

Sample Workout plan

Date:

Monday

Workout time:

60min

Exercises	Set 1		Set 2		Set 3		Set 4		Set 5	
	weights	Reps	weights	Reps	weights	Reps	weights	Reps	weights	Reps
Barbell back Squat		5		5		5		5		5
Walking lunges		8/side		8/side		8/side				
goblet squat		8		8		8				
leg press		12		12		12				
leg curl		10		10		10				
Bicep curls		12		12		12				

Date:

wednesday

Workout time:

60-75min

Exercises	Set 1		Set 2		Set 3		Set 4		Set 5	
	weights	Reps								
Bench Press		5		5		5		5		5
close grip bench		5		5		5				
dumbbell incline bench		8		8		8				
strict press		12		12		12				
upright row		8		8		8				
tricep pushdown		15		15		15				

CV

Distance

Duration

speed

incline

calories burned

Treadmill		20-30min	7-10	1-2	420-630
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Date:

Thursday

Workout time:

60min

Exercises	Set 1		Set 2		Set 3		Set 4		Set 5	
	weights	Reps								
Deadlift		5		5		5		5		5
kb swing		10		10		10				
Chin-ups		8		8		8				
RDL		6		6		6				
seated low Row		10		10		10				
Glute ham raise		10		10		10				

Core	Set 1		Set 2		Set 3	
	weights	reps	weights	reps	weights	reps
Single leg V-ups		8/side		8/side		8/side
side plank		0:30/side		0:30/side		0:30/side

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Disclaimer

This is only a guide, real results come with the right support and accountability. with me as your couch, you'll stay on track, make faster progress, and follow a program built around your lifestyle.

For more free tips, workouts, and motivation follow me on instagram: @powerhouse303030

