

MINIMALIST MAINTENANCE PROGRAM

Week of:

Day 1 (Legs)		Remarks	Weight x Reps			
Circuit	Bulgarian Split Squat (left leg): 1-2 x AMRAP		x	x		
	Bulgarian Split Squat (right leg): 1-2 x AMRAP		x	x		
	Single Leg Hip Raise (left leg): 1-2 x 15-20					
	Single Leg Hip Raise (right leg): 1-2 x 15-20					
Rest: 60-90 seconds between exercises		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️				

Day 2 (Steady-State Cardio @ 70% MHR) 10-20-Minutes	Duration	Remarks
		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

Day 3 (Push)	Remarks	Weight x Reps			
Push-up/Dips 1-2 x AMRAP		x	x		
Jackknife Push-Up 1-2 x AMRAP		x	x		
4-Minutes Tabata Workout (High Knee, Step Up, or Step Back Lung)	Duration	Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️			

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

Day 5 (Pull)	Remarks	Weight x Reps			
Inverted Row: 1-2 x AMRAP		x	x		
Chin-up: 1-2 x AMRAP		x	x		
4-Minutes Tabata Workout (High Knee, Step Up, or Step Back Lung)	Duration	Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️			

Day 6 (Active Rest) Walk 10-20 minutes	Duration	Remarks
		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

Day 7 (Active Rest) Walk 10-20 minutes	Duration	Remarks
		Sleep ☹️☹️☹️ Nutrition ☹️☹️☹️ Motivation ☹️☹️☹️

AMRAP: As many repetitions as possible (with perfect form)

Rest: 60-90 seconds between exercises