### **Gym Training Schedule**

| **Day** | **Time** | **Workout Type** | **Exercises** | **Duration** | **Notes** |
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| Monday | 7:00 AM - 8:00 AM | Upper Body Strength | Bench Press, Push-Ups, Pull-Ups | 60 minutes | Focus on form and intensity |
| Tuesday | 7:00 AM - 8:00 AM | Cardio | Treadmill, Rowing, Cycling | 45 minutes | Moderate intensity |
| Wednesday | 7:00 AM - 8:00 AM | Lower Body Strength | Squats, Lunges, Deadlifts | 60 minutes | Add weight progressively |
| Thursday | 7:00 AM - 8:00 AM | Core and Flexibility | Plank, Yoga, Stretching | 45 minutes | Use a mat for comfort |
| Friday | 7:00 AM - 8:00 AM | High-Intensity Interval | Circuit Training, Sprints | 30 minutes | Maximum effort intervals |
| Saturday | 8:00 AM - 9:00 AM | Full Body Conditioning | Kettlebells, Medicine Ball | 60 minutes | Engage all major muscle groups |
| Sunday | - | Rest/Active Recovery | Light Yoga, Walking | - | Avoid strenuous activity |