

Overview:

- + 4 days of strength training, 2 days HIIT/cardio, 1 rest day per week
- + Focus: compound lifts, supersets, minimal rest
- + Warm-up (5-10 minutes) before each session
- + Cool-down/stretch after each session
- + Increase weights gradually each week

Weekly Layout:

- + Day 1: Upper Body Strength
- + Day 2: Lower Body Strength
- + Day 3: HIIT/Cardio
- + Day 4: Push (Chest, Shoulders, Triceps)
- + Day 5: Pull (Back, Biceps)
- + Day 6: HIIT/Core
- + Day 7: Rest

Day 1: Upper Body Strength

- + Bench Press - 4x8-10
- + Pull-Ups (weighted if possible) - 4xAMRAP
- + Bent-Over Rows - 4x8-10
- + Overhead Press - 4x10
- + Superset: Dumbbell Curls + Tricep Dips - 3x12 each

Day 2: Lower Body Strength

- + Barbell Squats - 4x8-10
- + Romanian Deadlifts - 4x10
- + Walking Lunges - 3x20 steps
- + Leg Press - 3x12
- + Calf Raises - 4x15

Day 3: HIIT/Cardio

- + 30 sec sprint + 30 sec walk x 10 rounds
- + 10 min steady-state cardio (run, bike, row)

Day 4: Push

- + Incline Dumbbell Press - 4x10
- + Arnold Press - 4x10
- + Cable Flyes - 3x12
- + Skullcrushers - 3x12
- + Push-Ups - 3xAMRAP

Day 5: Pull

- + Deadlifts - 4x6-8
- + Pull-Ups - 4xAMRAP
- + Seated Rows - 3x10
- + Face Pulls - 3x15
- + Hammer Curls - 3x12

Day 6: HIIT/Core

- + 20 sec mountain climbers + 40 sec rest x 10
- + 20 sec jump squats + 40 sec rest x 10
- + Plank - 3x1 min
- + Hanging Leg Raises - 3x12

Day 7: Rest

- + Active recovery: light walk, foam rolling, stretching



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