

MINIMALIST PROGRAM

Week of:

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Dips 1-2 x AMRAP		x	x		
	Chin-up: 1-2 x AMRAP		x	x		
2nd Circuit	Push-Up 1-2 x AMRAP		x	x		
	Inverted Row: 1-2 x AMRAP (Video)		x	x		
4-Minutes Tabata Workout (Alternate between Mountain Climbers and squats)		Duration			Sleep	☹ ☹ ☹
					Nutrition	☹ ☹ ☹
					Motivation	☹ ☹ ☹

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	☹ ☹ ☹

Day 3 (HIIT Cardio) 10-15-Minutes Perform 5-8 x 20-second sprints	Duration	Remarks			
		Sleep	☹ ☹ ☹		
		Nutrition	☹ ☹ ☹		
		Motivation	☹ ☹ ☹		

Day 4 (Upper Body)						
1-2 circuit, 2-3 RIR		Remarks	Weight x Reps			
Circuit	Dip		x	x		
	Chin-Up		x	x		
	Leg Raise (15-20 reps)		x	x		
	Push-up		x	x		
	Inverted Row		x	x		
Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits.		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			

Day 5 (Lower Body)						
1-2 circuit, 2-3 RIR		Remarks	Weight x Reps			
Circuit	Bulgarian Split Squat (left leg) Video		x	x		
	Bulgarian Split Squat (right leg)		x	x		
	Single-Leg Hip Raise (left leg) Video		x	x		
	Single-Leg Hip Raise (right leg)		x	x		
	Plank (30-60 seconds)					
Rest 30 to 60 seconds between exercises, 1-2 minutes between circuits.		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			

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

Day 7 (10-15 Minutes Cardio @ 70% MHR)	Duration	Remarks			
		Sleep	☹ ☹ ☹		
		Nutrition	☹ ☹ ☹		
		Motivation	☹ ☹ ☹		

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)