

IN2

If you're new to the world of fitness or looking to elevate your wellness journey, then you're in the right place. At IN2 Nutrition, we're committed to helping individuals like you kickstart their fitness journey and achieve their wellness goals.

Our 4-week workout program, crafted by the expert, Paridhi Doshi, is designed to integrate functional movements and training techniques to create a balanced fitness regimen, optimizing both strength training and metabolic conditioning for sustainable results.

Whether you're a seasoned gym-goer or just starting out, this program is tailored to accommodate all fitness levels and help you progress at your own pace.

Workout Summary

Main goal	Build Strength, Endurance & Mobility.
Workout type	CrossFit Split (CrossFit + Strength Training)
Training level	Beginner - Advance
Program duration	4 weeks
Days per week	6
Time per workout	60 - 75 mins
Equipment required	Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines
Target gender	Both

Workout description

An example week of training could look something like this:

- Monday: Upper body + Conditioning
- Tuesday: Lower body + Conditioning
- Wednesday: Deadlift + Conditioning
- Thursday: Active rest & recovery
- Friday: Upper Body + Aerobic Bodybuilding

- Saturday: Lower body + Conditioning
- Sunday: Rest

Find additional information like diet, supplements, about the athlete who designed this program & more at the end of the document.

Warm up & Cooldown

Warm ups are important because they help you prepare, both, mentally as well as physically for the main workout. A good warm up includes a combination of some cardio, dynamic mobility, muscle activations and primers, that will help increase the body core temperature as well as its range of motion.

And after your workout, don't forget to cool down. This is like giving your body a little reward for all its hard work. You can do some easy stretches or just take a few minutes to relax and breathe deeply. Cooling down helps your body recover and makes sure you don't feel too sore later on.

So remember, warm up before you workout and cool down afterward—it's like giving your body a high-five for being awesome!

Monday: Upper Body + Conditioning ([YT Link](#) —) [Place Link](#)

Rest 60-90 sec between sets

A) Upper Body

Exercise	Sets	Time/Reps
4 Single Hand Db Strict Press + 6 Single Hand Db Push Press	4	Every 90 sec
Strict Pull Ups	1	5 mins
Dual Db Incline Chest Flyes	2-3	10 reps
Single Hand OH Tricep Ext	2-3	10 reps
Dual Db / Cable Bicep Curls	2-3	10 reps

B) Conditioning:

Exercise	Sets	Calories/Reps
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Rower1	3	21-15-9
Dual Kettlebell Alt Gorilla Rows	3	12-10-8

Tuesday: Lower Body + Conditioning ([YT Link](#) —) [Place Link](#)

Rest 60-90 sec between sets

A) Lower Body

Exercise	Sets	Time/Rep
Pause Back Squats @7RPE (Pause for 2 secs at the bottom)	5	Every 3 min x 5 reps
Dual Dumbbell Reverse Lunges	3	20 reps each side
ATG split squats	2-3	12 reps each side
Tibialis Curls (2 sec pause at top)	2-3	12 reps

B) Conditioning

Exercise	Set	Rep
15/12 Cal Bike Erg Max Dual Db Thrusters in remaining time	9 mins	2 min work, 1 min rest x 3

Wednesday: Deadlifts + Conditioning ([YT Link](#) —) [Place Link](#)

Rest 60-90 sec between sets

A) Deadlifts

Exercise	Sets	Time/Reps
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8 Deadlifts @6-7RPE	5	3 mins
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B) Conditioning

EMOM	25 mins	45 sec work for reps, 15 sec rest between
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Min 1: Ski Erg

Min 2: Dual Db Devil's Press

Min 3: Box Jumps

Min 4: Kettlebell Swings

Min 5: Hollow Hold

Thursday: Active Recovery or Mobility ([YT Link —](#)) [Place Link](#)

A) 40-45 mins of steady state cardio at Zone 1 or Zone 2 pace.

B) Follow this up with 20-25 mins of full body mobility work.

In the case that body is feeling too tired, opt for doing only mobility work . Hold each stretch for 30 sec - 60 secs.

Friday: Upper Body + Aerobic Bodybuilding ([YT Link —](#)) [Place Link](#)

Rest 60-90 sec between sets

A) Upper Body

Exercise	Sets	Time/Rep
Barbell Bench Press @7RPE	5	8 reps
Dual Db Front Raise + 15 sec Hold on last rep	2-3	12 reps
Dual Db Lateral Raise + 15 sec Hold on last rep	2-3	12 reps
Cable / Banded Face Pulls	2-3	12 reps

B) Aerobic Bodybuilding

Exercise	18 mins : Every 3 min
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Bike Erg / elliptical	12 Calories
Dual Db Skull Crushers	20 reps
Dual Db Bicep Curls	20 reps

Saturday: Lower Body + Conditioning ([YT Link](#) —) [Place Link](#)

Rest 60-90 sec between sets

A) Lower Body

Exercise	Sets	Time/Rep
Barbell Back Rack Reverse Alternating Lunges (Increase weights each set and build to a moderately heavy set)	5	10 reps
Single Db Bulgarian Split Squats	3	10 reps (each side)
Single KB Tempo RDLs	3	10 reps (each side)

B) Conditioning

Exercise	15 min AMRAP
Barbell Front Squats @7RPE	10
Single Db Box Step Ups	20
V-ups	30
Single Db Cleans	20
Barbell Sumo Deadlift High Ups @7RPE	10

Sunday: Rest

About Workout

Zone 2 Cardio: In our program, cardiovascular exercise, particularly Zone 2 Cardio, plays a significant role. Zone 2 Cardio focuses on maintaining your heart rate at 70% throughout your session. To find your target heart rate, subtract your age from 220, then aim for 70-80% of that number. For instance, if you're 40 years old, your target heart rate would be 126 beats per minute. You can use machines like the elliptical, rower, or treadmill, ensuring your heart rate stays within this range. Beginners will do four sessions per week, each lasting 20-30 minutes after weight training. If you are in an advanced - intermediate level of training, you can do your zone 2 work for 30-40 mins. Keeping a consistent pace is key, allowing you to utilize your strength during weights without impacting cardio performance.

AMRAP: Workouts, aka “as many rounds as possible” or “as many reps as possible,” is a structured workout methodology designed to have you complete as many rounds or repetitions of a specific set of exercises within a fixed time frame with the goal of maximizing the intensity and efficiency of a workout.

EMOM: Short for every minute on the minute, is a form of interval training. The challenge is to complete a predetermined number of repetitions (reps) or a predetermined amount of time of a particular exercise within 60 seconds. Then, you use whatever time is left in that minute to rest before moving on to the next set.

Diet & Supplements

Talk to your doctor or a nutritionist in person about any supplement you're thinking of buying first as well so you know you're healthy enough to have it. Remember, it's 80% diet and 20% exercise.

A [Multi vitamin 60 Capsules](#) and [IN2 Whey Protein](#) is great to start with. If you feel like you can take on a pre-workout or fat loss supplement as well, that is okay, but they aren't necessary.

Consider integrating protein powder in your regime because it Supports Muscle recovery and growth with its high BV, amino acid profile and has quick absorption. If you are at an advanced level and want to make the most out of your workout by pushing your limits and need an extra hand, you should try out our [pre-workout](#). And if you are someone who is low on energy, mid workout, you can always try out our [BCAA](#). In case you don't get all your vitamins and omega three through your diet. Due to whatever reason, consider integrating that into your daily routine from our supplement range because micros are very essential in our diet, and Indians usually tend to oversee them.

Remember, higher protein intake helps preserve muscle while losing fat, whereas a low protein diet may lead to muscle loss instead of fat. So, while the scale might show weight loss in both cases, the internal effects differ - one leads to fat loss, the other to muscle loss. Choose wisely!

About Paridhi Doshi,

As India's Fittest Woman of 2021 (Crossfit Games) , Paridhi dominates the CrossFit arena with unparalleled passion and prowess. Beyond her personal achievements, she serves as Head Coach at Breathe Studio & an In2nutrition Athlete, guiding others to reach their peak performance.

With CF-OL1 Trainer certification and a knack for track athleticism, Paridhi's journey inspired countless aspiring athletes. Join us in celebrating her relentless pursuit of greatness! 🌟

Conclusion

Even though we want this to be an easy process, we're well aware that you may have questions along the way. The good news is that there is a comments section at the bottom of this article. Feel free to leave questions there, and we'll do our best to help you out along the way. Make sure you share your progress as well. We want to celebrate the wins with you.