

Day	Workout Phase	Exercises	Sets x Reps	Notes
Day 1	Warm-up	Walking Lunges, High Knees, Butt Kicks, Arm Circles	2 rounds, 15 seconds per exercise	Dynamic, increasing speed gradually
	Strength Phase	Pull-ups, Dips, Lunges, Stiff Leg Deadlifts	3-4 sets x 6-12 reps	Superset upper/lower body
	Conditioning (HIIT)	Burpees, Battle Ropes, Jumping Jacks	5 rounds, 30 sec on, 60 sec off	Max effort
Day 2	Warm-up	Grapevines, Side Shuffles, Stork Walks, Plank, Glute Bridge	2 rounds, 15 seconds per exercise	Focus on activating core and flexibility
	Power Phase	Jump Squats, Push Press, Power Twists	3 sets x 3-6 reps	Explosive, start light
	Conditioning (HIIT)	Sledgehammer Swings, Sled Push, Battle Ropes	4 rounds, 30 sec on, 60 sec off	Active recovery between rounds
Day 3	Rest/Light Mobility	Active recovery, stretching		Include static stretching for flexibility
Day 4	Warm-up	Walking Lunges, Arm Circles, High Knee Skip	2 rounds, 15 seconds per exercise	Gradually increase intensity
	Strength Phase	Deadlifts, Weighted Step-ups, Hanging Leg Raises	4 sets x 8 reps	Build strength for lower body
	Conditioning (HIIT)	Stair Sprints, Jump Rope	6 rounds, 30 sec on, 90 sec off	Focus on fast-twitch power
Day 5	Warm-up	Side Squats, Arm Swings, Plank Variations	2 rounds, 15 seconds per exercise	Core activation
	Power Phase	Push Press, Jump Lunges, Medicine Ball Throws	3 sets x 3-6 reps	Maximum force without grinding out reps
	Conditioning (HIIT)	Battle Ropes, Burpees, Jumping Jacks	4 rounds, 30 sec on, 60 sec off	Increase explosiveness
Day 6	Rest/Light Mobility	Active recovery		Optional shadowboxing, stretching
Day 7	Rest			Full rest