



21-Days Workout Plan to Maintain Weight

Here's a 21-day workout plan designed to help you maintain your weight. This plan focuses on a balanced mix of strength training, cardio, and flexibility exercises to keep your body fit without significant weight loss or gain.

21-Day Workout Plan to Maintain Weight

Weekly Schedule

- **Day 1: Full Body Strength**
- **Day 2: Cardio**
- **Day 3: Flexibility & Core**
- **Day 4: Upper Body Strength**
- **Day 5: Lower Body Strength**
- **Day 6: Cardio**
- **Day 7: Rest or Active Recovery**

Workout Details

Week 1

Day 1: Full Body Strength

- Squats: 3 sets of 10-12 reps
- Push-ups: 3 sets of 10-15 reps
- Bent-over Dumbbell Rows: 3 sets of 10-12 reps
- Plank: 3 sets of 30-60 seconds
- Dumbbell Shoulder Press: 3 sets of 10-12 reps

Day 2: Cardio

- 30-45 minutes of moderate-intensity cardio (running, cycling, swimming, etc.)

Day 3: Flexibility & Core

- Yoga or Pilates session (30-45 minutes)
- Core exercises: Bicycle Crunches, Russian Twists, and Leg Raises (3 sets of 15 reps each)

Day 4: Upper Body Strength

- Bench Press: 3 sets of 10-12 reps

- Pull-ups or Lat Pulldowns: 3 sets of 8-10 reps
- Dumbbell Bicep Curls: 3 sets of 10-12 reps
- Tricep Dips: 3 sets of 10-12 reps

Day 5: Lower Body Strength

- Deadlifts: 3 sets of 10-12 reps
- Lunges: 3 sets of 10-12 reps per leg
- Leg Press: 3 sets of 10-12 reps
- Calf Raises: 3 sets of 15 reps

Day 6: Cardio

- 30-45 minutes of high-intensity interval training (HIIT) or a fun activity (dance, sports, etc.)

Day 7: Rest or Active Recovery

- Light walking or stretching for 20-30 minutes

Week 2

Day 8: Full Body Strength (Repeat Day 1)

Day 9: Cardio (Repeat Day 2)

Day 10: Flexibility & Core (Repeat Day 3)

Day 11: Upper Body Strength (Repeat Day 4)

Day 12: Lower Body Strength (Repeat Day 5)

Day 13: Cardio (Repeat Day 6)

Day 14: Rest or Active Recovery

- 30-45 minutes of moderate-intensity cardio (running, cycling, swimming, etc.)

Day 17: Flexibility & Core

- Yoga or Pilates session (30-45 minutes)
- Core exercises: Plank Variations, Mountain Climbers, and Flutter Kicks (3 sets of 15 reps each)

Day 18: Upper Body Strength

- Push Press: 3 sets of 10-12 reps
- Seated Rows: 3 sets of 10-12 reps
- Hammer Curls: 3 sets of 10-12 reps
- Overhead Tricep Extensions: 3 sets of 10-12 reps

Day 19: Lower Body Strength

- Bulgarian Split Squats: 3 sets of 10-12 reps per leg
- Sumo Deadlifts: 3 sets of 10-12 reps
- Glute Bridges: 3 sets of 12-15 reps
- Standing Calf Raises: 3 sets of 15 reps

Day 20: Cardio

- 30-45 minutes of moderate to high-intensity cardio (HIIT or steady-state)

Day 21: Rest or Active Recovery

- Light walking or stretching for 20-30 minutes

Week 3

Day 15: Full Body Strength

- Goblet Squats: 3 sets of 10-12 reps
- Incline Push-ups: 3 sets of 10-15 reps
- Kettlebell Swings: 3 sets of 12-15 reps
- Side Plank: 3 sets of 30 seconds per side
- Dumbbell Lateral Raises: 3 sets of 10-12 reps

Day 16: Cardio

Additional Tips

- **Nutrition:** Maintain a balanced diet that meets your caloric needs to support your activity level.
- **Hydration:** Stay hydrated throughout the day, especially during workouts.
- **Sleep:** Aim for 7-9 hours of quality sleep each night to aid recovery and overall health.
- **Listen to Your Body:** Adjust the intensity and volume of workouts based on how you feel.