

STRENGTH AND MOBILITY ENHANCEMENT



MONDAY

Squats - 3 x 12
Deadlifts - 3 x 10
Overhead Press - 3 x 8
Leg Raises - 3 x 15
Plank - 1 x 60 seconds

TUESDAY

Bench Press - 3 x 10
Pull-Ups - 3 x 8
Lunges - 3 x 12 per leg
Russian Twists - 3 x 20
Side Plank - 2 x 30 seconds per side

WEDNESDAY

Box Jumps - 3 x 15
Bent-over Rows - 3 x 12
Push Press - 3 x 10
Bicycle Crunches - 3 x 20
Superman Exercise - 3 x 15

THURSDAY

Front Squats - 3 x 10
Lat Pulldowns - 3 x 12
Tricep Dips - 3 x 15
Leg Curls - 3 x 12
Plank with Shoulder Taps - 2 x 45 seconds

FRIDAY

Romanian Deadlifts - 3 x 12
Incline Bench Press - 3 x 10
Dumbbell Shoulder Press - 3 x 8
Hanging Leg Raises - 3 x 15
Side Plank with Hip Dip - 2 x 30 seconds per side

SATURDAY

Kettlebell Swings - 3 x 15
Chin-Ups - 3 x 8
Bulgarian Split Squats - 3 x 12 per leg
Oblique Crunches - 3 x 20
Plank to Pike - 2 x 45 seconds

SUNDAY

Rest Day



ENDURANCE AND STAMINA BUILDING



MONDAY

Running (or Cardio of Choice) - 30 minutes at a steady pace
Jumping Jacks - 3 x 50
Bodyweight Squats - 3 x 20
Plank - 3 x 60 seconds
Bicycle Crunches - 3 x 20

TUESDAY

Cycling (or Cardio of Choice) - 30 minutes at a moderate pace
Burpees - 3 x 15
Lunges - 3 x 15 per leg
Russian Twists - 3 x 30
Mountain Climbers - 3 x 30

WEDNESDAY

High-Intensity Interval Training (HIIT) - 20 minutes (alternating 30 seconds high intensity, 30 seconds rest)
Jump Rope - 3 x 5 minutes
Push-Ups - 3 x 15
Leg Raises - 3 x 20
Side Plank - 2 x 45 seconds per side

THURSDAY

Swimming (or Cardio of Choice) - 30 minutes at a steady pace
Box Jumps - 3 x 15
Plank to Pike - 3 x 15
Russian Twists - 3 x 30
Superman Exercise - 3 x 15

FRIDAY

Rowing (or Cardio of Choice) - 30 minutes at a moderate pace
Jumping Jacks - 3 x 50
Dumbbell Thrusters - 3 x 12
Bicycle Crunches - 3 x 20
Side Plank with Hip Dip - 2 x 45 seconds per side

SATURDAY

Trail Running (or Cardio of Choice) - 45 minutes at a steady pace
Burpees - 3 x 15
Bodyweight Squats - 3 x 20
Plank - 3 x 60 seconds
Oblique Crunches - 3 x 20

SUNDAY

**Rest
Day**



AGILITY AND SPEED OPTIMIZATION



MONDAY

Agility Ladder Drills - 3 x 10 minutes
Sprint Intervals - 8 x 30 seconds (rest 30 seconds between sprints)
Box Jumps - 3 x 15
Lateral Bounds - 3 x 20
Plank - 3 x 60 seconds

TUESDAY

Cone Drills - 3 x 10 minutes
Hill Sprints - 6 x 20 seconds (walk down for recovery)
Jump Rope - 3 x 5 minutes
Side-to-Side Hops - 3 x 20
Bicycle Crunches - 3 x 20

WEDNESDAY

Speed Skaters - 3 x 15 per side
Sprint Intervals - 8 x 30 seconds (rest 30 seconds between sprints)
Agility Cone Weave - 3 x 10 minutes
Plank to Pike Jumps - 3 x 15
Side Plank - 2 x 45 seconds per side

THURSDAY

Shuttle Runs - 3 x 10 minutes
Lateral Box Jumps - 3 x 15
Hill Sprints - 6 x 20 seconds (walk down for recovery)
Russian Twists - 3 x 30
Superman Exercise - 3 x 15

FRIDAY

Speed Ladder Cone Drills - 3 x 10 minutes
Sprint Intervals - 8 x 30 seconds (rest 30 seconds between sprints)
Jump Rope - 3 x 5 minutes
Plank with Shoulder Taps - 3 x 15
Side Plank with Hip Dip - 2 x 45 seconds per side

SATURDAY

Agility Cone Drills - 3 x 10 minutes
Hill Sprints - 6 x 20 seconds (walk down for recovery)
Box Jumps - 3 x 15
Bicycle Crunches - 3 x 20
Plank to Pike Jumps - 3 x 15

SUNDAY

Rest



BIOMECHANICAL HEALTH AND WELLNESS



MONDAY

Goblet Squats - 3 x 12
Prone Back Extensions - 3 x 15
Shoulder Press - 3 x 10
Hip Thrusts - 3 x 15
Plank - 3 x 60 seconds

TUESDAY

Romanian Deadlifts - 3 x 12
Seated Rows - 3 x 15
Tricep Dips - 3 x 12
Side Plank - 2 x 45 seconds per side
Russian Twists - 3 x 20

WEDNESDAY

Step-Ups - 3 x 15 per leg
Face Pulls - 3 x 12
Front Plank - 3 x 60 seconds
Leg Curls - 3 x 12
Bicycle Crunches - 3 x 20

THURSDAY

Bulgarian Split Squats - 3 x 12 per leg
Lat Pulldowns - 3 x 15
Push-Ups - 3 x 15
Superman Exercise - 3 x 15
Plank to Pike Jumps - 3 x 15

FRIDAY

Dumbbell Lunges - 3 x 15 per leg
Bent-over Rows - 3 x 12
Tricep Kickbacks - 3 x 15
Side Plank with Hip Dip - 2 x 45 seconds per side
Russian Twists - 3 x 20

SATURDAY

Box Jumps - 3 x 15
Pull-Ups - 3 x 10
Overhead Press - 3 x 12
Bicycle Crunches - 3 x 20
Plank - 3 x 60 seconds

SUNDAY

Rest



BIOHACKING POWERLIFTING AND MUSCLE HYPERTROPHY



MONDAY

Squats - 4 x 5
Deadlifts - 4 x 5
Bench Press - 4 x 5
Bent-over Rows - 4 x 8
Plank - 3 x 60 seconds

TUESDAY

Leg Press - 4 x 12
Romanian Deadlifts - 4 x 10
Incline Dumbbell Press - 4 x 12
Pull-Ups - 4 x 8
Russian Twists - 3 x 20

WEDNESDAY

Light Cardio or Mobility Exercises -
30 minutes
Stretching Routine - 15 minutes
Yoga or Pilates - 20 minutes

THURSDAY

Front Squats - 4 x 6
Sumo Deadlifts - 4 x 6
Overhead Press - 4 x 6
Lat Pulldowns - 4 x 10
Side Plank - 2 x 45 seconds per side

FRIDAY

Bulgarian Split Squats - 4 x 12 per
leg
Dumbbell Rows - 4 x 10 per arm
Close-Grip Bench Press - 4 x 12
Face Pulls - 4 x 15
Bicycle Crunches - 3 x 20

SATURDAY

Back Squats - 4 x 5
Conventional Deadlifts - 4 x 5
Bench Press - 4 x 5
Pull-Ups - 4 x 8
Plank to Pike Jumps - 3 x 15

SUNDAY

Rest



LOW INTENSITY METABOLIC CONDITIONING



MONDAY

Brisk Walking - 45 minutes
Bodyweight Squats - 3 x 15
Push-Ups - 3 x 12
Plank - 3 x 45 seconds
Gentle Stretching - 15 minutes

TUESDAY

Easy Jogging - 30 minutes
Lunges - 3 x 15 per leg
Tricep Dips - 3 x 12
Side Plank - 2 x 30 seconds per side
Yoga or Tai Chi - 20 minutes

WEDNESDAY

Swimming or Water Aerobics - 45 minutes
Bodyweight Step-Ups - 3 x 15 per leg
Dumbbell Rows - 3 x 12 per arm
Plank to Pike - 3 x 15
Gentle Stretching - 15 minutes

THURSDAY

Stationary Cycling - 40 minutes
Box Jumps - 3 x 12
Russian Twists - 3 x 20
Side Plank with Hip Dip - 2 x 30 seconds per side
Yoga or Tai Chi - 20 minutes

FRIDAY

Nature Walk or Hike - 60 minutes
Bodyweight Lunges - 3 x 15 per leg
Push-Ups - 3 x 12
Bicycle Crunches - 3 x 20
Gentle Stretching - 15 minutes

SATURDAY

Easy Cycling - 30 minutes
Bodyweight Squats - 3 x 15
Tricep Dips - 3 x 12
Plank - 3 x 45 seconds
Yoga or Tai Chi - 20 minutes

SUNDAY

Rest



ADVANCED NEURO-PRIMED FITNESS



MONDAY

Box Jumps - 4 x 10
Power Cleans - 4 x 6
Handstand Push-Ups - 4 x 8
Medicine Ball Slams - 4 x 12
Plank with Alternating Arm/Leg Raise - 3 x 45 seconds

TUESDAY

Agility Cone Drills - 4 x 10 minutes
Kettlebell Swings - 4 x 15
One-Legged Squats (Pistols) - 4 x 8 per leg
Battle Rope Slams - 4 x 20 seconds
L-Sit Hold - 3 x 30 seconds

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Breathing Exercises or Meditation - 15 minutes
Yoga or Tai Chi - 20 minutes

THURSDAY

Reaction Ball Drills - 4 x 10 minutes
Dumbbell Snatches - 4 x 8 per arm
Turkish Get-Ups - 4 x 6 per side
Prowler Push or Sled Pull - 4 x 50 feet
Plank with Knee to Elbow Twist - 3 x 45 seconds

FRIDAY

Burpees - 4 x 15
Jump Rope - 4 x 5 minutes
Pistol Squats to Box - 4 x 10 per leg
Spider Crawl - 4 x 20 feet
Hanging Leg Raises - 3 x 15

SATURDAY

Slackline Walking - 4 x 10 minutes
Dumbbell Cross Body Hammer Curls - 4 x 12 per arm
Parkour Drills - 4 x 15 minutes
Plank to Pike Jumps - 4 x 15
Side Plank with Hip Dip - 3 x 30 seconds per side

SUNDAY

Rest



HIGH-INTENSITY STRENGTH AND CONDITIONING



MONDAY

Kettlebell Swings - 4 x 20
Box Jumps - 4 x 15
Push Press - 4 x 12
Medicine Ball Slams - 4 x 20
Burpees - 4 x 15

TUESDAY

Deadlifts - 4 x 6
Bench Press - 4 x 8
Pull-Ups - 4 x 10
Dumbbell Lunges - 4 x 12 per leg
Plank with Shoulder Taps - 3 x 45 seconds

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Stretching Routine - 15 minutes
Yoga or Tai Chi - 20 minutes

THURSDAY

Sprint Intervals - 8 x 30 seconds (rest 30 seconds between sprints)
Jumping Lunges - 4 x 20
Dumbbell Snatches - 4 x 15 per arm
Battle Rope Slams - 4 x 30 seconds
Plank to Pike Jumps - 3 x 15

FRIDAY

Rowing Intervals - 4 x 500 meters (rest 1 minute between sets)
Box Jumps - 4 x 15
Dumbbell Thrusters - 4 x 12
Mountain Climbers - 4 x 30
Russian Twists - 3 x 20

SATURDAY

Front Squats - 4 x 10
High-Intensity Jump Rope - 4 x 5 minutes
Push-Ups - 4 x 15
Plank to Pike - 4 x 15
Side Plank with Hip Dip - 3 x 30 seconds per side

SUNDAY

Rest



REGENERATIVE AND RECOVERY- FOCUSED FITNESS



MONDAY

Light Cardio or Mobility Exercises - 30 minutes
Deep Breathing or Meditation - 15 minutes
Gentle Yoga or Tai Chi - 20 minutes
Foam Rolling - 10 minutes
Light Stretching - 15 minutes

TUESDAY

Bodyweight Squats - 3 x 15
Prone Back Extensions - 3 x 12
Seated Shoulder Press - 3 x 10
Leg Swings - 3 x 20 per leg
Child's Pose Stretch - 2 x 30 seconds

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Deep Breathing or Meditation - 15 minutes
Gentle Yoga or Tai Chi - 20 minutes
Foam Rolling - 10 minutes
Light Stretching - 15 minutes

THURSDAY

Shoulder Circles - 3 x 20
Ankle Rolls - 3 x 15 per leg
Neck Tilts and Rotations - 3 x 15
Cat-Cow Stretch - 3 x 10
Seated Forward Bend - 2 x 30 seconds

FRIDAY

Yin Yoga Session - 60 minutes
Deep Breathing or Meditation - 20 minutes
Self-Massage or Foam Rolling - 15 minutes

SATURDAY

Brisk Walking or Cycling - 45 minutes at a moderate pace
Bodyweight Exercises (Choose 2-3): 3 x 12-15
Push-Ups
Bodyweight Lunges
Plank
Bird-Dogs
Static Stretching - 15 minutes

SUNDAY

Rest



ALTITUDE AND ENVIRONMENTAL CONDITIONING



MONDAY

Treadmill Incline Walking - 4 x 20 minutes at a steep incline
Bodyweight Squats - 3 x 15
Overhead Dumbbell Press - 3 x 12
Lunges - 3 x 15 per leg
Plank - 3 x 60 seconds

TUESDAY

Trail Running - 45 minutes on varied terrain
Box Jumps - 3 x 15
Pull-Ups - 3 x 10
Side Plank - 2 x 45 seconds per side
Yoga for Flexibility - 20 minutes

WEDNESDAY

Sandbag Training - 4 x 15 minutes
Kettlebell Swings - 4 x 20
Farmer's Walk with Dumbbells - 4 x 50 feet
Plank to Pike Jumps - 3 x 15
Deep Breathing or Meditation - 15 minutes

THURSDAY

Stationary Bike at High Resistance - 4 x 20 minutes
Bodyweight Lunges - 3 x 15 per leg
Push-Ups - 3 x 12
Russian Twists - 3 x 20
Static Stretching - 15 minutes

FRIDAY

Hiking or Mountain Climbing - 60 minutes
Dumbbell Snatches - 4 x 8 per arm
Trail Running Sprints - 4 x 30 seconds
Plank with Shoulder Taps - 3 x 45 seconds
Yoga for Recovery - 20 minutes

SATURDAY

Sandbag or Log Carry - 4 x 20 minutes
Battle Rope Slams - 4 x 30 seconds
Lateral Box Jumps - 3 x 15
Bicycle Crunches - 3 x 20
Deep Breathing or Meditation - 15 minutes

SUNDAY

Rest



MIND-BODY HARMONY



MONDAY

Tai Chi or Qigong Session - 60 minutes
Walking Meditation - 30 minutes
Bodyweight Yoga Flow - 30 minutes
Deep Breathing Exercises - 15 minutes
Guided Meditation for Relaxation - 20 minutes

TUESDAY

Pilates Mat Workout - 45 minutes
Dumbbell Exercises for Strength - 3 x 12
Goblet Squats
Bent-over Rows
Chest Flyes
Stretching and Mobility Routine - 20 minutes
Mindful Breathing Practice - 15 minutes

WEDNESDAY

Nature Walk or Light Hike - 60 minutes
Gentle Yoga for Recovery - 30 minutes
Breathing Exercises or Meditation - 20 minutes

THURSDAY

Low-Intensity Cycling or Nature
Jogging - 45 minutes
Bodyweight Exercises (Choose 2-3): 3 x 15
Jumping Jacks
Plank to Pike
Walking Lunges
Bicycle Crunches
Meditation or Mindful Breathing - 20 minutes

FRIDAY

Yoga with Weights (Dumbbells) - 60 minutes
Deep Squats - 3 x 15
Push-Ups - 3 x 12
Russian Twists - 3 x 20
Mindful Stretching - 20 minutes

SATURDAY

Meditation and Mindfulness
Workshop - 60 minutes
Guided Body Scan Meditation - 30 minutes
Gentle Movement Flow - 30 minutes

SUNDAY

Rest



CARDIOVASCULAR VITALITY



MONDAY

Sprint Intervals - 8 x 30 seconds (rest 30 seconds between sprints)
Burpees - 4 x 15
Jumping Lunges - 4 x 20
Plank to Pike Jumps - 3 x 15
Deep Breathing or Meditation - 15 minutes

TUESDAY

Long-Distance Running or Cycling - 60 minutes at a moderate pace
Bodyweight Squats - 3 x 15
Push-Ups - 3 x 12
Russian Twists - 3 x 20
Yoga for Flexibility - 20 minutes

WEDNESDAY

Rowing Intervals - 4 x 500 meters (rest 1 minute between sets)
Kettlebell Swings - 4 x 20
Dumbbell Thrusters - 4 x 12
Mountain Climbers - 4 x 30
Deep Breathing or Meditation - 15 minutes

THURSDAY

Stair Climbing or Hill Sprints - 30 minutes
Box Jumps - 3 x 15
Push-Ups - 3 x 12
Plank with Shoulder Taps - 3 x 45 seconds
Mindful Stretching - 20 minutes

FRIDAY

Kickboxing or Cardio Boxing Class - 45 minutes
Jump Rope - 4 x 5 minutes
Dumbbell Cross Body Punches - 3 x 20
Bicycle Crunches - 3 x 20
Deep Breathing or Meditation - 15 minutes

SATURDAY

Light Jogging or Cycling - 30 minutes
Swimming or Water Aerobics - 30 minutes
Light Bodyweight Exercises (Choose 2-3): 3 x 15
Lunges
Plank
Jumping Jacks
Side Plank
Yoga for Recovery - 20 minutes

SUNDAY

Rest



FULL-BODY STRENGTH & FLEXIBILITY



MONDAY

Bench Press - 4 x 8
Bent-over Rows - 4 x 10
Overhead Dumbbell Press - 4 x 12
Pull-Ups - 4 x 8
Plank - 3 x 60 seconds

TUESDAY

Dynamic Stretching Routine - 20 minutes
Yoga for Flexibility - 30 minutes
Foam Rolling - 15 minutes
Deep Breathing or Meditation - 20 minutes

WEDNESDAY

Squats - 4 x 10
Romanian Deadlifts - 4 x 12
Lunges - 4 x 15 per leg
Calf Raises - 3 x 15
Side Plank - 2 x 45 seconds per side

THURSDAY

Deadlifts - 3 x 8
Push-Ups - 3 x 15
Dumbbell Lunges - 3 x 12 per leg
Lat Pulldowns - 3 x 12
Plank to Pike Jumps - 3 x 15

FRIDAY

Pilates Mat Workout - 45 minutes
Yoga for Core Strength - 30 minutes
Side Plank with Hip Dip - 3 x 30 seconds per side
Russian Twists - 3 x 20
Deep Breathing or Meditation - 20 minutes

SATURDAY

Kettlebell Swings - 4 x 20
Box Jumps - 4 x 15
Push Press - 4 x 12
Plank with Shoulder Taps - 3 x 45 seconds
Jump Rope - 4 x 5 minutes

SUNDAY

Active Recovery
and Mind-Body
Integration



NATURAL EXPOSURE ENDURANCE AND AGILITY



MONDAY

Trail Running - 45 minutes on varied terrain
Natural Obstacle Course (use rocks, fallen logs, etc.) - 4 x 15 minutes
Bodyweight Squats - 3 x 15
Jumping Lunges - 3 x 20
Deep Breathing or Meditation - 15 minutes

TUESDAY

Outdoor Hiking or Mountain Climbing - 60 minutes
Agility Cone Drills - 4 x 10 minutes
Hill Sprints - 4 x 20 seconds (walk down for recovery)
Plank with Shoulder Taps - 3 x 45 seconds
Yoga for Flexibility - 20 minutes

WEDNESDAY

Animal Flow Exercises - 45 minutes
Trail Running Sprints - 4 x 30 seconds
Rock Climbing or Bouldering - 30 minutes
Deep Breathing or Meditation - 20 minutes

THURSDAY

Swimming or Water Aerobics - 45 minutes
Paddleboarding or Kayaking - 30 minutes
Bodyweight Lunges - 3 x 15 per leg
Side Plank - 2 x 45 seconds per side
Mindful Stretching - 15 minutes

FRIDAY

Nature Walk or Light Jogging - 45 minutes
Box Jumps using Natural Elements - 3 x 15
Push-Ups on Uneven Terrain - 3 x 12
Lateral Jumps over Natural Obstacles - 3 x 20
Deep Breathing or Meditation - 15 minutes

SATURDAY

Mountain Biking - 60 minutes on varied terrain
Log Jumps or Bunny Hops - 4 x 15
Dumbbell Snatches - 3 x 12 per arm
Plank to Pike Jumps - 3 x 15
Yoga for Recovery - 20 minutes

SUNDAY

Active Recovery and
Nature Connection



NATURAL DETOX AND REVITALIZATION



MONDAY

Brisk Walking or Light Jogging - 45 minutes
Jump Rope - 4 x 5 minutes
Bodyweight Squats - 3 x 15
Deep Breathing Exercises - 15 minutes
Yoga for Detox - 20 minutes

TUESDAY

Deadlifts - 4 x 10
Cleans (with light weights) - 4 x 12
Push-Ups - 4 x 15
Bent-over Rows - 4 x 12
Plank - 3 x 60 seconds

WEDNESDAY

Nature Walk or Hike - 60 minutes
Breathing Exercises or Meditation - 20 minutes
Infrared Sauna Session - 30 minutes
Gentle Yoga or Tai Chi - 30 minutes

THURSDAY

Cycling or Nature Jogging - 45 minutes
Sun Salutations - 4 x 10
Jumping Lunges - 4 x 20
Plank with Shoulder Taps - 3 x 45 seconds
Deep Breathing or Meditation - 15 minutes

FRIDAY

Kettlebell Swings - 4 x 20
Box Jumps - 4 x 15
Dumbbell Thrusters - 4 x 12
Mountain Climbers - 4 x 30
Yoga for Relaxation - 20 minutes

SATURDAY

Outdoor Meditation or
Mindful Walk - 60 minutes
Deep Breathing Exercises - 20 minutes
Nature Yoga - 30 minutes

SUNDAY

Rest



ULTIMATE BRAIN AND BODY OPTIMIZATION



MONDAY

Power Cleans - 4 x 6
Front Squats - 4 x 8
Overhead Dumbbell Press - 4 x 10
Pull-Ups - 4 x 10
Plank with Alternating Arm/Leg Raise -
3 x 45 seconds

TUESDAY

Reaction Ball Drills - 4 x 10 minutes
Turkish Get-Ups - 4 x 6 per side
Dumbbell Snatches - 4 x 8 per arm
Prowler Push or Sled Pull - 4 x 50 feet
Plank with Knee to Elbow Twist - 3 x
45 seconds

WEDNESDAY

Light Cardio or Mobility Exercises - 30
minutes
Breathing Exercises or Meditation - 15
minutes
Yoga or Tai Chi - 20 minutes

THURSDAY

Agility Cone Drills - 4 x 10 minutes
Kettlebell Swings - 4 x 15
One-Legged Squats (Pistols) - 4 x 8 per leg
Battle Rope Slams - 4 x 20 seconds
L-Sit Hold - 3 x 30 seconds

FRIDAY

Speed and Memory Games - 30 minutes
Dumbbell Cross Body Hammer Curls - 4 x 12 per
arm
Parkour Drills - 4 x 15 minutes
Plank to Pike Jumps - 4 x 15
Side Plank with Hip Dip - 3 x 30 seconds per side

SATURDAY

Burpees - 4 x 15
Jump Rope - 4 x 5 minutes
Pistol Squats to Box - 4 x 10 per
leg
Spider Crawl - 4 x 20 feet
Hanging Leg Raises - 3 x 15

SUNDAY

Rest



HOLISTIC HEALTH AND LONGEVITY



MONDAY

Tai Chi or Qigong - 60 minutes
Bodyweight Squats - 3 x 15
Push-Ups - 3 x 12
Deep Breathing Exercises - 15 minutes
Yoga for Holistic Health - 20 minutes

TUESDAY

Brisk Walking or Light Jogging - 45 minutes
Jump Rope - 4 x 5 minutes
Dumbbell Lunges - 3 x 15 per leg
Plank with Shoulder Taps - 3 x 45 seconds
Mindful Stretching - 20 minutes

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Meditation or Mindfulness Practice - 20 minutes
Nature Walk or Hike - 60 minutes
Gentle Yoga or Tai Chi - 30 minutes

THURSDAY

Squats - 4 x 10
Deadlifts - 4 x 8
Renegade Rows - 3 x 12 per arm
Stability Ball Exercises - 3 x 15
Plank to Pike Jumps - 3 x 15

FRIDAY

Cycling or Nature Jogging - 45 minutes
Sun Salutations - 4 x 10
Box Jumps - 4 x 15
Russian Twists - 3 x 20
Deep Breathing or Meditation - 15 minutes

SATURDAY

Kettlebell Swings - 4 x 20
Dumbbell Thrusters - 4 x 12
Medicine Ball Slams - 4 x 15
Side Plank with Hip Dip - 3 x 30 seconds per side
Yoga for Flexibility and Longevity - 20 minutes

SUNDAY

Rest



PEAK PHYSICAL PERFORMANCE



MONDAY

Power Cleans - 4 x 6
Front Squats - 4 x 8
Overhead Dumbbell Press - 4 x 10
Pull-Ups - 4 x 10
Plank with Alternating Arm/Leg Raise - 3 x 60 seconds

TUESDAY

Agility Ladder Drills - 4 x 10 minutes
Box Jumps - 4 x 15
Dumbbell Snatches - 4 x 8 per arm
Sprint Intervals - 4 x 30 seconds
L-Sit Hold - 3 x 30 seconds

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Breathing Exercises or Meditation - 15 minutes
Yoga or Tai Chi for Flexibility - 20 minutes

THURSDAY

Rowing Intervals - 4 x 500 meters (rest 1 minute between sets)
Burpees - 4 x 15
Jumping Lunges - 4 x 20
Plank to Pike Jumps - 3 x 15
Deep Breathing or Meditation - 15 minutes

FRIDAY

Reaction Ball Drills - 4 x 10 minutes
Turkish Get-Ups - 4 x 6 per side
Medicine Ball Slams - 4 x 15
Dumbbell Cross Body Hammer Curls - 4 x 12 per arm
Plank with Knee to Elbow Twist - 3 x 45 seconds

SATURDAY

High-Intensity Jump Rope - 4 x 5 minutes
Cycling Sprints - 4 x 1 minute (rest 1 minute between sprints)
Box Jumps - 4 x 15
Russian Twists - 3 x 20
Yoga for Recovery - 20 minutes

SUNDAY

Rest



STRESS REDUCTION AND EMOTIONAL BALANCE



MONDAY

Tai Chi or Qigong - 60 minutes
Bodyweight Squats - 3 x 15
Push-Ups - 3 x 12
Deep Breathing Exercises - 15 minutes
Yoga for Stress Relief - 20 minutes

TUESDAY

Brisk Walking or Light Jogging - 45 minutes
Jump Rope - 4 x 5 minutes
Dumbbell Lunges - 3 x 15 per leg
Plank with Shoulder Taps - 3 x 45 seconds
Mindful Stretching - 20 minutes

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Meditation or Mindfulness Practice - 20 minutes
Nature Walk or Hike - 60 minutes
Gentle Yoga or Tai Chi - 30 minutes

THURSDAY

Guided Relaxation or Visualization - 30 minutes
Yoga Nidra - 30 minutes
Deep Breathing Exercises - 20 minutes
Meditation for Emotional Balance - 20 minutes

FRIDAY

Sun Salutations - 4 x 10
Box Breathing - 4 x 5 minutes
Yoga for Detox and Emotional Release - 45 minutes
Bodyweight Squats - 3 x 15
Mindful Stretching - 20 minutes

SATURDAY

Forest Bathing or Nature Walk - 60 minutes
Breathing Exercises - 20 minutes
Gentle Yoga in Nature - 30 minutes

SUNDAY

Rest



ENVIRONMENTAL ADAPTATION AND RESILIENCE



MONDAY

Treadmill Incline Walking - 4 x 20 minutes
at a steep incline
Bodyweight Squats - 3 x 15
Overhead Dumbbell Press - 3 x 12
Lunges - 3 x 15 per leg
Plank - 3 x 60 seconds

TUESDAY

Trail Running - 45 minutes on varied
terrain
Box Jumps - 3 x 15
Pull-Ups - 3 x 10
Side Plank - 2 x 45 seconds per side
Yoga for Flexibility - 20 minutes

WEDNESDAY

Sandbag Training - 4 x 15 minutes
Kettlebell Swings - 4 x 20
Farmer's Walk with Dumbbells - 4 x 50 feet
Plank to Pike Jumps - 3 x 15
Deep Breathing or Meditation - 15 minutes

THURSDAY

Stationary Bike at High Resistance -
4 x 20 minutes
Bodyweight Lunges - 3 x 15 per leg
Push-Ups - 3 x 12
Russian Twists - 3 x 20
Static Stretching - 15 minutes

FRIDAY

Hiking or Mountain Climbing - 60
minutes
Dumbbell Snatches - 4 x 8 per arm
Trail Running Sprints - 4 x 30 seconds
Plank with Shoulder Taps - 3 x 45
seconds
Yoga for Recovery - 20 minutes

SATURDAY

Sandbag or Log Carry - 4 x 20 minutes
Battle Rope Slams - 4 x 30 seconds
Lateral Box Jumps - 3 x 15
Bicycle Crunches - 3 x 20
Deep Breathing or Meditation - 15
minutes

SUNDAY

Rest



LEAN MACHINE



MONDAY

Deadlifts - 4 x 10
Bench Press - 4 x 8
Dumbbell Rows - 4 x 12 per arm
Bodyweight Squats - 3 x 15
Plank - 3 x 60 seconds

TUESDAY

HIIT Cardio (e.g., Sprinting, Burpees, Jumping Jacks) - 4 x 5 minutes
Jump Rope - 4 x 5 minutes
Kettlebell Swings - 4 x 20
Mountain Climbers - 4 x 30 seconds
Deep Breathing or Meditation - 15 minutes

WEDNESDAY

Plank Variations (Front Plank, Side Plank) - 4 x 60 seconds each
Russian Twists - 3 x 20
Leg Raises - 3 x 15
Bicycle Crunches - 3 x 20
Yoga for Core Strength - 20 minutes

THURSDAY

Squats - 4 x 10
Dumbbell Lunges - 4 x 12 per leg
Dumbbell Shoulder Press - 3 x 12
Pull-Ups or Lat Pulldowns - 3 x 10
Plank to Pike Jumps - 3 x 15

FRIDAY

Cycling Sprints - 4 x 1 minute (rest 1 minute between sprints)
Box Jumps - 4 x 15
Agility Cone Drills - 4 x 10 minutes
Dumbbell Snatches - 3 x 12 per arm
Mindful Stretching - 20 minutes

SATURDAY

Nature Walk or Light Hike - 60 minutes
Yoga for Flexibility and Recovery - 30 minutes
Deep Breathing or Meditation - 20 minutes

SUNDAY

Rest



ENDURANCE AND TONE



MONDAY

Running or Jogging - 45 minutes at a moderate pace
Jumping Jacks - 4 x 3 minutes
Dumbbell Thrusters - 3 x 12
Plank - 3 x 60 seconds
Deep Breathing or Meditation - 15 minutes

TUESDAY

Bodyweight Squats - 4 x 15
Push-Ups - 4 x 12
Dumbbell Rows - 3 x 15 per arm
Russian Twists - 3 x 20
Yoga for Toning - 20 minutes

WEDNESDAY

Light Cycling or Swimming - 30 minutes
Dynamic Stretching Routine - 20 minutes
Yoga for Flexibility - 30 minutes
Breathing Exercises or Meditation - 20 minutes

THURSDAY

High-Intensity Interval Training (HIIT) - 4 x 5 minutes
Kettlebell Swings - 4 x 20
Jump Rope - 4 x 5 minutes
Plank to Pike Jumps - 3 x 15
Mindful Stretching - 20 minutes

FRIDAY

Lunges - 4 x 12 per leg
Tricep Dips - 3 x 15
Bicep Curls - 3 x 12 per arm
Leg Raises - 3 x 15
Deep Breathing or Meditation - 15 minutes

SATURDAY

Cycling or Rowing - 45 minutes at a moderate pace
Box Jumps - 4 x 15
Plank with Shoulder Taps - 3 x 45 seconds
Mountain Climbers - 4 x 30 seconds
Yoga for Recovery - 20 minutes

SUNDAY

Rest



CORE-CENTRIC LEAN BUILD



MONDAY

Plank Variations (Front Plank, Side Plank) - 4 x 60 seconds each
Russian Twists - 3 x 20
Bicycle Crunches - 3 x 20
Leg Raises - 3 x 15
Deep Breathing or Meditation - 15 minutes

TUESDAY

Deadlifts - 4 x 10
Dumbbell Lunges - 4 x 12 per leg
Bent-over Rows - 4 x 12 per arm
Push-Ups - 3 x 15
Plank with Alternating Arm/Leg Raise - 3 x 45 seconds

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Yoga for Flexibility and Core - 30 minutes
Deep Breathing or Meditation - 20 minutes

THURSDAY

High-Intensity Interval Training (HIIT) with Core Emphasis - 4 x 5 minutes
Mountain Climbers - 4 x 30 seconds
Box Jumps - 4 x 15
Plank to Pike Jumps - 3 x 15
Mindful Stretching - 20 minutes

FRIDAY

Medicine Ball Slams - 4 x 20
Cable Crunches - 3 x 15
Stability Ball Rollouts - 3 x 12
Russian Twists with Medicine Ball - 3 x 20
Deep Breathing or Meditation - 15 minutes

SATURDAY

Running or Jogging - 45 minutes
Kettlebell Swings - 4 x 20
Plank with Shoulder Taps - 3 x 45 seconds
Leg Raises - 3 x 15
Yoga for Recovery - 20 minutes

SUNDAY

Rest



DYNAMIC LEAN SCULPT



MONDAY

Dynamic Warm-up - 10 minutes
Squat Jumps - 4 x 15
Dumbbell Snatches - 4 x 10 per arm
Renegade Rows - 4 x 12 per arm
Plank to Pike Jumps - 3 x 15
Deep Breathing or Meditation - 15 minutes

TUESDAY

Running or Jogging Intervals - 4 x 5 minutes
Jump Rope - 4 x 5 minutes
Kettlebell Swings - 4 x 20
Bicycle Crunches - 3 x 20
Yoga for Flexibility - 20 minutes

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Dynamic Stretching Routine - 20 minutes
Yoga for Dynamic Sculpting - 30 minutes
Deep Breathing or Meditation - 20 minutes

THURSDAY

Plank Variations (Front Plank, Side Plank) - 4 x 60 seconds each
Medicine Ball Slams - 4 x 20
Tricep Dips - 3 x 15
Dumbbell Lunges with Twist - 3 x 12 per leg
Mindful Stretching - 20 minutes

FRIDAY

Burpees - 4 x 15
Box Jumps - 4 x 15
Dumbbell Thrusters - 4 x 12
Mountain Climbers - 4 x 30 seconds
Deep Breathing or Meditation - 15 minutes

SATURDAY

Cycling Sprints - 4 x 1 minute (rest 1 minute between sprints)
Jumping Lunges - 4 x 20
Plank with Shoulder Taps - 3 x 45 seconds
Leg Raises - 3 x 15
Yoga for Recovery - 20 minutes

SUNDAY

Rest



LEAN AND AGILE



MONDAY

Dynamic Warm-up with Agility Drills - 10 minutes
Agility Cone Drills - 4 x 10 minutes
Jump Rope - 4 x 5 minutes
Bodyweight Squat Jumps - 3 x 15
Plank to Pike Jumps - 3 x 15
Deep Breathing or Meditation - 15 minutes

TUESDAY

High-Intensity Interval Training (HIIT) - 4 x 5 minutes
Sprint Intervals - 4 x 30 seconds
Kettlebell Swings - 4 x 20
Lateral Jumps - 3 x 20
Yoga for Flexibility - 20 minutes

WEDNESDAY

Light Cardio or Mobility Exercises - 30 minutes
Dynamic Stretching Routine - 20 minutes
Yoga for Agile Movement - 30 minutes
Deep Breathing or Meditation - 20 minutes

THURSDAY

Dumbbell Snatches - 4 x 10 per arm
Box Jumps - 4 x 15
Renegade Rows - 4 x 12 per arm
Lunges with Rotation - 3 x 12 per leg
Mindful Stretching - 20 minutes

FRIDAY

Agility Ladder Drills - 4 x 10 minutes
Running or Jogging - 45 minutes
Plank with Shoulder Taps - 3 x 45 seconds
Bicycle Crunches - 3 x 20
Deep Breathing or Meditation - 15 minutes

SATURDAY

Trail Running with Natural Obstacles - 60 minutes
Parkour Drills - 4 x 15 minutes
Jumping Lunges - 4 x 20
Plank to Pike Jumps - 3 x 15
Yoga for Recovery - 20 minutes

SUNDAY

Rest



NATURE'S GYM



MONDAY

Trail Running - 45 minutes
Bodyweight Exercises (Squats, Push-Ups, Lunges) - 4 x 15 each
Tree Branch Pull-Ups - 3 x 10
Natural Obstacle Course - 4 x 10 minutes
Deep Breathing or Meditation - 15 minutes

TUESDAY

Kayaking or Canoeing - 60 minutes
Stand-up Paddleboarding - 30 minutes
Riverbank Yoga - 4 x 15 minutes
Plank on Unstable Surface (e.g., Rock) - 3 x 45 seconds
Nature Meditation - 20 minutes

WEDNESDAY

Mountain Hiking - 60 minutes
Dynamic Stretching with Scenic Views - 20 minutes
Yoga on Mountain Summit - 30 minutes
Deep Breathing Exercises - 15 minutes

THURSDAY

Lakeside Jogging or Cycling - 45 minutes
Dumbbell Thrusters with Lake Views - 4 x 15
Water's Edge Plank - 3 x 60 seconds
Seated Meditation by the Lake - 20 minutes

FRIDAY

Rock Climbing or Bouldering - 4 x 20 minutes
Trail Running Sprints - 4 x 30 seconds
Bodyweight Exercises on a Cliffside - 3 x 15 each
Yoga for Balance and Stability - 20 minutes
Nature Immersion Meditation - 15 minutes

SATURDAY

Nature Walk or Hike - 60 minutes
Mindful Movement in Nature - 30 minutes
Nature Bathing (Earthing) - 20 minutes
Deep Breathing or Meditation - 20 minutes

SUNDAY

Rest



URBAN CALISTHENICS



MONDAY

Dynamic Warm-up - 10 minutes
Pull-Ups - 4 x 10
Push-Ups (Variations: Wide, Diamond, Staggered) - 4 x 15 each
Dips - 4 x 12
Bodyweight Squats - 3 x 20
Deep Breathing or Meditation - 15 minutes

TUESDAY

Jump Rope - 4 x 5 minutes
Burpees - 4 x 15
High Knees - 4 x 1 minute
Mountain Climbers - 4 x 30 seconds
Plank - 3 x 60 seconds
Mindful Stretching - 20 minutes

WEDNESDAY

Parkour Drills in Urban Setting - 4 x 15 minutes
Agility Cone Drills - 4 x 10 minutes
Precision Jumps - 4 x 10
L-Sit Progressions - 3 x 30 seconds
Deep Breathing or Meditation - 15 minutes

THURSDAY

Staircase Sprinting or Running - 45 minutes
Bench Step-Ups - 4 x 20
Wall Sits - 4 x 1 minute
Inverted Rows using Horizontal Bar - 3 x 12
Mindful Stretching - 20 minutes

FRIDAY

Handstand Practice against Wall - 4 x 30 seconds
Pistol Squats - 4 x 10 per leg
Spiderman Push-Ups - 4 x 12
Hanging Leg Raises - 3 x 15
Yoga for Calisthenics - 20 minutes

SATURDAY

Explore and Use Urban Structures for Exercises - 60 minutes
Bodyweight Exercises Variation Circuit - 4 x 15 minutes
Freestyle Calisthenics Flow - 30 minutes
Deep Breathing or Meditation - 15 minutes

SUNDAY

Rest



BEACH BODY WORKOUT



MONDAY

Beach Jogging or Running - 45 minutes
Sand Dune Sprints - 4 x 30 seconds
Bodyweight Squats in the Sand - 4 x 20
Seated Shoulder Press using Beach Towel - 3 x 15
Plank on the Beach - 3 x 60 seconds
Deep Breathing or Meditation - 15 minutes

TUESDAY

Swimming or Water Aerobics - 45 minutes
Beach Volleyball or Frisbee - 30 minutes
Jumping Jacks in the Sand - 4 x 3 minutes
Lunges with Ocean Views - 3 x 15 per leg
Mindful Stretching by the Shore - 20 minutes

WEDNESDAY

Yoga on the Beach - 60 minutes
Seated Meditation in the Sand - 20 minutes
Beachside Dynamic Stretching - 20 minutes
Deep Breathing Exercises - 15 minutes

THURSDAY

Running or Cycling Along the Coast - 45 minutes
Beach Bodyweight Circuit (Push-Ups, Burpees, Lunges) - 4 x 15 each
Kettlebell Swings with a Beach Bag - 3 x 20
Plank with Alternating Leg Lifts - 3 x 45 seconds
Mindful Stretching - 20 minutes

FRIDAY

Surfing Lessons or Paddleboarding - 60 minutes
Beachside Obstacle Course - 4 x 15 minutes
Dumbbell Rows in the Sand - 3 x 12 per arm
Sandbag Lunges - 3 x 15 per leg
Deep Breathing or Meditation - 15 minutes

SATURDAY

Beach Soccer or Ultimate Frisbee - 60 minutes
Beachside Circuit (Sprints, Bodyweight Exercises) - 4 x 15 minutes
Yoga for Recovery with Ocean Sounds - 20 minutes

SUNDAY

Rest



MOUNTAIN FITNESS



MONDAY

Trail Running on Varied Terrain - 45 minutes
Bodyweight Exercises with Elevation Changes
(Incline Push-Ups, Downhill Lunges) - 4 x 15
each
Dumbbell Rows with a Scenic View - 3 x 12
per arm
Mountain Climbers - 4 x 30 seconds
Plank on a Rock - 3 x 60 seconds
Deep Breathing or Meditation - 15 minutes

TUESDAY

Hiking to High Altitude - 60 minutes
Altitude Sprints (Short Bursts) - 4 x 30
seconds
Box Jumps on Rocks - 4 x 15
Lateral Hops on Uneven Terrain - 3 x
20
Mindful Stretching with Mountain View
- 20 minutes

WEDNESDAY

Yoga on Mountain Summit - 60 minutes
Dynamic Stretching with Alpine Air - 20
minutes
Meditation in Nature - 20 minutes
Deep Breathing Exercises - 15 minutes

THURSDAY

Rock Climbing or Boulder Hopping - 60
minutes
Stability Ball Exercises on a Mountain Slope -
4 x 15 minutes
Overhead Press with Dumbbells - 3 x 12
Plank Variations (Front Plank, Side Plank) - 3 x
60 seconds each
Mindful Stretching - 20 minutes

FRIDAY

Summit Ascent - 60 minutes
Running or Jogging at High
Altitude - 30 minutes
Mountain Sprint Intervals - 4 x 30
seconds
Yoga for Recovery with Mountain
Vistas - 20 minutes

SATURDAY

Exploration Hike with Natural Obstacle
Challenges - 60 minutes
Circuit Training with Rocks and Logs - 4 x
15 minutes
Outdoor Functional Fitness - 30 minutes
Deep Breathing or Meditation - 15 minutes

SUNDAY

Rest



FOREST FITNESS



MONDAY

Trail Running in the Forest - 45 minutes
Bodyweight Exercises with Nature (Tree Push-Ups, Hill Lunges) - 4 x 15 each
Pull-Ups on Tree Branches - 3 x 10
Tree Stump Jumps - 4 x 15
Plank on Natural Ground - 3 x 60 seconds
Deep Breathing or Meditation - 15 minutes

TUESDAY

Yoga Among the Trees - 60 minutes
Dynamic Stretching on Soft Forest Ground - 20 minutes
Meditation in Nature - 20 minutes
Deep Breathing Exercises - 15 minutes

WEDNESDAY

Nature Walk with Functional Fitness Stations - 60 minutes
Bodyweight Circuit (Bear Crawls, Log Lifts) - 4 x 15 minutes
Stability Ball Exercises on Soft Ground - 3 x 15
Forest Floor Plank - 3 x 60 seconds
Mindful Stretching with Forest Sounds - 20 minutes

THURSDAY

Forest Exploration Hike with Natural Obstacle Challenges - 60 minutes
Freestyle Forest Circuit Training - 4 x 15 minutes
Outdoor Functional Fitness with Logs and Rocks - 30 minutes
Deep Breathing or Meditation - 15 minutes

FRIDAY

Trail Running with Elevation Changes - 45 minutes
Forest Sprint Intervals - 4 x 30 seconds
Bodyweight Strength Exercises Among the Trees - 4 x 15 minutes
Yoga for Recovery in the Forest - 20 minutes

SATURDAY

Forest Clearing for Gymnastics Drills - 60 minutes
Agility Training Among Trees - 4 x 10 minutes
Tree Climbing or Balance Drills - 30 minutes
Deep Breathing or Meditation - 15 minutes

SUNDAY

Rest

