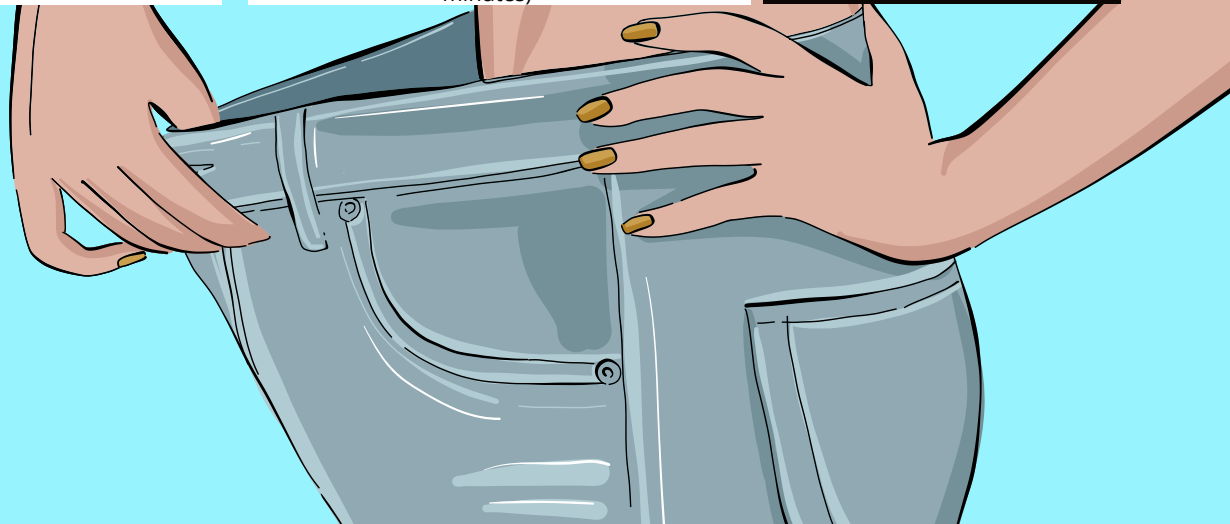
Beach Jogging or Sand Sprints (Adventure Cardio on Sand): (30 minutes)  
Beach Volleyball or Sand Circuit Training: (4 x 10-15)  
Surfing Pop-Ups or Surf-Style Burpees: (3 x 15)  
Sand Dune Climbs or Stair Sprints: (3 x 10-15)  
Plank with Wave-like Arm Movements: (3 x 1 minute)

## SATURDAY

City Bike Tour or Skateboarding (Urban Adventure Cardio): (40 minutes)  
Parkour-Inspired Jumps and Vaulting: (4 x 10-15)  
Staircase Sprints or High Knee Steps: (3 x 1 minute)  
Playful Outdoor Circuit Training: (3 rounds)  
Mindful Stretching in a Park Setting: (15 minutes)

## SUNDAY

**Rest**



# ADVANCED METABOLIC CONDITIONING PROGRAM



## MONDAY

High-Intensity Interval Training (HIIT) Running or Cycling: (20 minutes)  
Kettlebell Swings (Metabolic Swings): (4 x 20)  
Box Jumps (Metabolic Jumps): (3 x 10)  
Battle Ropes (Metabolic Battle Ropes): (3 x 1 minute)  
Burpees with Tuck Jumps (Metabolic Burpees): (3 x 15)

## TUESDAY

Dumbbell Thrusters (Metabolic Thrusters): (4 x 15)  
Jumping Lunges (Metabolic Lunges): (4 x 20 steps)  
Push-Ups with Claps (Metabolic Push-Ups): (3 x 15)  
Mountain Climbers at Increased Pace (Cardio Climbers): (3 x 1 minute)  
Plank to Alternating Knee Tuck (Core Metabolic Plank): (3 x 20 seconds each leg)

## WEDNESDAY

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

## THURSDAY

Sprint Intervals (HIIT Sprints): (8 x 20 seconds)  
Jump Rope (Cardio Jump Rope): (4 x 2 minutes)  
Russian Twists with Medicine Ball (Core Metabolic Twists): (3 x 20 each side)  
Lateral Jumps (Metabolic Lateral Jumps): (3 x 1 minute)  
Plank with Shoulder Taps (Core Metabolic Plank): (3 x 30 seconds)

## FRIDAY

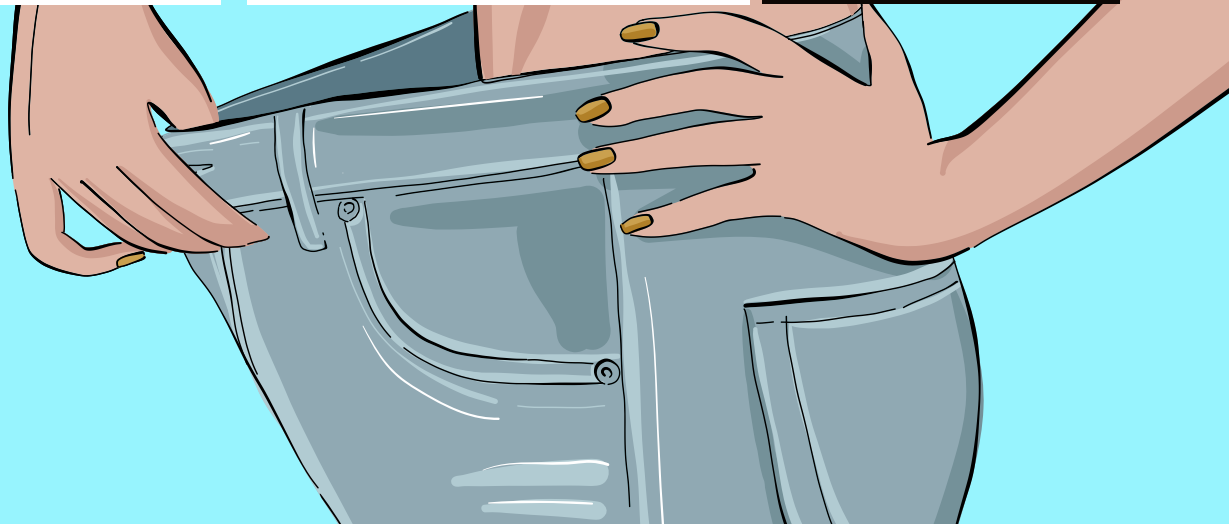
Deadlifts (Metabolic Deadlifts): (4 x 10-12)  
Dumbbell Renegade Rows (Metabolic Rows): (4 x 12-15)  
Box Jumps (Metabolic Jumps): (3 x 10)  
Medicine Ball Slams (Metabolic Slams): (3 x 15)  
Plank with Alternating Leg Lifts (Core Metabolic Plank): (3 x 20 seconds each leg)

## SATURDAY

Cycling or Rowing (Cardio Endurance): (40 minutes)  
Mountain Climbers at an Increased Pace (Cardio Climbers): (4 x 1 minute)  
Kettlebell Swings (Metabolic Swings): (3 x 20)  
Jumping Lunges (Metabolic Lunges): (3 x 20 steps)  
Plank to Elbow Touches (Core Metabolic Plank): (3 x 20)

## SUNDAY

**Rest**



# ELITE STRENGTH AND CONDITIONING PROGRAM



## MONDAY

Barbell Squats (Strength Squats): (4 x 8-10)  
Bench Press (Strength Bench Press): (4 x 8-10)  
Pull-Ups (Strength Pull-Ups): (4 x max reps)  
Walking Lunges with Dumbbells (Leg Lunges): (3 x 20 steps)  
Plank (Core Stability): (3 x 30 seconds)

## TUESDAY

High-Intensity Interval Training (HIIT)  
Running or Cycling: (20 minutes)  
Box Jumps (Cardio Box Jumps): (4 x 10)  
Kettlebell Swings (Cardio Swings): (3 x 20)  
Push-Ups with Plyometric Claps (Power Push-Ups): (3 x 15)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## WEDNESDAY

Light Jogging or Brisk Walking (20 minutes):  
Yoga for Flexibility and Relaxation (20 minutes):

## THURSDAY

Deadlifts (Strength Deadlifts): (4 x 8-10)  
Dumbbell Rows (Strength Rows): (4 x 12-15)  
Mountain Climbers (Cardio Climbers): (3 x 1 minute)  
Dumbbell Thrusters (Strength Thrusters): (3 x 12-15)  
Plank with Alternating Arm and Leg Lifts (Core Plank): (3 x 20 seconds each side)

## FRIDAY

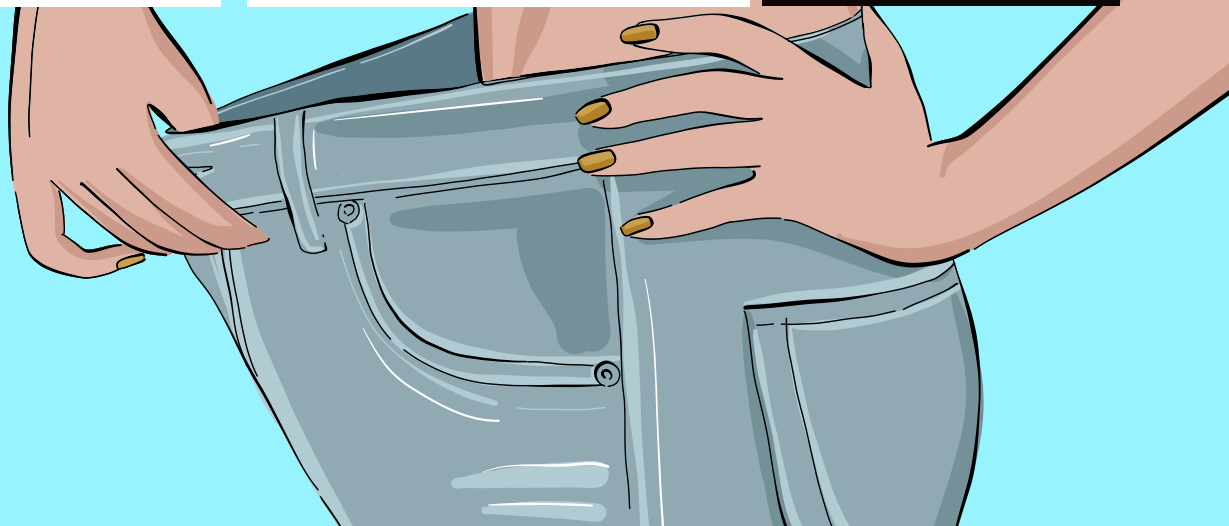
Sprint Intervals (HIIT Sprints): (8 x 20 seconds)  
Burpees (HIIT Burpees): (4 x 15)  
Dumbbell Lunges (Cardio Lunges): (3 x 20 steps)  
Push-Ups with Rotation (Total Body Push-Ups): (3 x 15-20)  
Plank to Elbow Touches (Core Plank): (3 x 20)

## SATURDAY

Overhead Press with Barbell (Strength Overhead Press): (4 x 12-15)  
Jump Rope (Cardio Jump Rope): (4 x 2 minutes)  
Pull-Ups (Strength Pull-Ups): (3 x max reps)  
Lateral Lunges with Dumbbells (Leg Lunges): (3 x 20 steps)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## SUNDAY

**Rest**



# TOTAL BODY POWERLIFTING FOCUS PROGRAM



## MONDAY

Back Squats (Powerlifting Back Squats): (4 x 5-8)  
Romanian Deadlifts (Powerlifting RDLs): (4 x 8-10)  
Leg Press (Accessory Leg Press): (3 x 12-15)  
Walking Lunges with Dumbbells (Accessory Lunges): (3 x 20 steps)  
Plank (Core Stability): (3 x 30 seconds)

## TUESDAY

Bench Press (Powerlifting Bench Press): (4 x 5-8)  
Dumbbell Rows (Accessory Rows): (4 x 12-15)  
Dumbbell Incline Press (Accessory Incline Press): (3 x 10-12)  
Face Pulls (Shoulder Accessory): (3 x 15-20)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## WEDNESDAY

Conventional Deadlifts (Powerlifting Deadlifts): (4 x 5-8)  
Front Squats (Accessory Front Squats): (4 x 8-10)  
Lat Pulldowns (Accessory Lat Pulldowns): (3 x 12-15)  
Seated Leg Curls (Accessory Leg Curls): (3 x 12-15)  
Plank with Alternating Arm and Leg Lifts (Core Plank): (3 x 20 seconds each side)

## THURSDAY

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

## FRIDAY

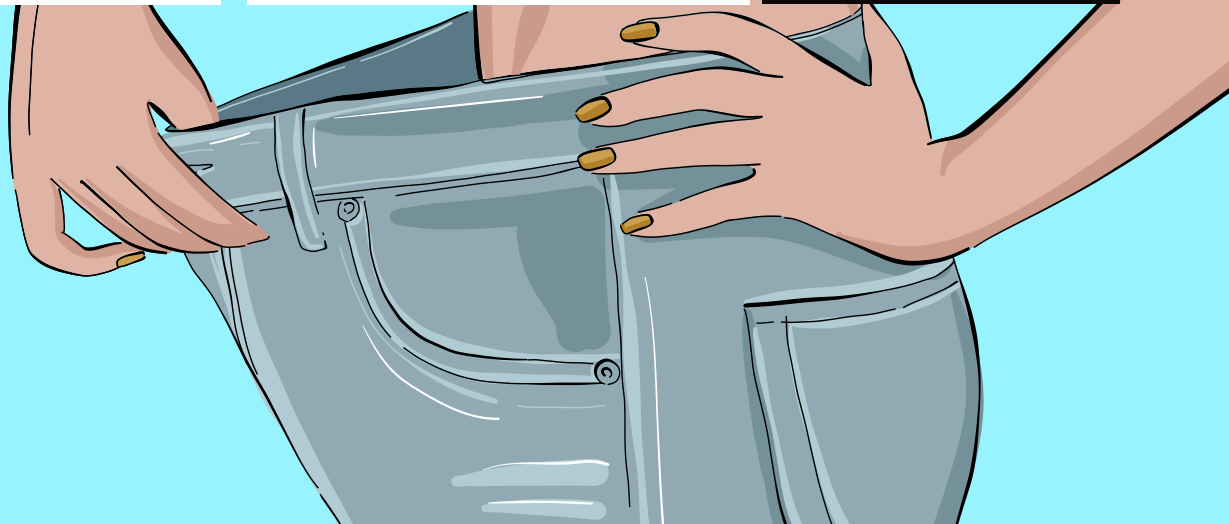
Overhead Press (Powerlifting Overhead Press): (4 x 5-8)  
Weighted Pull-Ups (Accessory Pull-Ups): (4 x max reps)  
Dumbbell Lateral Raises (Shoulder Accessory): (3 x 15-20)  
Tricep Dips (Tricep Accessory): (3 x 15-20)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## SATURDAY

High-Intensity Interval Training (HIIT)  
Running or Cycling: (30 minutes)  
Jump Rope (Cardio Jump Rope): (4 x 2 minutes)  
Burpees (Total Body Burpees): (3 x 15)  
Plank to Elbow Touches (Core Plank): (3 x 20)  
Mountain Climbers (Cardio Climbers): (3 x 1 minute)

## SUNDAY

**Rest**



# HIGH-INTENSITY INTERVAL TRAINING (HIIT) FOCUSED PROGRAM



## MONDAY

HIIT Running (20 seconds sprint, 40 seconds rest): (20 minutes)  
Burpees (HIIT Burpees): (4 x 15)  
Jumping Lunges (HIIT Lunges): (3 x 20 steps)  
Push-Ups with Plyometric Claps (Power Push-Ups): (3 x 15)  
Plank with Shoulder Taps (Core Plank): (3 x 30 seconds)

## TUESDAY

Cycling Sprints (30 seconds sprint, 30 seconds rest): (20 minutes)  
Dumbbell Thrusters (Strength Thrusters): (4 x 15)  
Mountain Climbers at Increased Pace (Cardio Climbers): (3 x 1 minute)  
Dumbbell Rows (Strength Rows): (3 x 15)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## WEDNESDAY

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

## THURSDAY

Rowing Machine Intervals (30 seconds row, 30 seconds rest): (20 minutes)  
High Knees (Cardio High Knees): (4 x 1 minute)  
Plank to Alternating Knee Tuck (Core Plank): (3 x 20 seconds each leg)  
Dumbbell Russian Twists (Core Twists): (3 x 20 each side)  
Leg Raises (Core Leg Raises): (3 x 15)

## FRIDAY

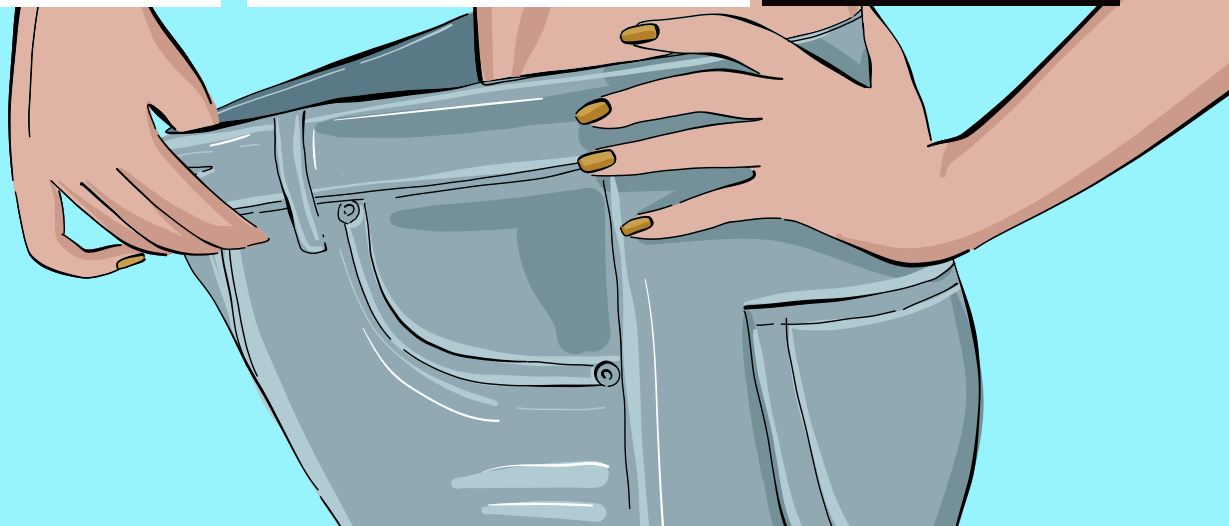
HIIT Jump Rope (30 seconds work, 30 seconds rest): (20 minutes)  
Box Jumps (HIIT Box Jumps): (4 x 10)  
Dumbbell Lunges (Cardio Lunges): (3 x 20 steps)  
Push-Ups with Rotation (Total Body Push-Ups): (3 x 15-20)  
Plank to Elbow Touches (Core Plank): (3 x 20)

## SATURDAY

Treadmill Incline Walk or Hike (45 minutes):  
Jumping Jacks (Cardio Jumping Jacks): (4 x 1 minute)  
Kettlebell Swings (Cardio Swings): (3 x 20)  
Plank with Alternating Arm and Leg Lifts (Core Plank): (3 x 20 seconds each side)  
Mountain Climbers at an Increased Pace (Cardio Climbers): (3 x 1 minute)

## SUNDAY

**Rest**



# EXTREME ATHLETIC CONDITIONING PROGRAM



## MONDAY

Box Jumps (Explosive Box Jumps): (4 x 10)  
Sprint Intervals (30 seconds sprint, 30 seconds rest): (20 minutes)  
Medicine Ball Slams (Explosive Slams): (3 x 15)  
Agility Ladder Drills (Speed and Agility): (3 rounds)  
Plank with Alternating Arm and Leg Lifts (Core Plank): (3 x 20 seconds each side)  
Plank with Shoulder Taps (Core Plank): (3 x 30 seconds)

## TUESDAY

Deadlifts (Strength Deadlifts): (4 x 8-10)  
Kettlebell Swings (Cardio Swings): (4 x 20)  
Dumbbell Thrusters (Total Body Thrusters): (3 x 15)  
Jump Rope (Cardio Jump Rope): (3 x 2 minutes)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## WEDNESDAY

Light Jogging or Brisk Walking (20 minutes):  
Yoga for Flexibility and Recovery (20 minutes):

## THURSDAY

Rowing Machine Sprints (30 seconds row, 30 seconds rest): (20 minutes)  
Burpees (HIIT Burpees): (4 x 15)  
Jumping Lunges (HIIT Lunges): (3 x 20 steps)  
Mountain Climbers at Increased Pace (Cardio Climbers): (3 x 1 minute)  
Plank to Elbow Touches (Core Plank): (3 x 20)

## FRIDAY

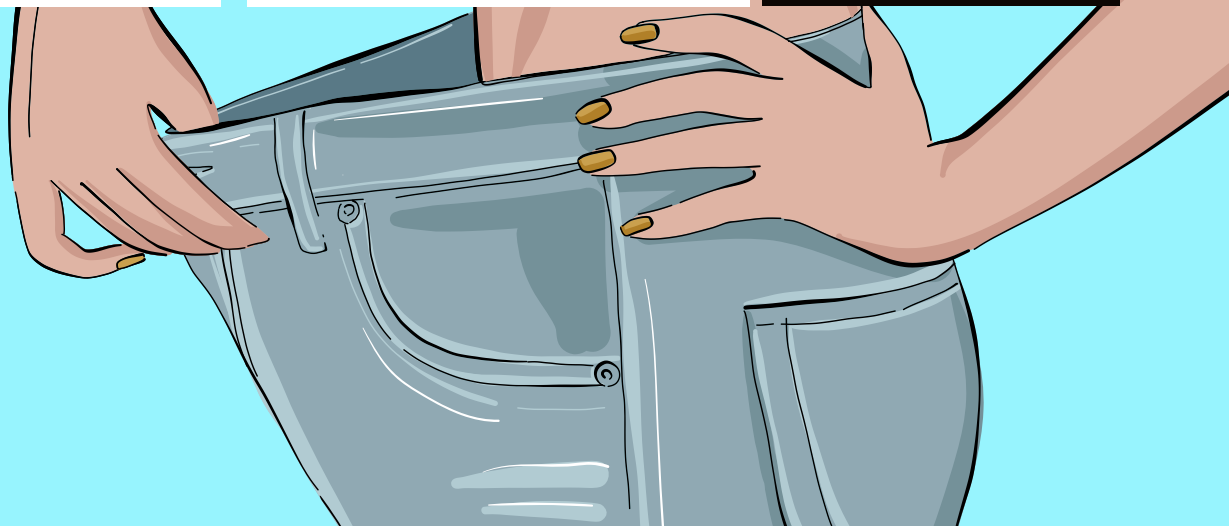
Battle Ropes (Full Body Battle Ropes): (4 x 1 minute)  
Sled Pushes (Total Body Sled Push): (4 x 20 yards)  
Box Jumps (Explosive Box Jumps): (3 x 10)  
Agility Cone Drills (Speed and Agility): (3 rounds)  
Plank with Shoulder Taps (Core Plank): (3 x 30 seconds)

## SATURDAY

Cycling Sprints (30 seconds sprint, 30 seconds rest): (30 minutes)  
Dumbbell Snatches (Explosive Snatches): (4 x 12-15)  
Jumping Jacks (Cardio Jumping Jacks): (3 x 2 minutes)  
Plank with Alternating Knee Tuck (Core Plank): (3 x 20 seconds each leg)  
Medicine Ball Slams (Explosive Slams): (3 x 15)

## SUNDAY

**Rest**





# 30-DAY TOTAL BODY TRANSFORMATION CHALLENGE



## MONDAY

Back Squats (Strength Squats): (4 x 8-10)  
Bent Over Rows (Total Body Rows): (4 x 12-15)  
Dumbbell Bench Press (Total Body Bench Press): (3 x 10-12)  
Walking Lunges with Dumbbells (Leg Lunges): (3 x 20 steps)  
Plank (Core Stability): (3 x 30 seconds)

## TUESDAY

High-Intensity Interval Training (HIIT) Running or Cycling: (20 minutes)  
Russian Twists with Medicine Ball (Core Twists): (4 x 20 each side)  
Mountain Climbers at Increased Pace (Cardio Climbers): (3 x 1 minute)  
Leg Raises (Core Leg Raises): (3 x 15)  
Box Jumps (Total Body Box Jumps): (3 x 10)

## WEDNESDAY

Light Jogging or Brisk Walking (20 minutes):  
Yoga for Flexibility and Recovery (20 minutes):

## THURSDAY

Deadlifts (Strength Deadlifts): (4 x 8-10)  
Push-Ups with Rotation (Total Body Push-Ups): (4 x 15-20)  
Jumping Lunges (Total Body Lunges): (3 x 20 steps)  
Dumbbell Shoulder Press (Total Body Shoulder Press): (3 x 12-15)  
Plank with Alternating Arm and Leg Lifts (Core Plank): (3 x 20 seconds each side)

## FRIDAY

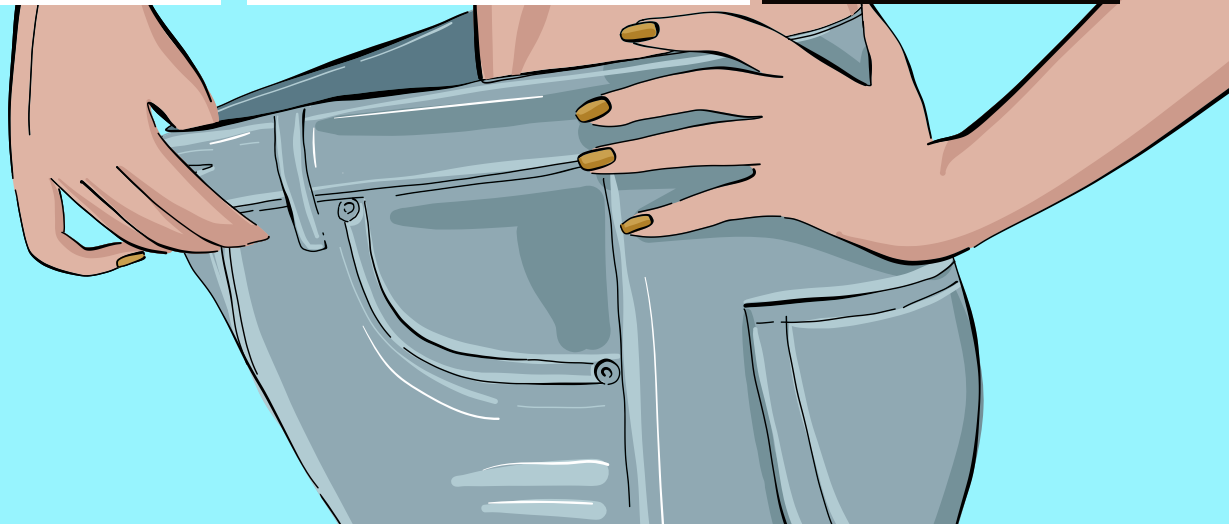
Sprint Intervals (30 seconds sprint, 30 seconds rest): (20 minutes)  
Burpees (HIIT Burpees): (4 x 15)  
Dumbbell Thrusters (Total Body Thrusters): (3 x 15)  
Mountain Climbers at Increased Pace (Cardio Climbers): (3 x 1 minute)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## SATURDAY

Kettlebell Swings (Metabolic Swings): (4 x 20)  
Box Jumps (Metabolic Box Jumps): (4 x 10)  
Plank to Elbow Touches (Core Metabolic Plank): (3 x 20)  
Dumbbell Rows (Metabolic Rows): (3 x 15)  
Jump Rope (Cardio Jump Rope): (3 x 2 minutes)

## SUNDAY

**Rest**



# 30-DAY INTENSE FAT LOSS BOOTCAMP



## MONDAY

High-Intensity Interval Training (HIIT) Running or Cycling: (20 minutes)  
Burpees (HIIT Burpees): (4 x 15)  
Dumbbell Lunges with Bicep Curls (Total Body Lunges): (3 x 20 steps)  
Push-Ups with Plyometric Claps (Power Push-Ups): (3 x 15)  
Mountain Climbers at Increased Pace (Cardio Climbers): (3 x 1 minute)

## TUESDAY

Kettlebell Swings (Metabolic Swings): (4 x 20)  
Box Jumps (Metabolic Box Jumps): (4 x 10)  
Plank to Elbow Touches (Core Metabolic Plank): (3 x 20)  
Dumbbell Thrusters (Total Body Thrusters): (3 x 15)  
Jump Rope (Cardio Jump Rope): (3 x 2 minutes)

## WEDNESDAY

Light Jogging or Brisk Walking (20 minutes):  
Yoga for Flexibility and Recovery (20 minutes):

## THURSDAY

Rowing Machine Sprints (30 seconds row, 30 seconds rest): (20 minutes)  
Dumbbell Snatches (Power Snatches): (4 x 12-15)  
Jumping Lunges (HIIT Lunges): (3 x 20 steps)  
Push-Ups with Rotation (Total Body Push-Ups): (3 x 15-20)  
Russian Twists with Medicine Ball (Core Twists): (3 x 20 each side)

## FRIDAY

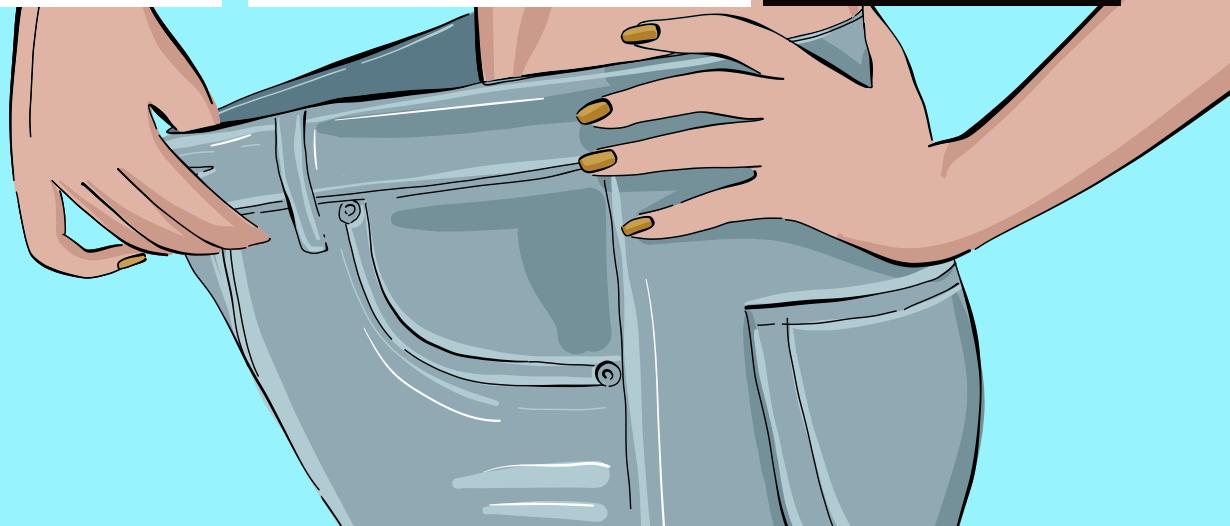
Sprint Intervals (30 seconds sprint, 30 seconds rest): (20 minutes)  
Medicine Ball Slams (Explosive Slams): (4 x 15)  
Box Jumps (Total Body Box Jumps): (3 x 10)  
Plank with Alternating Arm and Leg Lifts (Core Plank): (3 x 20 seconds each side)  
Dumbbell Rows (Total Body Rows): (3 x 15)

## SATURDAY

Cycling Sprints (30 seconds sprint, 30 seconds rest): (30 minutes)  
Jump Rope (Cardio Jump Rope): (4 x 2 minutes)  
High Knees (Cardio High Knees): (3 x 1 minute)  
Mountain Climbers at Increased Pace (Cardio Climbers): (3 x 1 minute)  
Plank to Elbow Touches (Core Plank): (3 x 20)

## SUNDAY

**Rest**



# 30-DAY HARDCORE STRENGTH CHALLENGE



## MONDAY

Squats: 4 x 12  
Lunges: 3 x 15 (each leg)  
Push-ups: 4 x 10  
Plank: 3 x 45 seconds  
Jumping Jacks: 3 x 20

## TUESDAY

Deadlifts: 4 x 10  
Mountain Climbers: 3 x 20 (each leg)  
Bent-over Rows: 3 x 12  
Bicycle Crunches: 4 x 15 (each side)  
High Knees: 3 x 30 seconds

## WEDNESDAY

Bench Press: 4 x 10  
Step-ups: 3 x 15 (each leg)  
Tricep Dips: 3 x 12  
Russian Twists: 4 x 20 (each side)  
Burpees: 3 x 10

## THURSDAY

Romanian Deadlifts: 4 x 12  
Plank with Shoulder Taps: 3 x 20 (each side)  
Chin-ups: 3 x 8  
Leg Raises: 4 x 15  
Side Plank: 3 x 30 seconds (each side)

## FRIDAY

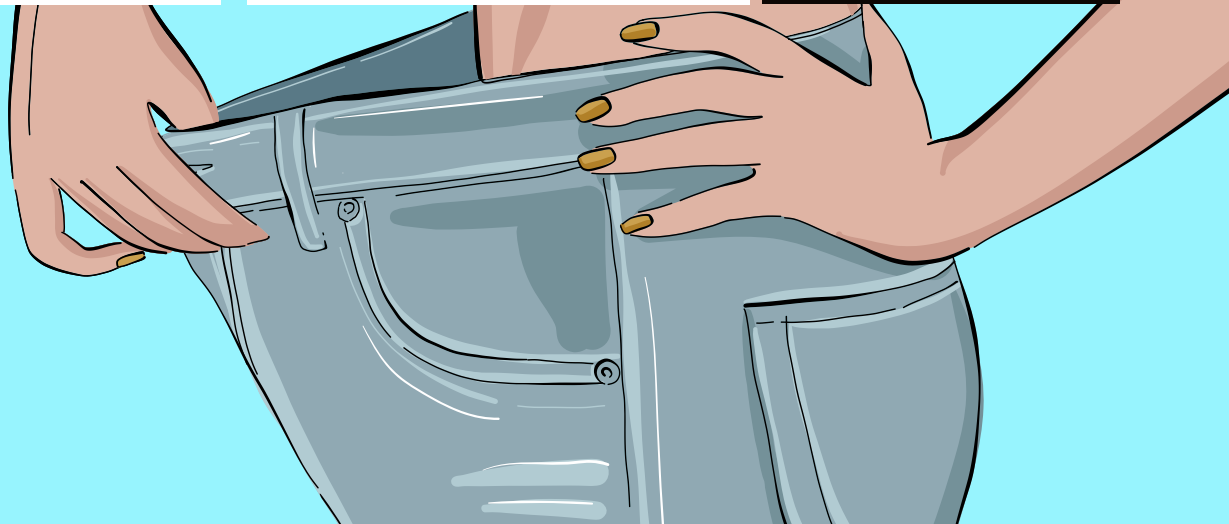
Overhead Press: 4 x 10  
Box Jumps: 3 x 15  
Hammer Curls: 3 x 12  
Bicycle Crunches: 4 x 15 (each side)  
Jump Rope: 3 x 1 minute

## SATURDAY

Front Squats: 4 x 12  
Plank to Pike: 3 x 15  
Pull-ups: 3 x 8  
Russian Twists: 4 x 20 (each side)  
High Knees: 3 x 30 seconds (3 x 20)

## SUNDAY

**Rest**



# HIGH-INTENSITY CARDIO CHALLENGE



## MONDAY

Jumping Jacks: 4 x 30  
Burpees: 3 x 15  
High Knees: 4 x 1 minute  
Mountain Climbers: 3 x 20 (each leg)  
Plank: 3 x 45 seconds

## TUESDAY

Running (or Jogging): 5 x 5 minutes  
Jump Rope: 4 x 2 minutes  
Box Jumps: 3 x 15  
Side Shuffle: 4 x 30 seconds (each direction)  
Bicycle Crunches: 4 x 20 (each side)

## WEDNESDAY

HIIT Circuit:

30 seconds Jump Squats  
30 seconds Push-ups  
30 seconds Mountain Climbers  
30 seconds Rest  
Repeat for 4 rounds  
Plank to Pike: 3 x 20  
Jumping Lunges: 4 x 15 (each leg)  
High Knees: 3 x 1 minute  
Russian Twists: 4 x 20 (each side)

## THURSDAY

Sprint Intervals:

10 x 100 meters sprints  
30 seconds rest between sprints  
Jump Rope: 4 x 2 minutes

Burpees: 3 x 15

Plank with Shoulder Taps: 3 x 20 (each side)

Leg Raises: 4 x 15

## FRIDAY

Cycling (or Stationary Bike): 5 x 10 minutes  
Jumping Jacks: 4 x 30  
Box Jumps: 3 x 15  
Tricep Dips: 3 x 15  
High Knees: 3 x 1 minute

## SATURDAY

HIIT Circuit:

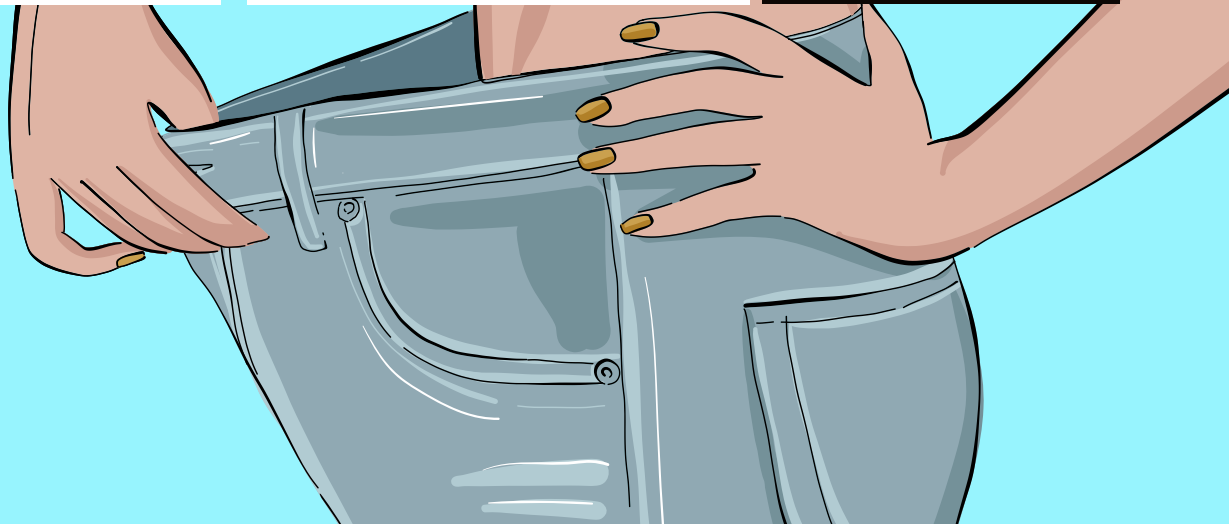
Mountain Climbers: 3 x 20 (each leg)

Jump Rope: 4 x 2 minutes

Russian Twists: 4 x 20 (each side) Plank: 3 x 45 seconds

## SUNDAY

**Rest**



# 30-DAY YOGA AND MOBILITY CHALLENGE



## MONDAY

Sun Salutations: 4 rounds  
Downward-Facing Dog: 3 x 30 seconds  
Warrior II Pose: 3 x 45 seconds (each side)  
Cat-Cow Stretch: 3 x 15  
Seated Forward Bend: 4 x 30 seconds

## TUESDAY

Tree Pose: 3 x 30 seconds (each leg)  
Child's Pose: 4 x 30 seconds  
Pigeon Pose: 3 x 45 seconds (each leg)  
Cobra Pose: 3 x 30 seconds  
Shoulder Bridge Pose: 4 x 20 seconds

## WEDNESDAY

Yoga Flow:  
Seated Twist: 3 x 30 seconds (each side)  
  
Butterfly Stretch: 4 x 45 seconds  
  
Cat-Cow Stretch: 3 x 15  
  
Legs Up the Wall Pose: 4 x 1 minute

## THURSDAY

Warrior I Pose: 3 x 45 seconds (each side)  
Happy Baby Pose: 4 x 30 seconds  
Downward-Facing Dog to Plank: 3 x 15  
Side Plank: 3 x 30 seconds (each side)  
Sphinx Pose: 4 x 30 seconds

## FRIDAY

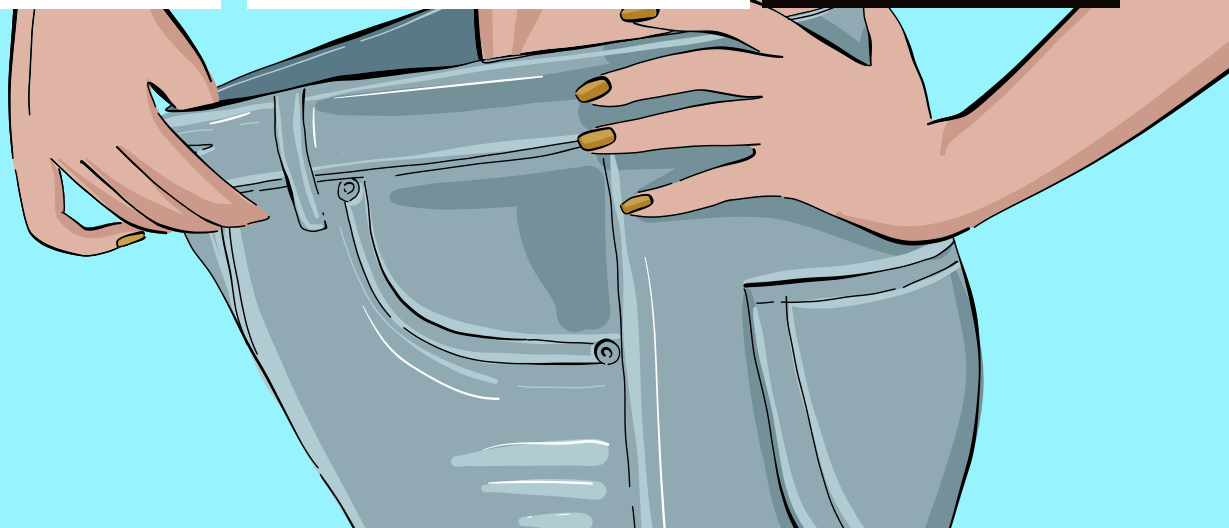
Yoga Flow  
Camel Pose: 3 x 30 seconds  
Cat-Cow Stretch: 3 x 15  
Seated Forward Bend: 4 x 30 seconds  
Extended Triangle Pose: 3 x 45 seconds (each side)

## SATURDAY

Sun Salutations: 4 rounds  
Seated Twist: 3 x 30 seconds (each side)  
Warrior II Pose: 3 x 45 seconds (each side)  
Plank to Downward-Facing Dog: 3 x 15  
Corpse Pose (Savasana): 5 minutes

## SUNDAY

**Rest**



# 8-WEEK PROGRESSIVE OVERLOAD CHALLENGE



## MONDAY

Barbell Squats: 4 x 10  
Bench Press: 4 x 10  
Bent-over Rows: 4 x 12  
Leg Press: 3 x 15  
Plank: 3 x 45 seconds

## WEDNESDAY

Dumbbell Step-ups: 4 x 12 (each leg)  
Incline Dumbbell Press: 4 x 10  
Lat Pulldowns: 3 x 12  
Leg Extensions: 3 x 15  
Plank to Pike: 3 x 20

## TUESDAY

Deadlifts: 4 x 8  
Overhead Press: 3 x 12  
Pull-ups: 3 x 8  
Lunges with Dumbbells: 3 x 15 (each leg)  
Russian Twists: 4 x 20 (each side)

## THURSDAY

Front Squats: 4 x 10  
Dumbbell Rows: 3 x 12  
Tricep Dips: 3 x 15  
Leg Curl: 3 x 15  
Bicycle Crunches: 4 x 20 (each side)s

## FRIDAY

Barbell Lunges: 4 x 12 (each leg)  
Hammer Curls: 3 x 12  
Cable Flyes: 3 x 10  
Calf Raises: 3 x 20  
High Knees: 3 x 1 minute

## SATURDAY

Sumo Deadlifts: 4 x 10  
Arnold Press: 3 x 12  
Chin-ups: 3 x 8  
Side Plank: 3 x 30 seconds (each side)  
Russian Twists: 4 x 20 (each side)

## SUNDAY

**Rest**





# 8-WEEK FULL BODY CIRCUIT PROGRAM



## MONDAY

Jumping Jacks: 4 x 30  
Bodyweight Squats: 3 x 15  
Push-ups: 4 x 12  
Plank: 3 x 45 seconds  
Dumbbell Lunges: 3 x 12 (each leg)

## TUESDAY

Burpees: 4 x 10  
Dumbbell Deadlifts: 3 x 15  
Bent-over Rows: 4 x 12  
Mountain Climbers: 3 x 30 (each leg)  
Russian Twists: 4 x 20 (each side)

## WEDNESDAY

High Knees: 4 x 1 minute  
Dumbbell Bench Press: 3 x 12  
Plank to Pike: 3 x 20  
Box Jumps: 3 x 15  
Bicycle Crunches: 4 x 20 (each side)

## THURSDAY

Jump Rope: 4 x 2 minutes  
Goblet Squats: 3 x 15  
Pull-ups (Assisted if needed): 3 x 8  
Tricep Dips: 3 x 15  
Leg Raises: 4 x 15

## FRIDAY

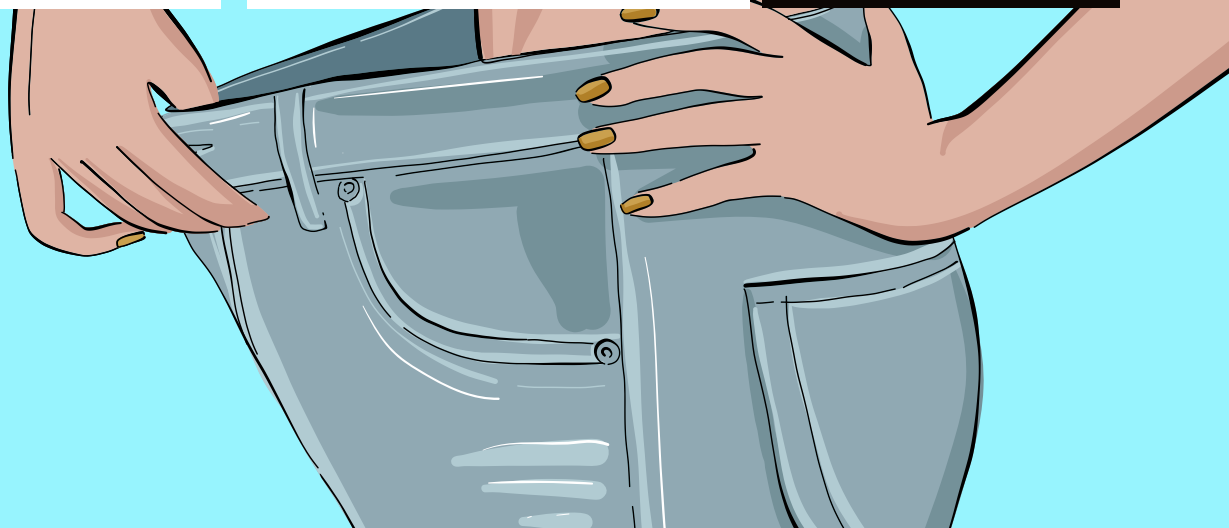
Kettlebell Swings: 4 x 20  
Plank with Shoulder Taps: 3 x 20 (each side)  
Walking Lunges: 3 x 20 (10 each leg)  
Dumbbell Shoulder Press: 3 x 12  
High Knees: 4 x 1 minute

## SATURDAY

Box Jumps: 4 x 15  
Renegade Rows: 3 x 12 (each arm)  
Jumping Lunges: 4 x 15 (each leg)  
Side Plank: 3 x 30 seconds (each side)  
Russian Twists: 4 x 20 (each side)

## SUNDAY

**Rest**



# 8-WEEK INTENSE INTERVAL TRAINING PROGRAM



## MONDAY

Burpees: 4 x 15  
Sprint Intervals: 8 x 30 seconds (with 30 seconds rest)  
Jumping Lunges: 4 x 20 (10 each leg)  
Push-ups: 4 x 15  
Plank to Pike: 3 x 20

## TUESDAY

Jump Rope (Tabata style): 8 rounds (20 seconds work, 10 seconds rest)  
Mountain Climbers: 4 x 30 seconds  
Box Jumps: 4 x 15  
Bicycle Crunches: 4 x 20 (each side)  
High Knees: 4 x 1 minute

## WEDNESDAY

Dumbbell Thrusters: 4 x 12  
Sprint Intervals: 6 x 40 seconds (with 20 seconds rest)  
Tricep Dips: 3 x 15  
Russian Twists: 4 x 20 (each side)  
Plank with Shoulder Taps: 3 x 20

## THURSDAY

Jump Rope: 4 x 2 minutes  
Kettlebell Swings: 4 x 20  
Jumping Jacks: 4 x 30  
Dumbbell Burpees: 4 x 12  
High Knees: 4 x 1 minute  
Side Plank: 3 x 30 seconds (each side)

## FRIDAY

Bodyweight Squats: 4 x 20, 15, 10, 5  
Sprint Intervals: 8 x 30 seconds (with 30 seconds rest)  
Push-ups: 4 x 15  
Leg Raises: 4 x 15  
Jumping Lunges: 4 x 20 (10 each leg)

## SATURDAY

Jumping Jacks: 10 reps every minute for 10 minutes  
Plank: 1 minute every minute for 10 minutes  
Dumbbell Lunges: 12 reps (alternating legs) every minute for 10 minutes  
Bicycle Crunches: 15 reps (each side) every minute for 10 minutes  
Sprint Intervals: 30 seconds every minute for 10 minutes

## SUNDAY

**Rest**



# 8-WEEK MIXED MODAL TRAINING PROGRAM



## MONDAY

Kettlebell Swings: 4 x 20  
Box Jumps: 4 x 15  
Dumbbell Thrusters: 3 x 12  
Plank to Pike: 3 x 20  
Battle Rope Slams: 4 x 30 seconds

## TUESDAY

Running Intervals: 8 x 1 minute (with 1-minute rest)  
Bicycle Crunches: 4 x 20 (each side)  
Jumping Jacks: 4 x 30  
Plank with Shoulder Taps: 3 x 20  
Rowing Machine: 5 minutes (steady pace)(steady pace)

## WEDNESDAY

Deadlifts: 4 x 10  
Stability Ball Rollouts: 3 x 15  
Dumbbell Rows: 4 x 12 (each arm)  
Medicine Ball Slams: 3 x 15  
Russian Twists with Medicine Ball: 4 x 20 (each side)

## THURSDAY

Sprint Intervals: 10 x 20 seconds (with 40 seconds rest)  
Agility Ladder Drills: 4 x 5 minutes  
Jump Rope: 4 x 2 minutes  
Side Plank with Leg Lift: 3 x 20 seconds (each side)  
Dumbbell Lunges: 3 x 15 (each leg)

## FRIDAY

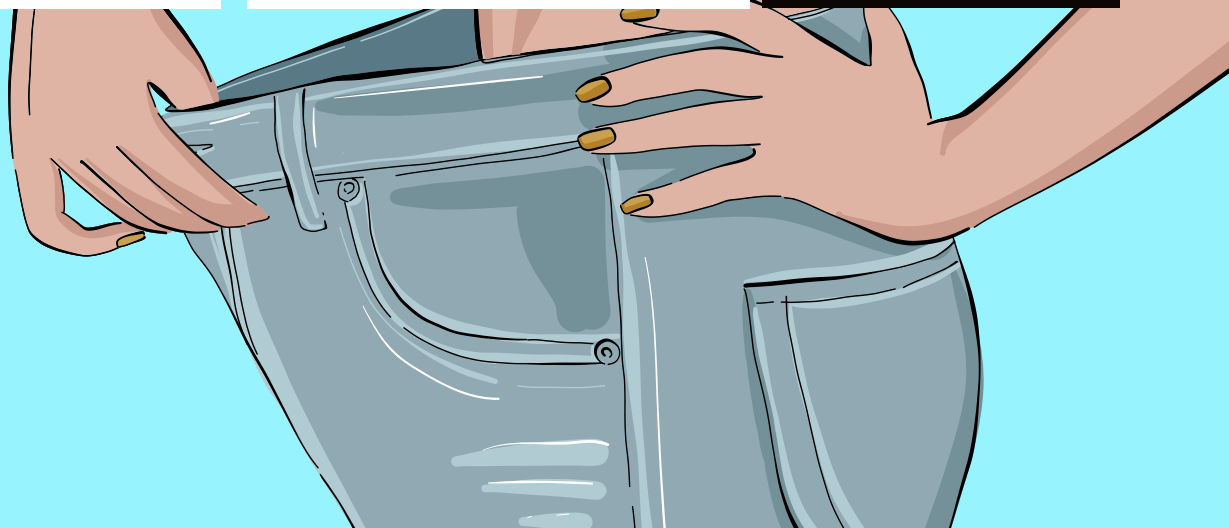
Rowing Machine: 5 minutes (steady pace)  
Dumbbell Bench Press: 4 x 12  
Assault Bike Sprints: 6 x 30 seconds (with 30 seconds rest)  
Leg Raises: 4 x 15  
Farmer's Walk with Dumbbells: 4 x 1 minute

## SATURDAY

Battle Rope Waves: 4 x 30 seconds  
TRX Suspension Trainer Squats: 3 x 15  
Medicine Ball Slams: 4 x 20  
Plank to T-Rotation: 3 x 15 (each side)  
Box Jumps: 4 x 15

## SUNDAY

**Rest**



# 8-WEEK BODYWEIGHT MASTERY PROGRAM



## MONDAY

Bodyweight Squats: 4 x 15  
Push-ups: 4 x 12  
Walking Lunges: 3 x 20 (10 each leg)  
Plank: 3 x 45 seconds  
Jumping Jacks: 4 x 30

## TUESDAY

Bicycle Crunches: 4 x 20 (each side)  
Leg Raises: 3 x 15  
Plank to Pike: 3 x 20  
Russian Twists: 4 x 20 (each side)  
Mountain Climbers: 4 x 30 seconds

## WEDNESDAY

Burpees: 4 x 10  
Jumping Lunges: 3 x 15 (each leg)  
Spiderman Push-ups: 3 x 12  
Side Plank: 3 x 30 seconds (each side)  
High Knees: 4 x 1 minute

## THURSDAY

Tricep Dips: 3 x 15  
Pull-ups (Assisted if needed): 3 x 8  
Diamond Push-ups: 4 x 12  
Plank with Shoulder Taps: 3 x 20  
Handstand Practice: 5 minutes  
(against a wall if needed)

## FRIDAY

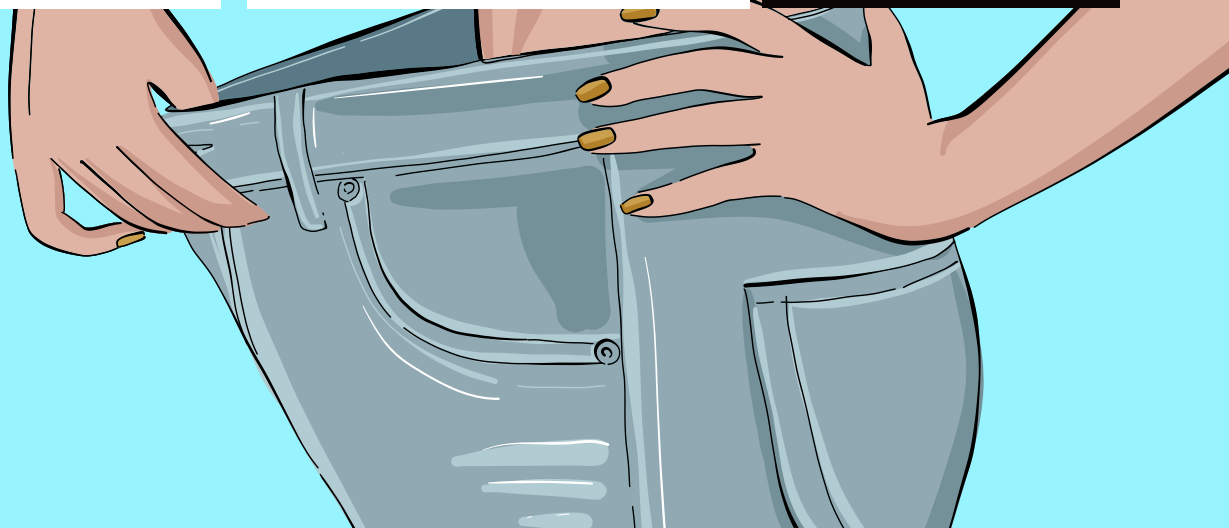
Jump Squats: 4 x 15  
Bulgarian Split Squats: 3 x 12 (each leg)  
Calf Raises: 4 x 20  
Glute Bridges: 3 x 15  
Side Lunges: 4 x 15 (each leg)

## SATURDAY

Bear Crawls: 4 x 20 steps forward and backward  
Pike Push-ups: 3 x 12  
L-Sit Hold: 3 x 20 seconds  
Plank to T-Rotation: 3 x 15 (each side)  
Jump Rope: 4 x 2 minutes

## SUNDAY

**Rest**



# 12-WEEK GENTLE INTRODUCTION TO FITNESS



## MONDAY

Walking: 20 minutes at a brisk pace  
Bodyweight Squats: 3 x 10  
Arm Circles: 3 x 15 seconds (forward and backward)  
Modified Push-ups: 3 x 8  
Seated Leg Lifts: 3 x 12 (each leg)

## TUESDAY

Gentle Yoga Flow (e.g., Sun Salutations): 20 minutes  
Neck Stretches: 3 x 15 seconds  
Seated Forward Bend: 3 x 30 seconds  
Butterfly Stretch: 3 x 20 seconds  
Wrist Circles: 3 x 15 seconds

## WEDNESDAY

Low-Intensity Walking or Swimming: 20 minutes  
Knee-to-Chest Stretch: 3 x 12 (each leg)  
Side Leg Raises: 3 x 15 (each leg)  
Standing Calf Raises: 3 x 15  
Deep Breathing Exercise: 5 minutes

## THURSDAY

Standing Balance on One Leg: 3 x 20 seconds (each leg)  
Chair Squats: 3 x 10  
Heel Raises: 3 x 15  
Seated Marching: 3 x 20 (each leg)  
Modified Plank: 3 x 20 seconds

## FRIDAY

Bodyweight Lunges: 3 x 12 (each leg)  
Wall Push-ups: 3 x 10  
Bicep Curls with Light Dumbbells or Household Items: 3 x 12  
Leg Extensions: 3 x 15  
Seated Shoulder Press: 3 x 10

## SATURDAY

Tai Chi or Qi Gong: 20 minutes  
Neck Rolls: 3 x 15 seconds (clockwise and counterclockwise)  
Ankle Circles: 3 x 15 seconds (clockwise and counterclockwise)  
Seated Twist: 3 x 20 seconds (each side)  
Deep Breathing Exercise: 5 minutes

## SUNDAY

**Rest**



# 12-WEEK WALKING TO FITNESS CHALLENGE



## MONDAY

Brisk Walking: 30 minutes at a pace that slightly elevates your heart rate.  
Bodyweight Squats: 3 x 10  
Standing Calf Raises: 3 x 15  
Arm Swings: 3 x 15 seconds (forward and backward)  
Deep Breathing Exercise: 5 minutes

## TUESDAY

Warm-up with a brisk walk: 10 minutes  
Intervals:  
Fast-paced walk: 2 minutes  
Moderate-paced walk: 3 minutes  
Repeat for 5 cycles  
Side Leg Lifts: 3 x 15 (each leg)  
Seated Marching: 3 x 20 (each leg)  
Gentle Stretching: 10 minutes

## WEDNESDAY

Hill Walking (if possible): 30 minutes  
Bodyweight Lunges: 3 x 12 (each leg)  
Heel Raises: 3 x 15  
Standing Balance on One Leg: 3 x 20 seconds (each leg)  
Relaxing Deep Breathing: 5 minutes

## THURSDAY

Steady-State Walking: 40 minutes at a comfortable pace  
Arm Circles: 3 x 15 seconds (forward and backward)  
Knee-to-Chest Stretch: 3 x 12 (each leg)  
Gentle Yoga Flow: 15 minutes  
Deep Breathing Exercise: 5 minutes

## FRIDAY

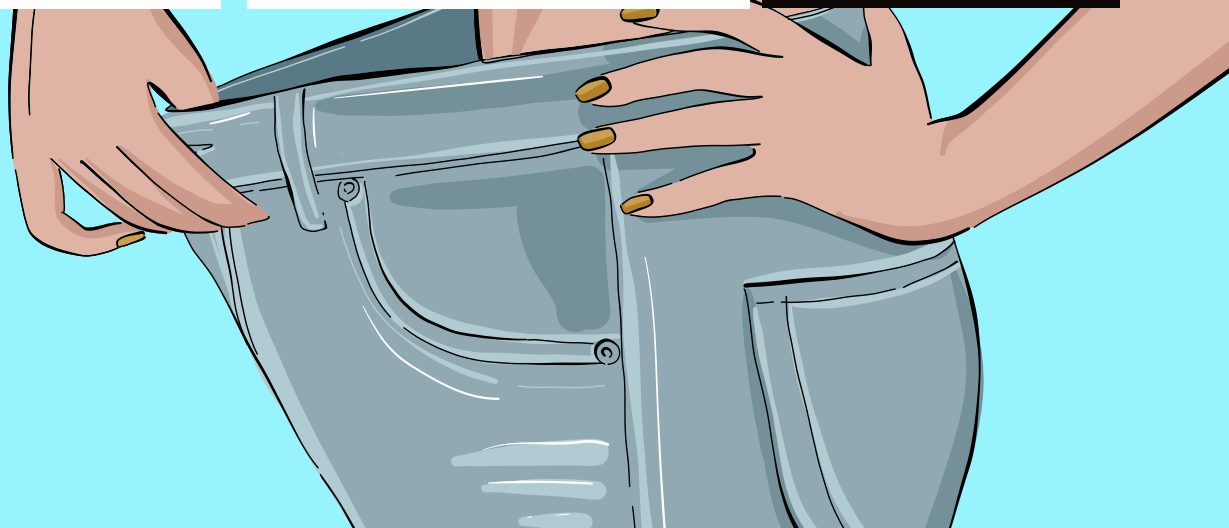
Power Walking: 30 minutes at an increased pace  
Walking Lunges: 3 x 15 (each leg)  
Bicep Curls with Light Dumbbells or Household Items: 3 x 12  
Standing Calf Raises: 3 x 15  
Relaxing Deep Breathing: 5 minutes

## SATURDAY

Long Walk: 60 minutes at a moderate pace  
Leg Swings: 3 x 15 (each leg)  
Seated Twist: 3 x 20 seconds (each side)  
Tai Chi or Qi Gong: 15 minutes  
Gentle Stretching: 10 minutes

## SUNDAY

**Rest**



# HOME WORKOUT PROGRAM



## MONDAY

Jumping Jacks: 4 x 30  
Bodyweight Squats: 3 x 15  
Push-ups: 4 x 12  
Plank: 3 x 45 seconds  
Reverse Lunges: 3 x 12 (each leg)

## TUESDAY

High Knees: 4 x 1 minute  
Mountain Climbers: 4 x 30 seconds  
Jumping Lunges: 3 x 15 (each leg)  
Bicycle Crunches: 4 x 20 (each side)  
Jump Rope (or imaginary jump rope): 4 x 2 minutes

## WEDNESDAY

Tricep Dips using a sturdy chair: 3 x 15  
Plank with Shoulder Taps: 3 x 20  
Dumbbell Rows (using household items): 4 x 12 (each arm)  
Glute Bridges: 3 x 15  
Wall Sit: 3 x 30 seconds

## THURSDAY

Burpees: 4 x 10  
Running in Place: 4 x 1 minute  
Side Plank: 3 x 30 seconds (each side)  
Box Jumps (using a stable surface): 3 x 15  
Butt Kicks: 4 x 30 seconds

## FRIDAY

Plank to Pike: 3 x 20  
Russian Twists: 4 x 20 (each side)  
Seated Forward Bend: 3 x 30 seconds  
Butterfly Stretch: 3 x 20 seconds  
Cobra Stretch: 3 x 15 seconds

## SATURDAY

Jumping Jacks: 4 x 30  
Squat Jumps: 3 x 15  
Push-ups: 4 x 12  
High Knees: 4 x 1 minute  
Plank: 3 x 45 seconds

## SUNDAY

**Rest**





# AQUATIC FITNESS PROGRAM



## MONDAY

Water Jogging: 4 x 5 minutes  
Water Jumping Jacks: 3 x 30  
Arm Circles in Water: 3 x 15 seconds (forward and backward)  
Leg Lifts in Water: 3 x 15 (each leg)  
Water Push-ups: 3 x 12

## TUESDAY

Water Sprinting: 8 x 30 seconds (with 30 seconds rest)  
Water Treading: 4 x 2 minutes  
Water High Knees: 4 x 1 minute  
Water Bicycle Crunches: 4 x 20 (each side)  
Water Plank: 3 x 45 seconds

## WEDNESDAY

Water Lunges: 4 x 15 (each leg)  
Water Aerobics with Resistance Gloves: 3 x 10 minutes  
Water Tricep Dips: 3 x 15  
Water Leg Press against Pool Wall: 3 x 12  
Water Side Leg Lifts: 3 x 15 (each leg)

## THURSDAY

Water Standing Forward Bend: 3 x 30 seconds  
Water Tree Pose: 3 x 20 seconds (each leg)  
Water Warrior Pose: 3 x 45 seconds (each leg)  
Water Floating Relaxation: 5 minutes  
Water Seated Twist: 3 x 20 seconds (each side)

## FRIDAY

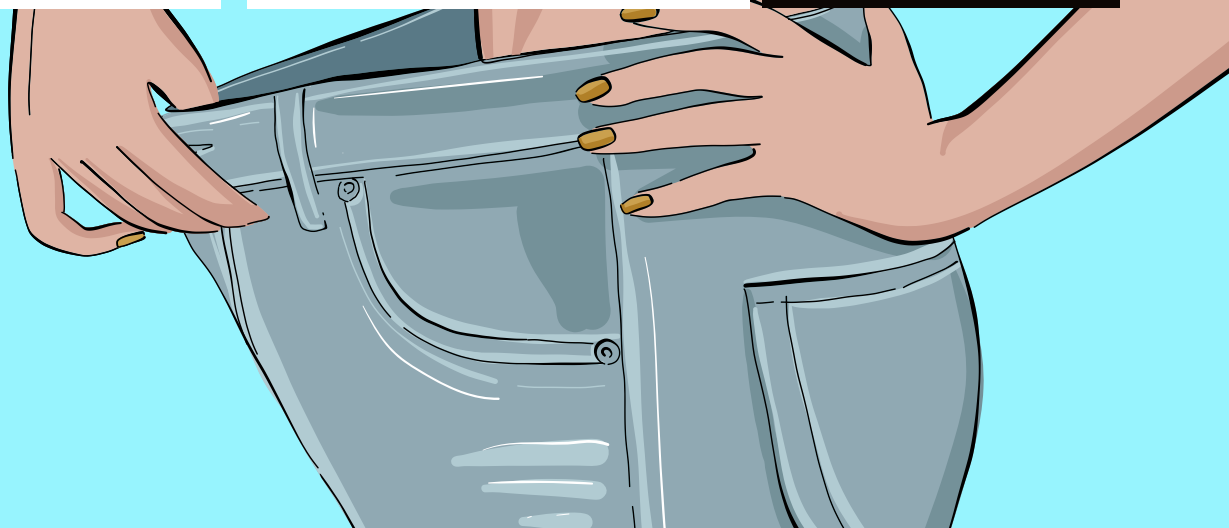
Water Jumping Jacks: 4 x 30  
Water Running with High Knees: 3 x 1 minute  
Water Bicycle Crunches: 4 x 20 (each side)  
Water Side Plank: 3 x 30 seconds (each side)  
Water Cross-Country Skiing: 4 x 2 minutes

## SATURDAY

Water Squats: 4 x 15  
Water Aerobic Cross Punches: 3 x 15 (each arm)  
Water Reverse Lunges: 3 x 15 (each leg)  
Water Plank with Alternating Leg Lifts: 3 x 20 (each leg)  
Water Jogging: 4 x 5 minutes

## SUNDAY

**Rest**



# BEGINNER'S CYCLING PROGRAM



## MONDAY

Warm-up: 5 minutes of easy-paced cycling  
Main Set: 20 minutes of steady cycling at a comfortable pace  
Cool Down: 5 minutes of easy-paced cycling  
Stretching: 10 minutes focusing on legs and lower back

## TUESDAY

Warm-up: 10 minutes of easy-paced cycling  
Intervals:  
30 seconds of fast pedaling followed by 1 minute of moderate-paced cycling  
Repeat for 6 cycles  
Cool Down: 10 minutes of easy-paced cycling  
Stretching: 10 minutes focusing on legs and hips

## WEDNESDAY

Warm-up: 10 minutes of easy-paced cycling  
Main Set:  
Find a slight incline or use a stationary bike with resistance.  
Cycle at a challenging pace for 15 minutes, simulating hill climbing.  
Cool Down: 10 minutes of easy-paced cycling  
Stretching: 10 minutes focusing on legs and lower back  
Water Side Leg Lifts: 3 x 15 (each leg)

## THURSDAY

Warm-up: 10 minutes of easy-paced cycling  
Main Set:  
Cycle at a steady pace for 30-40 minutes, maintaining a comfortable effort level.  
Cool Down: 10 minutes of easy-paced cycling  
Stretching: 10 minutes focusing on legs and hips

## FRIDAY

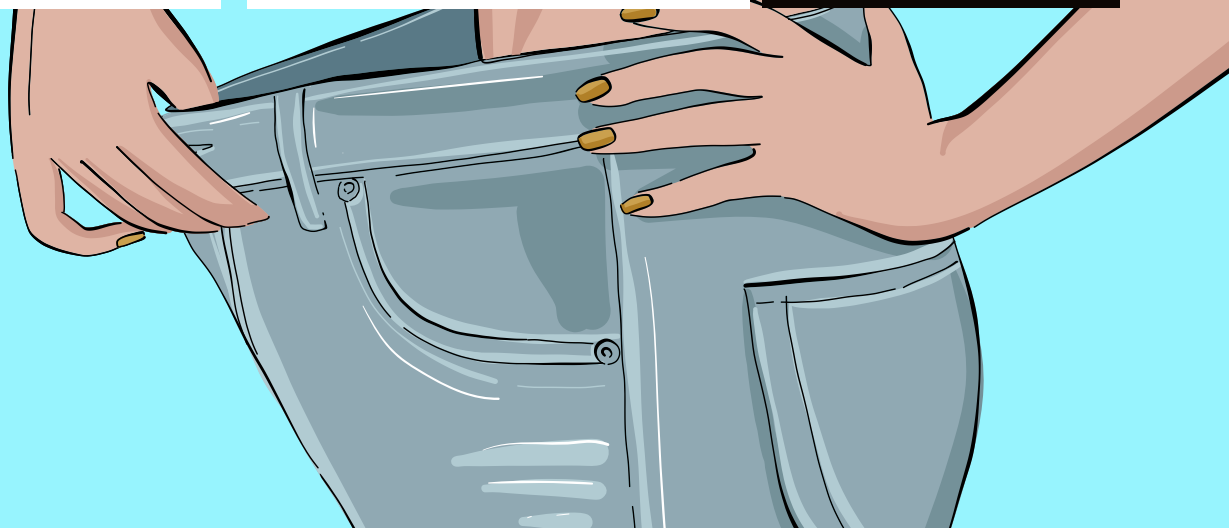
Very easy-paced cycling for 30-40 minutes.  
Focus on maintaining a relaxed pace to aid recovery.  
Stretching: 15 minutes, gentle stretches for the entire body.

## SATURDAY

Explore a scenic route or a local cycling path.  
Cycle at a comfortable pace for 45-60 minutes.  
Enjoy the ride and the surroundings.  
Stretching: 10 minutes focusing on legs and lower back.

## SUNDAY

**Rest**



# PROGRESSIVE STRENGTH PROGRAM



## MONDAY

Barbell Squats: 4 x 10  
Bench Press: 4 x 10  
Bent-over Rows: 4 x 12  
Plank: 3 x 45 seconds  
Dumbbell Lunges: 3 x 12 (each leg)

## TUESDAY

Overhead Press: 4 x 10  
Pull-ups (Assisted if needed): 3 x 8  
Tricep Dips: 3 x 15  
Dumbbell Bicep Curls: 3 x 12  
Russian Twists: 4 x 20 (each side)

## WEDNESDAY

Deadlifts: 4 x 8  
Leg Press: 3 x 15  
Bulgarian Split Squats: 3 x 12 (each leg)  
Calf Raises: 3 x 20  
Plank to Pike: 3 x 20

## THURSDAY

Plank with Shoulder Taps: 3 x 20  
Hanging Leg Raises: 3 x 12  
Russian Twists: 4 x 20 (each side)  
Bicycle Crunches: 4 x 20 (each side)  
Side Plank: 3 x 30 seconds (each side)

## FRIDAY

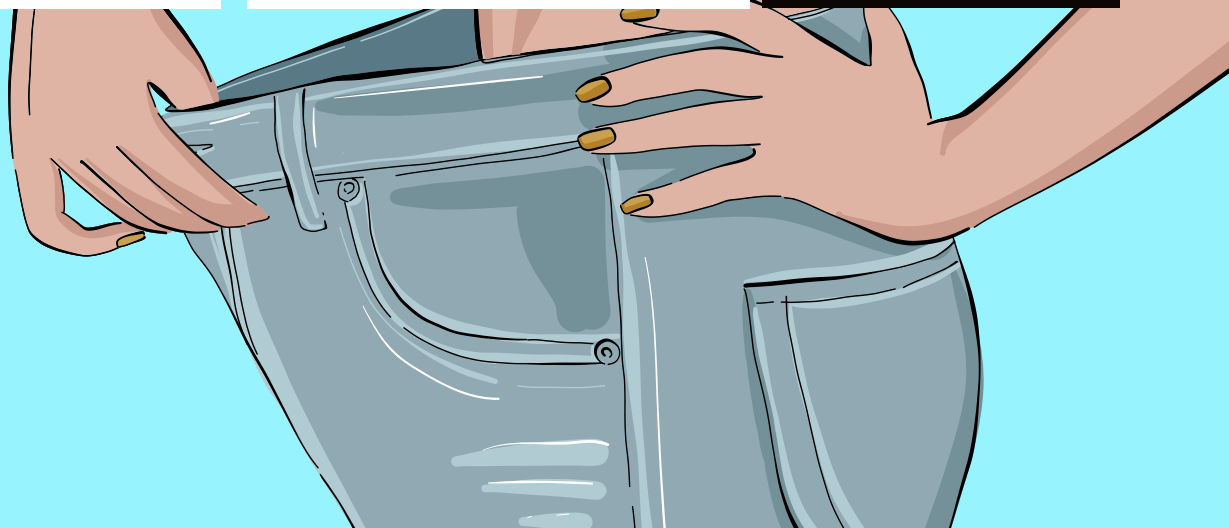
Dumbbell Bench Press: 4 x 10  
Lat Pulldowns: 3 x 12  
Push-ups: 4 x 15  
Seated Cable Rows: 3 x 12  
Leg Extensions: 3 x 15

## SATURDAY

Kettlebell Swings: 4 x 20  
Medicine Ball Slams: 4 x 15  
TRX Rows: 3 x 12  
Box Jumps: 3 x 15  
Farmer's Walk with Dumbbells: 4 x 1 minute

## SUNDAY

**Rest**



# HYPERTROPHY FOCUS PROGRAM



## MONDAY

Barbell Bench Press: 4 x 10-12  
Dumbbell Rows: 4 x 12-15 (each arm)  
Seated Dumbbell Shoulder Press: 3 x 12-15  
Barbell Bicep Curls: 3 x 12-15  
Tricep Dips: 3 x 12-15

## TUESDAY

Barbell Squats: 4 x 10-12  
Romanian Deadlifts: 4 x 12-15  
Leg Press: 3 x 12-15  
Walking Lunges with Dumbbells: 3 x 12-15 (each leg)  
Standing Calf Raises: 4 x 15-20

## WEDNESDAY

Light cardiovascular activity (e.g., walking, cycling)  
Gentle stretching or yoga for 20-30 minutes

## THURSDAY

Plank with Shoulder Taps: 3 x 20  
Hanging Leg Raises: 3 x 12  
Russian Twists: 4 x 20 (each side)  
Bicycle Crunches: 4 x 20 (each side)  
Side Plank: 3 x 30 seconds (each side)

## FRIDAY

Deadlifts: 4 x 8-10  
Dumbbell Lunges: 3 x 12-15 (each leg)  
Pull-ups (Assisted if needed): 3 x 10-12  
Cable Rows: 3 x 12-15  
Plank to Pike: 3 x 20

## SATURDAY

Hammer Curls: 3 x 15-20  
Lateral Raises: 3 x 15-20  
Leg Extensions: 3 x 15-20  
Seated Leg Curl: 3 x 15-20  
Bicycle Crunches: 4 x 20 (each side)

## SUNDAY

**Rest**



# FULL BODY CIRCUIT PROGRAM



## MONDAY

Bodyweight Squats: 15 reps  
Push-ups: 12 reps  
Dumbbell Rows (or bodyweight rows): 12 reps (each arm)  
Plank: 45 seconds  
Jumping Jacks: 1 minute

## TUESDAY

High Knees: 1 minute  
Bicycle Crunches: 20 reps (each side)  
Mountain Climbers: 1 minute  
Jump Rope (or imaginary jump rope): 2 minutes  
Plank with Shoulder Taps: 30 seconds

## WEDNESDAY

Goblet Squats (with a dumbbell or kettlebell): 12 reps  
Dumbbell Bench Press (or push-ups): 15 reps  
Russian Twists: 20 reps (each side)  
Single-Leg Romanian Deadlifts: 12 reps (each leg)  
Side Plank: 30 seconds (each side)

## THURSDAY

Sprinting (or fast-paced jogging): 30 seconds  
Walking Lunges: 45 seconds  
Burpees: 1 minute  
Rest: 1.5 minutes

## FRIDAY

Medicine Ball Slams: 15 reps  
TRX Rows (or inverted rows): 12 reps  
Box Jumps: 10 reps  
Plank to Pike: 20 reps  
Jumping Lunges: 12 reps (each leg)

## SATURDAY

Kettlebell Swings (or dumbbell swings)  
Push-ups  
Jump Squats  
Dumbbell Renegade Rows  
High Knees

## SUNDAY

**Rest**



# BODY SCULPTING PROGRAM



## MONDAY

Barbell Squats: 4 x 10-12  
Dumbbell Chest Flyes: 3 x 12-15  
Bent-over Rows: 4 x 12-15  
Plank with Leg Lifts: 3 x 20  
Standing Dumbbell Shoulder Press: 3 x 12-15

## TUESDAY

Bicycle Crunches: 4 x 20 (each side)  
Russian Twists: 3 x 15 (each side)  
Plank Variations (Forearm Plank, Side Plank): 3 x 30 seconds each  
Stability Ball Rollouts: 3 x 12  
Leg Raises: 4 x 15

## WEDNESDAY

Bicep Curls: 3 x 12-15  
Tricep Dips: 3 x 15  
Hammer Curls: 3 x 12-15  
Overhead Tricep Extension: 3 x 12-15  
Push-ups: 4 x 12

## THURSDAY

Romanian Deadlifts: 4 x 10-12  
Walking Lunges with Dumbbells: 3 x 15 (each leg)  
Leg Press: 4 x 12-15  
Calf Raises: 3 x 20  
Glute Bridges: 3 x 15

## FRIDAY

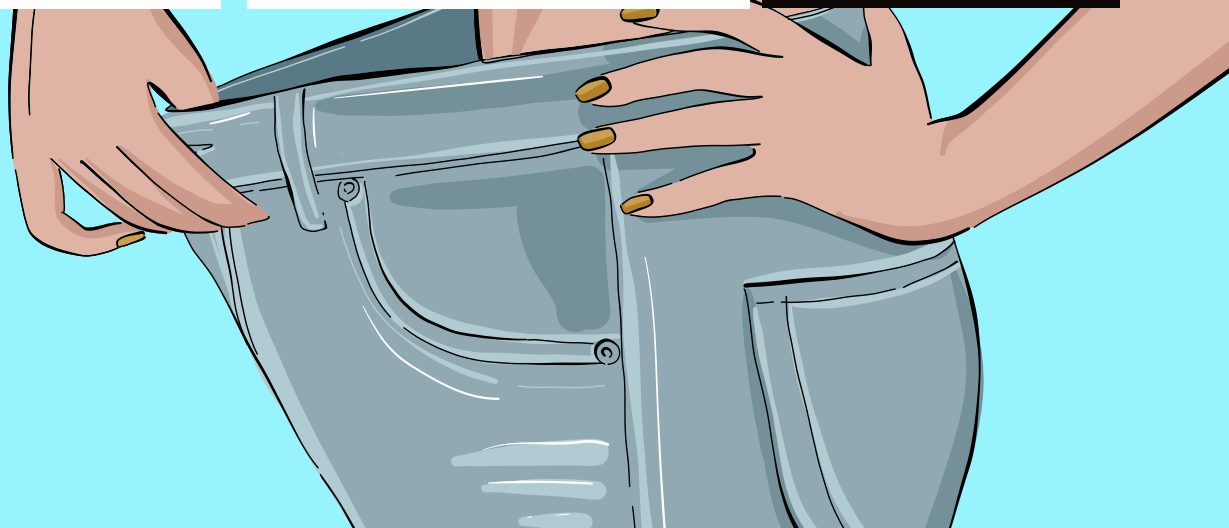
Kettlebell Swings: 15 reps  
Plank to T-Rotation: 12 reps (each side)  
Box Jumps: 10 reps  
Dumbbell Side Lateral Raises: 12 reps  
Reverse Lunges: 15 reps (each leg)

## SATURDAY

Jump Rope: 4 x 2 minutes  
High Knees: 4 x 1 minute  
Burpees: 4 x 10  
Mountain Climbers: 3 x 30 seconds  
Sprint Intervals: 6 x 20 seconds (with 40 seconds rest)

## SUNDAY

**Rest**



# POWER BUILDING PROGRAM



## MONDAY

Back Squats: 5 x 5  
Bench Press: 5 x 5  
Bent-over Rows: 4 x 8  
Overhead Press: 4 x 8  
Plank: 3 x 45 seconds

## TUESDAY

Power Cleans: 5 x 3  
Box Jumps: 4 x 8  
Medicine Ball Slams: 4 x 10  
Sprint Intervals: 6 x 20 seconds (with 40 seconds rest)  
Hanging Leg Raises: 3 x 15

## WEDNESDAY

Light cardiovascular activity (e.g., walking, cycling)  
Gentle stretching or yoga for 20-30 minutes

## THURSDAY

Front Squats: 4 x 10  
Incline Dumbbell Press: 4 x 12  
Pull-ups (Assisted if needed): 3 x 10  
Dumbbell Lateral Raises: 3 x 15  
Plank to Pike: 3 x 20

## FRIDAY

Deadlifts: 5 x 5  
Weighted Dips: 4 x 8  
Barbell Rows: 4 x 8  
Push Press: 4 x 6  
Hanging Windshield Wipers: 3 x 12 (each side)

## SATURDAY

Bulgarian Split Squats: 3 x 12 (each leg)  
Tricep Rope Pushdowns: 3 x 15  
Hammer Curls: 3 x 12-15  
Seated Leg Press: 3 x 15  
Russian Twists with Medicine Ball: 3 x 20 (each side)

## SUNDAY

**Rest**

