



GENERAL TUESDAY–SATURDAY WORKOUT & NUTRITION GUIDE

TUESDAY	UPPER BODY • PUSH
WEDNESDAY	LOWER BODY • LEGS
THURSDAY	UPPER BODY • PULL
FRIDAY	FULL BODY • STRENGTH + CONDITIONING
SATURDAY	FULL BODY • FITNESS + CORE

Who this is for: *This program is designed as a general fitness template that can be used by adults of any gender. Exercise choices, weights, repetitions, and cardio intensity should be adjusted to the individual's fitness level, goals, limitations, and experience.*

Weekly structure: Monday and Sunday are recommended recovery days. Tuesday through Saturday provide a balanced mix of resistance training, cardiovascular fitness, mobility, and core work.



PROGRAM GUIDELINES

Before Every Workout

- Perform 5–10 minutes of easy cardio followed by dynamic movements for the joints and muscles you will train.
- Begin with lighter warm-up sets before challenging resistance.
- Use controlled technique and a comfortable range of motion.
- Choose a resistance that allows you to finish the prescribed repetitions with good form.
- Rest longer when needed. Quality repetitions matter more than rushing.

Progression

- When you can complete the top end of the rep range with strong form, gradually increase resistance.
- Alternatively, add 1–2 repetitions before increasing weight.
- Keep a simple training log so you can see progress over time.
- Beginners can start with 1–2 sets per exercise; more experienced trainees can use the full recommended sets.

Intensity Guide

- Most working sets should finish with roughly 1–3 good repetitions still possible.
- Failure is not required for progress and should generally be reserved for selected safe exercises and experienced trainees.
- Stop an exercise if you experience sharp, unusual, or joint-related pain.

TUESDAY — UPPER BODY / PUSH

Focus: chest, shoulders, triceps and general upper-body strength.

Push-Ups or Machine Chest Press — 3 sets × 8–15 reps (chest)

Dumbbell or Barbell Bench Press — 3 sets × 8–12 reps (chest)

Dumbbell Shoulder Press — 3 sets × 8–12 reps (shoulders)

Incline Dumbbell Press — 2–3 sets × 10–12 reps (upper chest)

Lateral Raises — 3 sets × 12–15 reps (side shoulders)

Triceps Rope Pushdown — 2–3 sets × 10–15 reps (triceps)

Optional Cardio

- 15–20 minutes of brisk walking, cycling, elliptical, or another comfortable cardiovascular activity.

WEDNESDAY — LOWER BODY / LEGS

Focus: quads, hamstrings, glutes and calves.

Bodyweight Squat or Goblet Squat — 3 sets × 10–15 reps (legs)

Romanian Deadlift — 3 sets × 8–12 reps (hamstrings/glutes)

Walking Lunges or Split Squats — 3 sets × 8–12 reps per leg (legs)

Leg Press — 2–3 sets × 10–15 reps (legs)

Leg Curl — 2–3 sets × 10–15 reps (hamstrings)

Calf Raises — 3 sets × 12–20 reps (calves)

Optional Cardio

- 10–20 minutes of low-to-moderate intensity cardio, especially if recovery is good.

THURSDAY — UPPER BODY / PULL

Focus: back, rear shoulders and biceps.

Lat Pulldown or Assisted Pull-Up — 3 sets × 8–12 reps (back)

Seated Cable Row — 3 sets × 8–12 reps (back)

Single-Arm Dumbbell Row — 2–3 sets × 10–12 reps per arm (back)

Face Pull or Rear-Delt Fly — 3 sets × 12–15 reps (rear shoulders)

Dumbbell or Cable Curl — 3 sets × 10–15 reps (biceps)

Hammer Curl — 2 sets × 10–15 reps (arms)

Optional Cardio

- 15–25 minutes of brisk walking, cycling, elliptical, swimming, or similar activity.

FRIDAY — FULL BODY STRENGTH + CONDITIONING

Focus: compound movements, muscular endurance and overall fitness.

Squat Variation — 3 sets × 8–12 reps (lower body)

Push-Up or Dumbbell Press — 3 sets × 8–12 reps (upper body)

Row Variation — 3 sets × 8–12 reps (upper body)

Hip Hinge / Romanian Deadlift — 3 sets × 8–12 reps (posterior chain)

Step-Ups — 2 sets × 10 reps per leg (legs)

Plank — 3 sets × 30–60 seconds (core)

Conditioning Finisher

- Choose 1: 10 minutes incline walking, cycling intervals, rowing, jump rope, or another low-impact option appropriate for your fitness level.

SATURDAY — FULL BODY FITNESS + CORE

Focus: movement quality, calorie expenditure, muscular endurance and core stability.

Goblet Squat — 3 sets × 12–15 reps (legs)

Dumbbell Chest Press or Push-Ups — 3 sets × 10–15 reps (chest)

Cable or Dumbbell Row — 3 sets × 10–15 reps (back)

Reverse Lunges — 2 sets × 10–12 reps per leg (legs)

Lateral Raises — 2 sets × 12–15 reps (shoulders)

Dead Bug — 3 sets × 8–12 reps per side (core)

Side Plank — 2 sets × 20–45 seconds per side (core)

Cardio

- 20–30 minutes at a conversational pace. Walking, cycling, swimming, elliptical, or another preferred activity are all appropriate options.

MONDAY & SUNDAY — RECOVERY

- Rest from structured strength training.
- Light walking and gentle mobility are encouraged if they feel good.
- Prioritize hydration, balanced meals and quality sleep.
- If soreness or fatigue remains high, reduce the next workout's volume or intensity.



GENERAL NUTRITION GUIDE

The goal is not to create a single diet that everyone must follow. Use these principles to build meals that match the individual's goals, preferences, budget, culture, allergies, and dietary pattern.

1. BUILD BALANCED MEALS

- **Protein:** Include a protein source at most meals — examples include beans, lentils, tofu, tempeh, eggs, Greek yogurt, cottage cheese, fish, chicken, turkey, or lean meats depending on dietary preference.
- **Produce:** Aim for a variety of fruits and vegetables throughout the day.
- **Carbohydrates:** Choose foods such as oats, potatoes, rice, whole-grain bread, beans, fruit, quinoa, and other minimally processed options.
- **Healthy fats:** Include foods such as nuts, seeds, avocado and measured portions of olive oil.

2. HYDRATION

- Drink water consistently throughout the day rather than waiting until you are very thirsty.
- Increase fluid intake when exercising, sweating heavily, or spending time in hot conditions.
- Water, unsweetened tea and other low-calorie beverages can contribute to daily fluid intake.

3. PORTION & CALORIE AWARENESS

- For fat loss, a sustainable calorie deficit is generally more important than eliminating a specific food group.
- For muscle gain, adequate calories and protein support training and recovery.
- Use portion sizes, hunger/fullness cues, and food tracking as appropriate for the individual.
- Avoid labeling foods as completely “good” or “bad.” Consistency over time matters.

4. PROTEIN

- A practical target for active adults is often around 1.2–1.6 g of protein per kg of body weight per day, with higher intakes sometimes useful during fat loss or resistance-training phases.
- Spread protein across meals rather than relying on one large serving.
- Individual needs vary based on body size, age, activity, goals and health status.

5. FIBER & WHOLE FOODS

- Prioritize vegetables, fruit, beans, lentils, whole grains, nuts and seeds.
- Increase fiber gradually and drink enough fluids to support digestion.
- A variety of minimally processed foods makes it easier to obtain vitamins and minerals.

6. SLEEP & RECOVERY

- Aim for approximately 7–9 hours of sleep per night when possible.
- Keep a consistent sleep schedule and create a relaxing wind-down routine.
- Recovery is part of the fitness plan — more training is not always better training.

SAMPLE DAY OF EATING

Meal	Example
Breakfast	Oatmeal + berries + Greek yogurt or a plant-based protein source
Lunch	Rice or quinoa bowl + beans/lentils or lean protein + vegetables + avocado
Snack	Fruit + Greek yogurt, cottage cheese, nuts, or a protein-rich alternative

Dinner	Potatoes/rice/whole grain + vegetables + fish, poultry, tofu, tempeh, beans, or another protein
Hydration	Water throughout the day; adjust to thirst, activity and climate

This is an example, not a required menu. Portions should be individualized.



COACHING & SAFETY NOTES

- This is a general fitness template, not individualized medical or nutritional advice.
- Anyone with a known medical condition, significant injury, pregnancy, recent surgery, or other health concern should obtain appropriate professional guidance before starting or modifying an exercise program.
- New trainees should begin conservatively and learn exercise technique before increasing resistance.
- Pain that is sharp, severe, persistent, or unusual is a reason to stop and seek appropriate evaluation.
- Nutrition targets should be individualized rather than automatically assigning the same calorie or macro targets to every person.
- Supplements are optional and should be evaluated individually; food, hydration, sleep and training consistency should be the foundation.

WEEKLY CHECK-IN

Category	Notes
Tuesday workout	
Wednesday workout	
Thursday workout	
Friday workout	
Saturday workout	
Average sleep	
Water / hydration	
Nutrition consistency	
Energy / recovery	
Progress this week	

IMPOSSIBLE FITNESS — DOING THE IMPOSSIBLE

Consistency • Strength • Health • Confidence