

MAINTENANCE PROGRAM (COMMERCIAL GYM)

Week of:

Day 1 (Legs)		Remarks	Weight x Reps		
Squat: 3 x 6-10			x	x	x
Stiff-legged Deadlift: 3 x 8-12			x	x	x
Circuit	Hack Squat: 2 x 10-15		x	x	
	Leg Curl: 2 x 6-10		x	x	
	Weighted Back Raises: 2 x 15-20		x	x	
	Cable Crunches: 2 x 15-20		x	x	
Rest: 60-90 seconds between exercises, 2-minutes between circuits		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️			

Day 2 (Active Rest)	Duration	Remarks
Walk 20-30 minutes		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

Day 3 (Push)		Remarks	Weight x Reps		
1st Circuit	Incline Dumbbell Press: 3 x 6-10		x	x	x
	Leg Raise: 3 x 10-15				
	Step-up (Optional): 3 x 20-30				
2nd Circuit	Overhead Dumbbell Press: 3 x 8-12		x	x	x
	V-Ups: 3 x 15-20				
	Kettlebell Swing (Optional): 3 x 20		x	x	x
10-Minutes Cardio (3-5 sprints, 20-second sprints)		Duration	Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️		

Day 4 (HIIT Cardio)	Duration	Remarks
20-30 Minutes (5-10 sprints)		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

Day 5 (Pull)		Remarks	Weight x Reps		
1st Circuit	Weighted Chin-up: 3 x 6-10		x	x	x
	Bench V Up: 3 x 10-15		x	x	x
	Step-ups (Optional): 3 x 20-30				
2nd Circuit	Dumbbell Row (right side): 3 x 8-12		x	x	x
	Dumbbell Row (left side): 3 x 8-12		x	x	x
	Kettlebell Swing (Optional): 3 x 20		x	x	x
10-Minutes Cardio (3-5 sprints, 20-second sprints)		Duration	Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️		

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

Day 7 (Active Rest)	Duration	Remarks
Walk 20-30 minutes		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

Rest: 60-90 seconds between exercises, 2-minutes between circuits