

MAINTENANCE PROGRAM (COMMERCIAL GYM)

Week of:

Day 1 (Legs)		Remarks	Weight x Reps			
1st Circuit	Squat or Leg Press: 2-3 x 6-10		x	x	x	
	Leg Curl: 2-3 x 8-15		x	x	x	
2nd Circuit	Stiff-legged Deadlift: 2 x 8-12		x	x		
	Leg Extension: 2 x 8-15		x	x		
3rd Circuit	Hack Squat: 1-2 x 10-15		x	x		
	Leg Curl: 1-2 x 8-15		x	x		
Rest: 60-90 seconds between exercises		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 Raise: 2-3 x 10-15		x	x	x	
	Cable Crunch: 2-3 x 15-20		x	x	x	
2nd Circuit	Overhead Dumbbell Press: 2-3 x 8-12		x	x	x	
	Fly: 2-3 x 15-20		x	x	x	
	Leg Raise or Reverse Crunch: 2-3 x 10-20					
10-Minutes Cardio 3 to 5 (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 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	
	Cable Crunch: 2-3 x 15-20		x	x	x	
10-Minutes Cardio 3 to 5 (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