

Day 1: Chest & Triceps

1. **Warm-Up:**
 - Push-Ups (Modified or Standard): 2 sets x 15 reps.
 - Arm Circles: 2 mins.
 2. **Strength Training:**
 - Bench Press (Dumbbell/Barbell): 4 sets x 10 reps.
 - Dumbbell Flyes: 3 sets x 12 reps.
 - Incline Push-Ups: 3 sets x 12 reps.
 - Tricep Dips (Using Bench): 3 sets x 12 reps.
 - Overhead Tricep Extension (Dumbbell): 3 sets x 15 reps.
 3. **HIIT Cardio Finisher (10 mins):**
 - 30 seconds burpees, 30 seconds rest (5 rounds).
 4. **Cool-Down:**
 - Chest and tricep stretches.
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Day 2: Back & Biceps

1. **Warm-Up:**
 - Light Rowing Machine: 5 mins.
 - Shoulder Rolls and Cat-Cow Stretch.
 2. **Strength Training:**
 - Bent-Over Rows (Barbell/Dumbbell): 4 sets x 12 reps.
 - Lat Pulldown (Machine or Resistance Band): 3 sets x 10 reps.
 - Dumbbell Bicep Curls: 3 sets x 15 reps.
 - Hammer Curls: 3 sets x 12 reps.
 - One-Arm Dumbbell Rows: 3 sets x 12 reps/side.
 3. **HIIT Cardio Finisher (10 mins):**
 - Rowing (30 seconds fast, 30 seconds slow) for 10 rounds.
 4. **Cool-Down:**
 - Back stretches and child's pose.
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Day 3: Legs (Lower Body)

1. **Warm-Up:**
 - Glute Bridges: 2 sets x 15 reps.
 - Bodyweight Squats: 2 sets x 10 reps.
2. **Strength Training:**
 - Squats (Bodyweight/Dumbbell): 4 sets x 12 reps.
 - Deadlifts (Romanian or Conventional): 4 sets x 10 reps.

- Bulgarian Split Squats: 3 sets x 10 reps/leg.
 - Step-Ups (Weighted): 3 sets x 12 reps/leg.
 - Calf Raises: 3 sets x 15 reps.
3. **HIIT Cardio Finisher (10 mins):**
 - 40 seconds jump squats, 20 seconds rest (6 rounds).
 4. **Cool-Down:**
 - Quad, hamstring, and glute stretches.
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Day 4: Shoulders & Core

1. **Warm-Up:**
 - Arm Circles: 2 mins.
 - Plank Hold: 30 seconds x 2.
 2. **Strength Training:**
 - Overhead Shoulder Press (Dumbbell/Barbell): 4 sets x 10 reps.
 - Lateral Raises: 3 sets x 15 reps.
 - Front Raises: 3 sets x 15 reps.
 - Arnold Press: 3 sets x 12 reps.
 - Plank-to-Shoulder Taps: 3 sets x 15 reps/side.
 3. **Core Training (15 mins):**
 - Russian Twists (Bodyweight/Dumbbell): 3 sets x 15 reps/side.
 - Leg Raises: 3 sets x 12 reps.
 - Side Planks: 2 sets x 20 seconds/side.
 4. **Cool-Down:**
 - Shoulder stretches and cobra pose.
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Day 5: Full Body (Strength & Conditioning)

1. **Warm-Up:**
 - Jump Rope: 5 mins.
 - Dynamic Full-Body Stretches.
 2. **Strength Training:**
 - Deadlifts: 4 sets x 10 reps.
 - Squat to Overhead Press: 4 sets x 10 reps.
 - Push-Up to Dumbbell Row: 3 sets x 12 reps.
 - Kettlebell Swings: 3 sets x 15 reps.
 3. **HIIT Circuit (20 mins):**
 - 40 seconds work, 20 seconds rest (5 rounds):
 - Burpees.
 - Jump Lunges.
 - Push-Ups.
 4. **Cool-Down:**
 - Full-body stretches.
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Day 6: Glutes & Abs

1. **Warm-Up:**
 - Hip Bridges: 2 sets x 15 reps.
 - Plank Hold: 2 x 30 seconds.
 2. **Strength Training:**
 - Glute Kickbacks (Cable/Bodyweight): 3 sets x 12 reps/leg.
 - Weighted Hip Thrusts: 4 sets x 12 reps.
 - Side-Lying Leg Lifts: 3 sets x 15 reps/leg.
 - Hanging Leg Raises: 3 sets x 12 reps.
 - Bicycle Crunches: 3 sets x 15 reps/side.
 3. **Cool-Down:**
 - Glute and core stretches.
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Day 7: Active Recovery or Rest

- Light yoga, stretching, or a 30-minute walk.

Updated Single-Muscle Group Workout Plan with CrossFit Activities

- **Structure:**
 - Warm-up (5–10 mins)
 - Strength Training (40–50 mins)
 - CrossFit Finisher (10–15 mins)
 - Cool-down (10 mins)
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Day 1: Chest + CrossFit Finisher

1. **Warm-Up:**
 - Push-ups (Modified or Standard): 2 sets x 15 reps.
 - Arm Swings & Circles: 2 mins.
 2. **Strength Training:**
 - Barbell Bench Press: 4 sets x 10-12 reps.
 - Dumbbell Flyes: 3 sets x 12-15 reps.
 - Incline Dumbbell Press: 3 sets x 10-12 reps.
 - Push-Ups (to failure): 2 sets.
 3. **CrossFit Finisher:** *Perform as many rounds as possible (AMRAP) in 12 minutes*
 - 10 Dumbbell Bench Press (moderate weight).
 - 10 Burpees.
 - 10 Box Jumps (low to medium height).
 4. **Cool-Down:**
 - Chest stretches and foam rolling.
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Day 2: Back + CrossFit Finisher

- 1. Warm-Up:**
 - Cat-Cow Stretch: 2 mins.
 - Light Rowing Machine: 5 mins.
 - 2. Strength Training:**
 - Pull-Ups (Assisted if needed): 4 sets x 8-10 reps.
 - Dumbbell One-Arm Rows: 3 sets x 12 reps/side.
 - Bent-Over Rows: 3 sets x 10-12 reps.
 - Lat Pulldowns: 3 sets x 12 reps.
 - 3. CrossFit Finisher: *EMOM (Every Minute On the Minute) for 12 minutes***
 - 10 Dumbbell Snatches (5 each arm).
 - 8 Pull-Ups or Band-Assisted Pull-Ups.
 - 20 Calorie Row (adjust intensity to fitness level).
 - 4. Cool-Down:**
 - Back stretches and child's pose.
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Day 3: Shoulders + CrossFit Finisher

- 1. Warm-Up:**
 - Arm Circles: 2 mins.
 - Shoulder Shrugs: 2 sets x 15 reps.
 - 2. Strength Training:**
 - Overhead Dumbbell Press: 4 sets x 10 reps.
 - Lateral Raises: 3 sets x 15 reps.
 - Arnold Press: 3 sets x 12 reps.
 - Rear Delt Flyes: 3 sets x 12 reps.
 - 3. CrossFit Finisher: *12-minute AMRAP***
 - 10 Wall Balls (squat and throw medicine ball to target).
 - 8 Dumbbell Push Press.
 - 15 Kettlebell Swings.
 - 4. Cool-Down:**
 - Shoulder stretches and child's pose.
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Day 4: Quadriceps (Leg Day) + CrossFit Finisher

- 1. Warm-Up:**
 - Bodyweight Squats: 2 sets x 15 reps.
 - Walking Lunges: 1 set x 10 steps/leg.
- 2. Strength Training:**
 - Barbell Squats: 4 sets x 10 reps.
 - Bulgarian Split Squats: 3 sets x 10 reps/leg.
 - Leg Press (Machine): 4 sets x 12 reps.
 - Step-Ups (Weighted): 3 sets x 12 reps/leg.
- 3. CrossFit Finisher: *EMOM for 12 minutes***
 - 10 Jump Squats.

- 20 Walking Lunges (bodyweight).
 - 15 Box Jumps.
4. **Cool-Down:**
- Quad and hamstring stretches.
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Day 5: Arms (Biceps & Triceps) + CrossFit Finisher

1. **Warm-Up:**
 - Arm Swings: 2 mins.
 - Tricep Dips: 2 sets x 10 reps.
 2. **Strength Training:**

Biceps:

 - Barbell Curls: 4 sets x 10 reps.
 - Concentration Curls: 3 sets x 12 reps.

Triceps:

 - Overhead Tricep Extensions: 4 sets x 12 reps.
 - Tricep Pushdowns (Cable): 3 sets x 12 reps.
 3. **CrossFit Finisher:** *Tabata (20 seconds work, 10 seconds rest for 8 rounds)*
 - Tricep Dips.
 - Dumbbell Hammer Curls.
 4. **Cool-Down:**
 - Arm stretches (biceps and triceps).
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Day 6: Glutes + CrossFit Finisher

1. **Warm-Up:**
 - Glute Bridges: 2 sets x 15 reps.
 - Dynamic Leg Swings: 1 minute.
 2. **Strength Training:**
 - Weighted Hip Thrusts: 4 sets x 12 reps.
 - Romanian Deadlifts: 4 sets x 10 reps.
 - Sumo Deadlifts: 3 sets x 12 reps.
 - Cable Kickbacks: 3 sets x 12 reps/leg.
 3. **CrossFit Finisher:** *AMRAP for 12 minutes*
 - 12 Kettlebell Swings.
 - 10 Dumbbell Step-Ups.
 - 8 Jump Squats.
 4. **Cool-Down:**
 - Glute and hamstring stretches.
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Day 7: Active Recovery or Rest

- Light yoga, foam rolling, or a 30-minute walk.
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This workout plan keeps your training intense and fun while focusing on individual muscle groups and adding CrossFit elements for extra calorie burn and functional strength. Let me know if you'd like additional changes! 💪