

Weekly

WORKOUT PLANNER

Month: April

Week: 2

Daily Goal: Overall athleticism, combining strength, HIIT, and mobility

Sets: 3

Reps: 8

Monday

Strength Training - Upper Body

- Push-ups
- Pull-ups or Assisted Pull-ups
- Dumbbell or Bodyweight Rows
- Plank to Push-up

Tuesday

HIIT and Conditioning

- Jump Squats
- Mountain Climbers
- Burpees
- High Knees

Wednesday

Mobility and Flexibility

- Dynamic Hip Circles
- World's Greatest Stretch
- Thoracic Spine Rotations
- Downward Dog to Cobra

Thursday

Strength Training - Lower Body

- Bulgarian Split Squats
- Glute Bridges
- Single-Leg Deadlifts (Bodyweight or light dumbbells)
- Wall Sit

Friday

Combined Strength and Mobility

- Bear Crawls
- Box Jumps or Step-Ups
- Side Plank with Reach Through
- Yoga Flow (Sun Salutation sequence)

NOTES

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