

MAINTENANCE PROGRAM (HOME GYM)

Week of:

Day 1 (Legs)		Remarks	Weight x Reps			
1st Circuit	Bulgarian Split Squat (left leg): 2-3 x 6-10		x	x	x	
	Bulgarian Split Squat (right leg): 2-3 x 6-10		x	x	x	
	Stability Ball Crunch: 2-3 x 15-20					
2nd Circuit	Stiff-legged Deadlift: 2-3 x 8-12		x	x	x	
	Step Back Lunges (left leg): 2-3 x 10-15		x	x	x	
	Step Back Lunges (right leg): 2-3 x 10-15		x	x	x	
Rest: 60-90 seconds between exercises, 2-minutes between circuits		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️				

Day 2 (Steady-State Cardio @ 70% MHR) 20-Minutes	Duration	Remarks
		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

Day 3 (Push)		Remarks	Weight x Reps			
1st Circuit	Incline Dumbbell Press: 2-3 x 6-10		x	x	x	
	Lateral Raises: 2-3 x 10-15		x	x	x	
	Stability Ball Crunches: 2-3 x 15-20					
2nd Circuit	Overhead Dumbbell Press: 2-3 x 8-12		x	x	x	
	Dumbbell Fly: 2-3 x 8-15		x	x	x	
	V-Ups: 2-3 x 15-20					
10-Minutes Cardio (3-5 sprints, 20-second sprints)		Duration	Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️			

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

Day 5 (Pull)		Remarks	Weight x Reps			
1st Circuit	Weighted Chin-up: 2-3 x 6-10		x	x	x	
	Bent Over Lateral Raises: 2-3 x 10-15		x	x	x	
	Bench V Up: 2-3 x 10-15					
2nd Circuit	Dumbbell Row (right side): 2-3 x 8-12		x	x	x	
	Dumbbell Row (left side): 2-3 x 8-12		x	x	x	
	Reverse Crunch: 2-3 x 10-15					
10-Minutes Cardio (3-5 sprints, 20-second sprints)		Duration	Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️			

Day 6 (Active Rest) Walk 20-30 minutes	Duration	Remarks
		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

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

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