

# WORKOUT planner

John Doe (Male)

A: 28 180 80

**Coach:** Jane Smith

April - 2

**Note:** Focus on a balanced routine incorporating strength, conditioning, and core stability.

## Monday

Upper Body Strength

### Machine Chest Press - 3x (Moderate)

Rest: 90 - Focus on controlled movement, keep back flat on seat.

### Lat Pulldown - 3x (Moderate)

Rest: 90 - Pull down to chest level, avoid swinging.

### Seated Dumbbell Shoulder Press - 3x (Light to Moderate)

Rest: 90 - Keep core tight, avoid arching back.

### Face Pulls (cable or bands) - 3x (Light)

Rest: 60 - Focus on scapular retraction for posture.

## Tuesday

Lower Body and Core

### Goblet Squats (with dumbbell) - 3x (Light to Moderate)

Rest: 90 - Keep chest up, knees tracking toes.

### Romanian Deadlifts with Dumbbells - 3x (Light to Moderate)

Rest: 90 - Focus on hip hinge, keep back neutral.

### Planks - 3x ( )

Rest: 60 - Keep body straight, engage core.

### Bird Dog - 3x ( )

Rest: 60 - Control movement, avoid arching back.

## Thursday

Push Focus & Posture

### Incline Dumbbell Bench Press - 3x (Moderate)

Rest: 90 - Control the motion, avoid elbows flaring.

### Tricep Rope Pushdowns (cable) - 3x (Light to Moderate)

Rest: 60 - Keep elbows close to sides.

### Dumbbell Lateral Raises - 3x (Light)

Rest: 60 - Maintain slight bend in elbows.

### Band Pull-Aparts - 3x ( )

Rest: 60 - Squeeze shoulder blades together for posture.

## Friday

Pull Focus & Core

### Assisted Pull-ups or Lat Pulldown - 3x (Light to Moderate)

Rest: 90 - Focus on full range of motion.

### Dumbbell Rows - 3x (Moderate)

Rest: 90 - Keep spine neutral, pull with back muscles.

### Dead Bug Core Exercise - 3x ( )

Rest: 60 - Move slowly, engage core.

### Back Extensions - 3x ( )

Rest: 60 - Control the movement, avoid hyperextending.

