



7 DAY WORKOUT PROGRAM PDF

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| | Exercise | Equipment Options | Set 1 | Set 2 | Set 3 | Set 4 |
|-------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------|-------|-------|-------|-------|
| Day 1: Lower A (Quad Focus) | Pick a Squat: Pendulum Squats, Hack Squats, Belt Squats, Sissy Squats (Cable or Freeform) | Quadriceps, some Adductor | 10-12 | 6-8 | 4-6 | |
| | Leg Extensions | Quadriceps | | | | |
| | Romanian DeadLifts (RDLs): Dumbbell, Barbell, Hex Bar, or Weighted Hip Thrusts | Glutes, some Adductor Magnus | | | | |
| | Leg Curls | Hamstrings | | | | |
| | Standing Calf Raises: Machine, Barbell, or Dumbbell | Soleus, Gastrocnemius | | | | |
| Day 2: LISS | 10k - 15 k steps | | | | | |
| Day 3: Upper A | Chest Press: Smith Machine, Chest Press Machine, Dumbbells | Pectoralis Major, Anterior Deltoid, Triceps | 10-12 | 6-8 | 4-6 | |
| | High Incline Dumbbell Shoulder Press or Smith Machine | Anterior Deltoid, Pectoralis Major, Triceps | | | | |
| | Lat Pull-downs (shoulder-width grip) | Latissimus Dorsi, Lower Trapezius segment | | | | |
| | Lateral Raises, Cable Machine or Dumbbells | Middle Deltoid, Upper Trapezius segment | | | | |
| | Curls: Dumbbell or Cable, Seated Curl Machine | Biceps, Brachialis | | | | |
| | Triceps Extensions: Seated Triceps Machine, Cable Pushdowns | Triceps | | | | |
| Day 4: LISS | 10k - 15 k steps | | | | | |
| Day 5: Lower B (Posterior Chain Focus) | Bulgarian Split Squats, Lunges (rep count applies to each leg) | Quadriceps, Glutes | 10-12 | 6-8 | 4-6 | |
| | Weighted Hip Thrusts (can substitute Multi-Hip or Kickback machine) | Glutes | | | | |
| | Hip Abductions (Machine or Cable) | Hip Abductors | | | | |
| | Leg Curls | Hamstrings | | | | |
| | Standing Calf Raises: Machine, Barbell, or Dumbbell | Gastrocnemius, Soleus | | | | |
| Day 6: Auxiliary | Dumbbell Pullovers | Pectoralis Major (sterno-costal emphasis) | 10-12 | 6-8 | 4-6 | |
| | Lat Pull-downs (shoulder-width or wider grip) | Latissimus Dorsi | | | | |
| | Row Machine (Seated or T-bar) | Middle and Lower Trapezius, Latissimus Dorse | | | | |
| | Kelso Shrugs | Upper and Middle Trapezius | | | | |
| | Reverse Flyes: Fly Machine, Cable Machine (single or both arms), Face forward Dumbbells | Posterior Deltoids | | | | |
| | Cable Triceps Extensions | Triceps | | | | |
| Day 4: LISS | 10k - 15 k steps | | | | | |

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General Guidelines

- **Progressive Overload.** When the rep range gets easy, raise the weight.
- **Reps in Reserve.** Leave several reps “in the tank” for your first 2 sets. These are considered warm-up sets. The last set or two should be to failure or almost. The last rep or two of the last set will be moving very slowly no matter how hard you’re working.
- **Rest periods.** Rest about a minute between your warm-up sets, 3 to 5 minutes between your heavy, “working” sets.
- **Stay hydrated.** Drink plenty of water prior to your workout. How will you know? Urine will be almost completely clear.
- **Sleep.** If you’re getting into the gym a lot you’ll need to stay in bed a lot too. 8 hours minimum nightly of good quality sleep.

Application Notes

- **Always warm up.** Just don’t expend too much energy during warm-up. Get your joints moving with light weights and then stair step up with 2 to 3 sets of big jumps in weight using 3 to 4 reps for each set. Rest 3 minutes or so in between.
- **Use a spotter** for heavy sets.
- **Use your brain.** Concentrate on every rep. Visualize every set *before* you do it. And for heaven's sake, leave the smartphone in your bag or locker.

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Disclaimer: This document is intended for informational and educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. The 7 day workout program provided herein includes a variety of exercises targeting different muscle groups and incorporates both strength training and cardiovascular elements. This program may not be suitable for all individuals, especially those with pre-existing health conditions or those who are new to regular physical activity. It is highly recommended that you consult with a healthcare professional before beginning this or any new exercise regimen to ensure it is appropriate for your specific health conditions and fitness level. Exercise should always be performed within your own limits and tailored to your capabilities to avoid injury. If you experience any pain, discomfort, or other symptoms that concern you while participating in this program, cease the activity immediately and seek medical attention. Always prioritize your safety and well-being when engaging in physical activity.