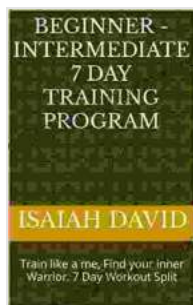


Train Like Me: Find Your Inner Warrior Day Workout Split

Are you ready to embark on a fitness journey that will not only transform your body but also ignite your inner warrior spirit? This comprehensive day workout split is designed to push you beyond your limits, helping you build strength, endurance, and an unwavering belief in yourself. Whether you're a seasoned athlete or just starting out, this workout plan will provide you with the guidance and motivation you need to achieve your fitness goals.

This day workout split is designed to target different muscle groups on alternating days, allowing for optimal recovery and growth. The split is as follows:

Day 1: Chest and Triceps
Day 2: Back and Biceps
Day 3: Legs and Glutes
Day 4: Rest
Day 5: Shoulders and Core
Day 6: Cardio and Flexibility
Day 7: Rest



Beginner - Intermediate 7 Day Training Program: Train like a me, Find your inner Warrior. 7 Day Workout Split

by P. G. Wodehouse

★★★★★ 5 out of 5

Language : English
File size : 1630 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 10 pages
Lending : Enabled
Screen Reader : Supported



Each workout day includes a combination of compound and isolation exercises to maximize muscle activation and development. Compound exercises work multiple muscle groups simultaneously, while isolation exercises focus on a single muscle or muscle group. Aim for 3-4 sets of each exercise, with 10-12 repetitions per set.

Day 1: Chest and Triceps

- **Barbell Bench Press:** 3-4 sets of 10-12 repetitions
- **Incline Dumbbell Press:** 3-4 sets of 10-12 repetitions
- **Dumbbell Flyes:** 3-4 sets of 10-12 repetitions
- **Triceps Pushdowns:** 3-4 sets of 10-12 repetitions
- **Triceps Extensions:** 3-4 sets of 10-12 repetitions

Day 2: Back and Biceps

- **Barbell Row:** 3-4 sets of 10-12 repetitions
- **Pull-Ups:** 3-4 sets of 10-12 repetitions
- **Lat Pulldowns:** 3-4 sets of 10-12 repetitions
- **Bicep Curls:** 3-4 sets of 10-12 repetitions
- **Hammer Curls:** 3-4 sets of 10-12 repetitions

Day 3: Legs and Glutes

- **Barbell Squat:** 3-4 sets of 10-12 repetitions
- **Leg Press:** 3-4 sets of 10-12 repetitions
- **Hamstring Curls:** 3-4 sets of 10-12 repetitions
- **Calf Raises:** 3-4 sets of 15-20 repetitions
- **Glute Bridges:** 3-4 sets of 10-12 repetitions

Day 5: Shoulders and Core

- **Overhead Press:** 3-4 sets of 10-12 repetitions
- **Lateral Raises:** 3-4 sets of 10-12 repetitions
- **Front Raises:** 3-4 sets of 10-12 repetitions
- **Plank:** 3-4 sets of 30-60 seconds hold
- **Russian Twists:** 3-4 sets of 20-30 repetitions

Day 6: Cardio and Flexibility

- **Running:** 30-45 minutes at a moderate intensity
- **Cycling:** 30-45 minutes at a moderate intensity
- **Swimming:** 30-45 minutes
- **Yoga:** 30-60 minutes
- **Stretching:** 15-30 minutes

Day 7: Rest

Use this day to fully recover and prepare for the next week of training. Engage in light activities such as walking or gentle stretching, or simply take a break from exercise altogether.

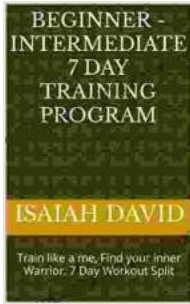
As you progress in your training, you can gradually increase the weight or resistance you use, or add more sets or repetitions to each exercise. Listen to your body and rest when needed. It's important to avoid overtraining and allow for adequate recovery.

Proper nutrition is essential for fueling your workouts and supporting muscle growth and recovery. Focus on consuming a balanced diet that includes plenty of lean protein, complex carbohydrates, healthy fats, and fruits and vegetables. Stay hydrated by drinking plenty of water throughout the day.

Training like a warrior requires a strong mindset. Believe in yourself and your ability to achieve your goals. Embrace challenges and setbacks as opportunities for growth. Stay motivated and focused on your goals, and never give up.

This day workout split is a powerful tool that can help you unleash your inner warrior and transform your fitness. By following the exercises, nutrition, and mindset principles outlined in this article, you can build a strong and resilient body, develop unwavering confidence, and achieve your fitness aspirations. Remember, the journey of a warrior is not without challenges, but with determination and perseverance, you can conquer any obstacle and emerge as a true warrior in both mind and body.

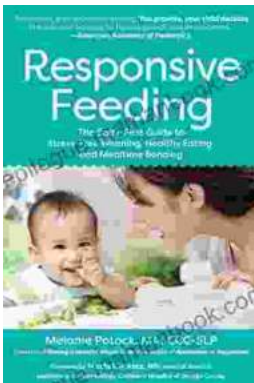
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