

WEEKLY TRAINING OVERVIEW (Hypertrophy + Cardio + Recovery)

Day	Focus	Duration
Monday	Full Body Strength + Core	60–75 min
Tuesday	HIIT Conditioning + Mobility	30–45 min
Wednesday	Upper Body Strength + Core	60 min
Thursday	Zone 2 Cardio + Recovery Stretch	30–45 min
Friday	Lower Body & Glutes + Core	60–75 min
Saturday	Optional HIIT or Rucking	30–45 min
Sunday	Mobility Flow or Active Recovery	20–40 min

STRENGTH TRAINING BLOCK (Hypertrophy Style)

Sets/Reps: 3–4 sets of 8–12 reps, 60–90 sec rest

Focus: Controlled eccentric tempo (3 seconds lowering), progressive overload

Day 1 – Full Body Strength

Exercise	Sets	Reps
Dumbbell Goblet Squat	3	10
Dumbbell Chest Press (flat bench)	3	10
Lat Pulldown or Assisted Pull-up	3	8–10
Dumbbell Romanian Deadlift	3	12
Standing DB Shoulder Press	3	10
Cable or Hanging Leg Raise	3	15

Day 3 – Upper Body Strength + Core

Exercise	Sets	Reps
Seated DB Shoulder Press	3	10
One-Arm Row (DB or Cable)	3	10 Per Side
Incline DB Press	3	10
Banded Face Pulls	3	15
Cable Bicep Curl	3	12
Rope Tricep Pushdown	3	12
Russian Twists or Plank Rotations	3	20

Day 5 – Lower Body & Glutes

Exercise	Sets	Reps
Barbell or DB Hip Thrust	4	10–12
Bulgarian Split Squat	3	8–10 Per Leg
Sumo Deadlift (DB or BB)	3	10
Glute Kickbacks (Cable or Band)	3	15 Per Leg
Seated Abduction Machine or Band	3	20
Standing Calf Raise	3	15-20
Side Plank w/ Leg Raise	3	10–12Per Side

TUESDAY + SATURDAY: HIIT OPTIONS

Alternate or rotate modalities. Total time = 20–30 min

Bodyweight HIIT Circuit (repeat 3–4x):

- Jump Squats – 20 sec
- Mountain Climbers – 20 sec
- Push-ups – 20 sec
- 40 sec rest

Row or Bike Intervals:

- 15 sec sprint / 45 sec recovery × 10–12 rounds
- 5 min warm-up + 5 min cool-down

THURSDAY: Zone 2 Cardio

30–45 min @ 60–70% max HR (nasal breathing / conversational pace)

Options:

- Incline Walk
- Light Jog
- Rucking (10–20 lbs)
- Steady-state cycling or rowing

Why? Improves mitochondrial efficiency, fat metabolism, and aerobic base

MOBILITY, STRETCHING & RECOVERY (3–5x/week)

Mobility Flow (Post-HIIT or on Sundays):

1. Cat-Cow + Thread the Needle – 1 min
2. Deep Lunge Stretch – 30 sec/side
3. Standing Hamstring Stretch – 30 sec
4. Banded Shoulder Opener – 2×10
5. Hip 90/90 Internal & External Rotation – 10 reps/side
6. Diaphragmatic Breathing – 2 min

SUPPORTIVE NOTES

Protein: Aim for 1g/lb bodyweight daily for hypertrophy

Carbs pre-workout: 20–30g (e.g., banana or oats + protein)

Sleep: 7–9 hours to support hormone balance and recovery

Hydration: 2.5–3L/day minimum