

WEEKLY MIND MAP

This *Week*

Strength, cardio & recovery in balance. Move the days around to fit your life.

6

SESSIONS

~180

CARDIO MIN

3

STRENGTH DAYS

1

FULL REST

Strength / Core

Cardio

Recovery



MON *Upper Body + Cardio*

STRENGTH · 45 MIN

DB chest press 4×10

Bent-over rows 4×12

Shoulder press 3×12

Push-ups 3×max

Incline walk 15 min



TUE *Cardio & Intervals*

CONDITIONING · 35 MIN

Warm-up jog 5 min

Intervals 8 × 1 min hard / 1 easy

Steady run 10 min

Cool-down 5 min



WED *Lower Body Strength*

STRENGTH · 45 MIN

Goblet squats 4×12

DB deadlifts 4×10

Reverse lunges 3×12/leg

Calf raises 3×20

Bike finisher 10 min



THU *Pilates Core + Mobility*

CORE · 40 MIN

The hundred

Leg circles 10/side

Plank series 3×45s

Dead bugs 3×12

Foam roll 10 min



FRI *Full Body Burn*

HIIT · 40 MIN

Thrusters 4×12

Renegade rows 4×10

Mountain climbers 4×30s

Jump squats 4×15

Burpees 3×10



SAT *Long Cardio + Recovery*

ZONE 2 · 60 MIN

Zone-2 walk/jog 40 min

Gentle yoga 20 min

Full stretch

Hydrate + refuel



SUN *Rest & Reset*

RECOVERY

Sleep in

Light mobility 10 min

Meal prep

Plan next week

Daily Habits

8k+ steps

2–3 L water

7–8 h sleep

10 min stretch

Protein each meal

Weekly Targets

3 strength sessions

3 cardio sessions

~180 min total cardio

1 full rest day

2 mobility blocks

Tip: Warm up 5 min before each session. Swap any strength day for mobility if you're sore, and keep cardio days conversational-pace unless marked HIIT.

