	MINIMALIST PROGRAM			Week of:		
	Day 1 (Upper Body)	Remarks	Weight x Reps			
rcuit	Dips 1-2 x AMRAP		x	x		
2 nd Circuit 1st Circuit	Chin-up: 1-2 x AMRAP		x	x		
	Push-Up 1-2 x AMRAP		x	x		
nd Cir	Inverted Row: 1-2 x AMRAP (<u>Video</u>)		x	x		
	4-Minutes Tabata Workout (Alternate between Mountain Climbers and squats)	Duration		Sleep Nutrition Motivation	8 9 8 8 9 8 8 9 8	
	Day 2 (Lower Body)	Remarks	Weight x Reps			
Circuit	Bulgarian Split Squat (left leg): 1-2 x AMRAP		x	x	x	
	Bulgarian Split Squat (right leg): 1-2 x AMRAP		x	x	x	
	Single-Leg Hip Raise (left leg): 1-2 x 15-20					
	Single-Leg Hip Raise (right leg): 1-2 x 15-20					
	10-Minute Walk (Optional), preferably after lunch	Duration		Sleep Nutrition Motivation	0 9 8 0 9 8 0 9 8	
	Day 3 (HIIT Cardio) 10-15-Minutes Perform 5-8 x 20-second sprints	Duration		Remarks		
			Nutrition ©	9 8 8 9 8 8 9 8 8		
	Day 4 (Upper Body)					
	1-2 circuit, 2-3 RIR	Remarks	Weight x Reps			
		Remarks		weight	k neps	
	Dip	Kemarks	x	x		
uit	Dip Chin-Up	Keinarko	x x	1		
Circuit	Dip Chin-Up Leg Raise (15-20 reps)		x x	x x x		
Circuit	Dip Chin-Up Leg Raise (15-20 reps) Push-up		x x x	x x x x x		
Circuit	Dip Chin-Up Leg Raise (15-20 reps)	Sleep © © © Nutrition © © © Motivation © © ©	x x	x x x		
Circuit	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises,	Sleep © © ® Nutrition © © ®	x x x	x x x x x		
Circuit	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits.	Sleep © © ® Nutrition © © ®	x x x	x x x x x		
Circuit	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u>	Sleep © © ® Nutrition © © ® Motivation © © ®	x x x	x x x x x x		
	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg)	Sleep © © ® Nutrition © © ® Motivation © © ®	x x x x	x x x x x x x Weight x x x		
Circuit	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg) Single-Leg Hip Raise (left leg) <u>Video</u>	Sleep © © ® Nutrition © © ® Motivation © © ®	x x x x x	x x x x x x Weight x x x x x x		
	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg) Single-Leg Hip Raise (left leg) <u>Video</u> Single-Leg Hip Raise (right leg)	Sleep © © ® Nutrition © © ® Motivation © © ®	x x x x	x x x x x x x Weight x x x		
	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg) Single-Leg Hip Raise (left leg) <u>Video</u>	Sleep © © ® Nutrition © © ® Motivation © © ®	x x x x x	x x x x x x Weight x x x x x x		
	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg) Single-Leg Hip Raise (left leg) <u>Video</u> Single-Leg Hip Raise (right leg) Plank (30-60 seconds) Rest 30 to 60 seconds between exercises,	Sleep © © © Nutrition © © © Motivation © © © Remarks	x x x x x	x x x x x x Weight x x x x x x	x Reps	
	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg) Single-Leg Hip Raise (left leg) <u>Video</u> Single-Leg Hip Raise (left leg) <u>Video</u> Single-Leg Hip Raise (right leg) Plank (30-60 seconds) Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits.	Sleep © © © © Nutrition © © © © Motivation © © © © Remarks	X X X X X X X X X Sleep © Nutrition ©	x x x x x x Weight x x x x x x x	x Reps	
	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg) Single-Leg Hip Raise (left leg) <u>Video</u> Single-Leg Hip Raise (left leg) <u>Video</u> Single-Leg Hip Raise (right leg) Plank (30-60 seconds) Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits.	Sleep © © © © Nutrition © © © © Motivation © © © © Remarks	X X X X X X X X X Sleep © Nutrition ©	x x x x x x x Weight x x x x x x x x x x x x x x x x x x x	x Reps	
	Dip Chin-Up Leg Raise (15-20 reps) Push-up Inverted Row Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 5 (Lower Body) 1-2 circuit, 2-3 RIR Bulgarian Split Squat (left leg) <u>Video</u> Bulgarian Split Squat (right leg) Single-Leg Hip Raise (left leg) <u>Video</u> Single-Leg Hip Raise (right leg) Plank (30-60 seconds) Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits. Day 6 (Active Rest) Walk 10- 20 Minutes	Sleep © © © Nutrition © © © Motivation © © © Remarks Sleep © © © Nutrition © © © Motivation © © © Motivation © © ©	X X X X X X X X X X Sleep © Nutrition © Motivation © Nutrition ©	x x	x Reps	

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

RIR: Repetitions in reserve (how many repetitions short of failure) – occasionally go to failure to validate your effort **Rest:** 60 seconds between exercises unless otherwise stated

Equipment Required:

- Dip bars (to perform Dips and Inverted Rows)
- Pull-up Bar
- Resistant Bands (Optional to add resistance to push-ups or dips or make pull-ups easier)
- Tabata Timer App (Free): Google or Apple
- 7 Minute Workout App (Free on Google or Apple)