

# MAINTENANCE PROGRAM

Date: \_\_\_\_\_

Day 1 (Legs)		Remarks	Weight x Reps			
Squat or Bulgarian Split Squat: 3 x 6-10			x	x	x	x
Stiff-legged Deadlift: 3 x 8-10			x	x	x	x
Circuit	Leg Press: 3 x 10-15		x	x	x	
	Calf Raise or Toe Press: 3 x 10-15		x	x	x	
	Leg Curl: 3 x 6-10		x	x	x	
	Weighted Back Raise: 3 x 15-20		x	x	x	

Day 2 (Active Rest) Walk 20-30 minutes	Duration	Remarks

Day 3 (Push)		Remarks	Weight x Reps			
1st Circuit	Bench Press: 3 x 5-8		x	x	x	x
	Face Pull or Shrug: 3 x 10-15		x	x	x	x
	Step-up (Optional): 3 x 20-30		x	x	x	x
2nd Circuit	Incline DB Press or Overhead Press: 3 x 8-12		x	x	x	x
	Leg Raise: 3 x 10-15		x	x	x	x
	Kettlebell Swing (Optional): 3 x 20		x	x	x	x
10-Minutes Cardio (3-5 sprints)	Duration	Remarks				

Day 4 (HIIT Cardio) 20-30 Minutes (5-10 sprints)	Duration	Remarks

Day 5 (Pull)		Remarks	Weight x Reps			
1st Circuit	Weighted Pull-up: 3 x 5-8		x	x	x	x
	Cable Crunch or Bench V Up: 3 x 10-15		x	x	x	x
	Step-ups (Optional): 3 x 20-30		x	x	x	x
2nd Circuit	DB Row or Yates Row: 3 x 8-12		x	x	x	x
	Leg Raise: 3 x 10-15		x	x	x	x
	Kettlebell Swing (Optional): 3 x 20		x	x	x	x
10-Minutes Cardio (3-5 sprints)	Duration	Remarks				

Day 6 (Steady-State Cardio @ 70% MHR) 20-30 Minutes	Duration	Remarks

Day 7 (Active Rest) Walk 20-30 minutes	Duration	Remarks

## NOTES

Sleep: 😊 😐 😞

Nutrition: 😊 😐 😞

Motivation: 😊 😐 😞