

WEEKLY TRAINING OVERVIEW (Balanced Hypertrophy + VO₂ Optimization)

Day	Focus	Duration
Monday	Chest, Shoulders, Triceps + Core	60–75 min
Tuesday	HIIT + Mobility	30–45 min
Wednesday	Back, Biceps + Core	60–75 min
Thursday	Zone 2 Cardio + Mobility	30–45 min
Friday	Legs + Posterior Chain + Core	60–75 min
Saturday	HIIT or Ruck + Recovery Stretch	30–60 min
Sunday	Optional Walk, Yoga, or Total Rest	20–45 min

STRENGTH TRAINING

Goals: 3–4 sets of 8–12 reps per exercise, 60–90 sec rest

Progression: Add weight weekly or increase reps to failure zone

Day 1 – Chest, Shoulders, Triceps

Exercise	Sets	Reps
Flat DB Bench Press	4	6–10
DB Shoulder Press	3	10–12
Incline DB Press	3	8–10
Lateral Raises	3	12–15
Cable Tricep Pushdown	3	12
Overhead Tricep Extension (DB or rope)	3	10
Hanging Leg Raises or Plank	3	30–60 seconds

Day 3 – Back and Biceps

Exercise	Sets	Reps
Pull-Ups or Lat Pulldown	4	8–10
Barbell Bent-Over Row	3	8
Seated Row (Cable or Machine)	3	10–12
Face Pulls	3	15
Barbell or DB Curl	3	10
Hammer Curl	3	10
Cable Curl Finisher –	2	15–20
Russian Twists or Cable Rotations	3	20

Day 5 – Legs & Glutes

Exercise	Sets	Reps
Barbell Back Squat or Hack Squat	4	8
Romanian Deadlift	3	10
Walking Lunges	3	20 steps
Leg Press	3	10–12
Seated or Lying Leg Curl	3	12
Standing Calf Raise	3	15–20
Decline Sit-Ups or Ab Wheel	3	10–15

HIIT & CARDIO FOR VO₂ MAX

Cardio Focus: Maximize heart rate zones, lactate threshold, and O₂ utilization

HIIT Days (Tues & Sat)

Sample HIIT Protocols

Treadmill or Track Sprints:

- 10×30 sec sprint @ 90–95% effort
- 90 sec walk between intervals

Bodyweight Circuit (repeat x4):

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

Assault Bike or Row Intervals:

- 15 sec sprint / 45 sec easy × 12 rounds
- Add 5–10 min cooldown

Zone 2 Cardio (Thurs)

Goal: 30–45 min @ 60–70% max HR (can nose-breathe and speak)

- Brisk Incline Treadmill Walk
- Moderate Cycling or Rucking (15–25 lb)
- Steady Jog or Row

VO₂ Max Benefits: Improved aerobic ceiling, faster recovery, higher work capacity under fatigue

MOBILITY & RECOVERY PROTOCOL (3–5x/week)

1. World's Greatest Stretch – 1 min/side
2. Cat-Cow + Thread the Needle – 1 min
3. Wall Angels or Banded Shoulder Opener – 2×10
4. Hip Flexor + Hamstring Stretch – 30 sec each
5. Deep Breathing or Box Breathing – 2–5 min post-training

SUPPORTIVE NOTES

Protein: 1g/lb BW per day for muscle growth

Creatine HCL: 2–3g/day with food

Pre-workout meals: Fast carbs + protein (e.g., Fruits + whey) 30–60 min before training

Sleep: Aim for 7–9 hours to optimize testosterone and recovery