

📅 DAY 1

Workout #1

Back and Biceps

- Rows with Dumbbells
- Rows with Bands
- Lat Pull Downs with Bands
- Standing Curls with Bands
- Standing Dumbbell Curls
- Sitting Dumbbell Curls



📅 DAY 2

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 3

Workout #2

Shoulders, Forearms and Abs

- Band Warm up
- Outer Delts
- Traps
- Forearms
- Crunches
- Crunches With Bands



📅 DAY 4

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 5

Workout #3

Hamstrings and Calves

- Standing Hamstrings
- Standing Calves
- Seated Calves



📅 DAY 6

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 7

Workout #4

Chest and triceps

- Push ups
- Chair Dips
- Triceps with Bands
- Diamonds



📅 DAY 8

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 9

Workout #5

Quads

- Quads Wall
- Lunges
- Sumo Squat



📅 DAY 10

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..

📅 DAY 11

Workout #6

Back and Biceps

- Rows with Dumbbells
- Rows with Bands
- Lat Pull Downs with Bands
- Standing Curls with Bands
- Standing Dumbbell Curls
- Sitting Dumbbell Curls

📅 DAY 12

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..

📅 DAY 13

Workout #7

Shoulders, Forearms and Abs

- Band Warm up
- Outer Delts
- Traps
- Forearms
- Crunches
- Crunches With Bands

📅 DAY 14

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..

📅 DAY 15

Workout #8

Hamstrings and Calves

- Standing Hamstrings
- Standing Calves
- Seated Calves

📅 DAY 16

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..

📅 DAY 17

Workout #9

Chest and triceps

- Push ups
- Chair Dips
- Triceps with Bands
- Diamonds

📅 DAY 18

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..

📅 DAY 19 

Workout #10

Quads

- Quads Wall
- Lunges
- Sumo Squat



📅 DAY 20 

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 21 

Workout #11

Back and Biceps

- Rows with Dumbbells
- Rows with Bands
- Lat Pull Downs with Bands
- Standing Curls with Bands
- Standing Dumbbell Curls
- Sitting Dumbbell Curls

