

TRAINING PLAN

FULL BODY WORKOUT

Certified training plans have been prepared by experts
from the Zdrofit Academy, a member of REPS

1. FULL BODY WORKOUT TRAINING PLAN (2-3 days a week)

The workout covers all muscle groups and can be performed 2-3 times a week, with one- or two-day intervals between sessions, the range of repetitions and intervals putting less stress on the body (bodybuilding).

Level: basic

Duration: 50-60 min

Workout:



1. Squat:

- 3 series of 8-12 repetitions
- Pause: 60-90 seconds

2. Bench Press

- 3 series of 8-12 repetitions
- Pause: 60-90 seconds

3. Barbell Rows:

- 3 series of 8-12 repetitions
- Pause: 60-90 seconds

4. Deadlift:

- 3 series of 6-10 repetitions
- Pause: 90-120 seconds

5. Overhead Press:

- 3 series of 8-12 repetitions
- Pause: 60-90 seconds

6. Pull-down or TRX / Ring Row:

- 3 series of 6-10 repetitions
- Pause: 60-90 seconds



7. Sit ups /v -ups:

- 3 series of 15 repetitions
- Pause: 30-60 seconds

2. SPLIT TRAINING PLAN with an upper/lower body 2/4-day split, e.g. Monday (and Tuesday), Thursday (and Friday)

It can be performed 2-4 times a week, depending on your time and preferences. The split focuses on working on different muscle groups on different training days, enabling more intense and targeted workouts.



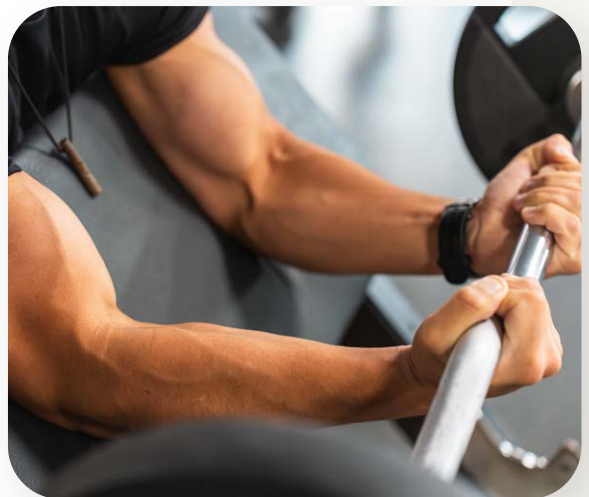
Level: intermediate

Day 1: Upper Body



Duration: 30-40 min

- 1. Bench Press:**
 - 3 series of 8-12 repetitions
 - Pause: 60-90 seconds
- 2. Pull-ups or Dumbbell Rows:**
 - 3 series of 8-12 repetitions
 - Pause: 60-90 seconds
- 3. Overhead Press:**
 - 3 series of 8-12 repetitions
 - Pause: 60-90 seconds
- 4. Triceps Extension:**
 - 3 series of 10-15 repetitions
 - Pause: 60-90 seconds
- 5. Biceps Curl:**
 - 3 series of 10-15 repetitions
 - Pause: 60-90 seconds



Day 2: Lower Body



Duration: 30-40 min

- | | |
|--|--|
| 1. Squat – goblet, back squat, front squat: <ul style="list-style-type: none">• 3 series of 8-12 repetitions• Pause: 60-90 seconds | 2. Deadlift: <ul style="list-style-type: none">• 3 series of 6-10 repetitions• Pause: 60-90 seconds |
| 3. Leg Press: <ul style="list-style-type: none">• 3 series of 10-15 repetitions• Pause: 60-90 seconds | 4. Seated/Lying Leg Extensions on machine: <ul style="list-style-type: none">• 3 series of 10-15 repetitions• Pause: 60-90 seconds |

3. TRAINING PLAN with a more detailed split, 3-4 days a week

This plan allows you to focus on specific muscle groups during each workout, which can support better development and recovery.



Level: advanced

Day 1: Chest and triceps



Duration: 30-40 min

1. Bench Press:

- 4 series of 8-12 repetitions
- Pause: 60-90 seconds

2. Incline Dumbbell Press:

- 3 series of 8-12 repetitions
- Pause: 60-90 seconds

3. Push-ups:

- 3 series of maximum number of repetitions
- Pause: 60-90 seconds

4. Skull Crushers:

- 3 series of 10-12 repetitions
- Pause: 60-90 seconds

5. Cable Tricep Extensions:

- 3 series of 10-12 repetitions
- Pause: 60-90 seconds



Day 2: Back and biceps



Duration: 30-40 min

1. Pull-ups:

- 4 series of maximum number of repetitions
- Pause: 60-90 seconds

2. Barbell Rows:

- 4 series of 8-12 repetitions
- Pause: 60-90 seconds

3. Dumbbell Bicep Curls:

- 3 series of 10-12 repetitions
- Pause: 60-90 seconds

4. Preacher Curls:

- 3 series of 10-12 repetitions
- Pause: 60-90 seconds

Day 3: Legs

🕒 Duration: 30-40 min

1. Squat:

- 4 series of 8-12 repetitions
- Pause: 60-90 seconds

2. Leg Press:

- 4 series of 10-15 repetitions
- Pause: 60-90 seconds

3. Seated/Lying Leg Extensions on machine:

- 3 series of 8-12 repetitions
- Pause: 60-90 seconds

4. Romanian Deadlift (optionally with barbells/kettlebells):

- 3 series of 8-12 repetitions
- Pause: 60-90 seconds

5. Calf Raises:

- 4 series of 12-15 repetitions
- Pause: 60-90 seconds



Day 4: Volume training (optional)

🕒 Duration: 20-30 min



Focus on isolation and accessory exercises for all muscle groups to ensure comprehensive muscle stimulation. From the above plan, you can choose the exercises that suit you best or that you want to develop more.

4. Functional TRAINING PLAN, 3 days a week

Functional training focuses on developing strength, endurance, balance and flexibility in a functional way that is useful in daily activities and sports. This plan includes a variety of exercises that engage the entire body and strengthen both major muscle groups and stabilising muscles.



Level: intermediate

Day 1: Strength and endurance



Duration: 40-50 min

1. **Goblet Squats:**
 - 4 series of 10-12 repetitions
2. **Push-ups:**
 - 4 series of maximum number of repetitions
3. **Dumbbell Rows:**
 - 4 series of 10-12 repetitions
4. **Supermans:**
 - 3 series of 12-15 repetitions
5. **Box Jumps**
 - 4 series of 10-12 repetitions
6. **Plank:**
 - 3 series of 30-60 seconds



Day 2: Endurance and flexibility



Duration: 30-40 min

- 1. Running or Jogging:**
 - 15-20 minutes
- 2. Jump Rope or Jumping Jacks / Plate Jumps:**
 - 3 series of 1 minute
- 3. Plank with Shoulder Taps:**
 - 3 series of 10-12 repetitions on each side
- 4. Tabata with burpees:**
 - 8 rounds of 20 sec work / 10 sec rest in between
- 5. Full Body Stretching:**
 - 10-15 minutes

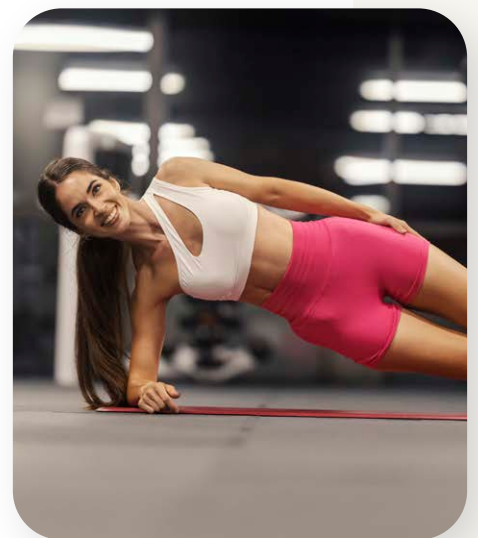


Day 3: Strength and stability



Duration: 30-40 min

- 1. Deadlift:**
 - 4 series of 8-10 repetitions
- 2. Dumbbell Shoulder Press:**
 - 4 series of 10-12 repetitions
- 3. Side Planks:**
 - 3 series of 30-45 seconds on each side
- 4. Lat Pulldowns:**
 - 4 series of 10-12 repetitions
- 5. Hanging Leg Raises:**
 - 3 series of 10-12 repetitions



5. Strength/powerlifting TRAINING PLAN, 2-3 days a week

An introductory powerlifting training plan, which focuses on three main exercises: squats, bench press and deadlift. This plan can be performed 2-3 times a week, while ensuring adequate extra muscle training and recovery time.



Level: advanced

Day 1: Squats and bench presses



Duration: 40-50 min

1. Squats:

- Warm-up: 10-15 minutes (dynamic stretching, mobility, light running)
- Squats: 4 series of 6-8 repetitions
- Pause: 2-3 minutes between series

2. Bench Press:

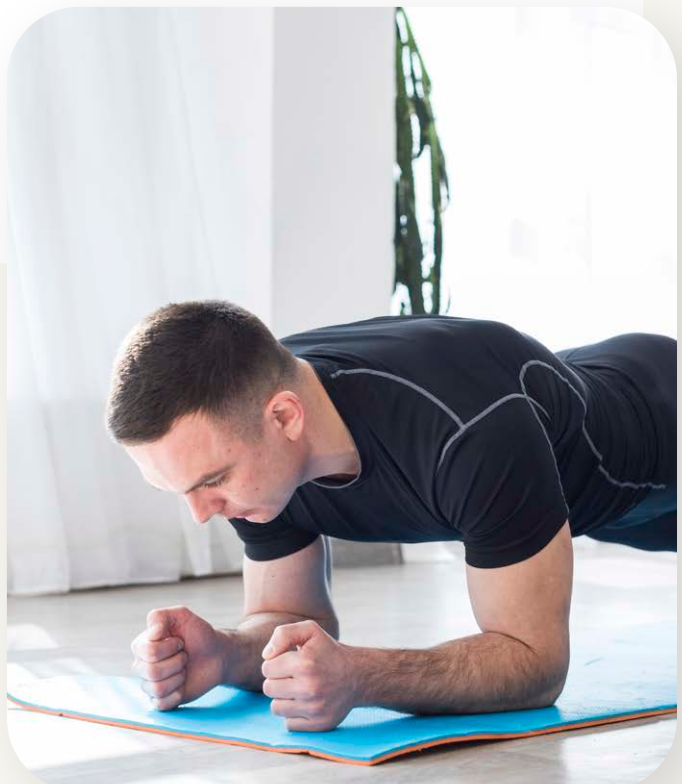
- Bench Press: 4 series of 6-8 repetitions
- Pause: 2-3 minutes between series

3. Hanging Leg Raises:

- 3 series of 10-12 repetitions
- Pause: 1-2 minutes between series

4. Plank:

- 3 series of 30-60 seconds
- Pause: 1-2 minutes between series



Day 2: Deadlift

🕒 Duration: 20-30 min

1. Deadlift:

- Warm-up: 10-15 minutes (dynamic stretching, light running)
- Deadlift: 6 series x 4-6 repetitions
- Pause: 2-3 minutes between series



2. Dumbbell Rows:

- 3 series of 8-10 repetitions
- Pause: 1-2 minutes between series

Day 3: Active rest or extra workout



This day can be devoted to active rest, i.e. light physical activity such as jogging, yoga, stretching or low-intensity cardio. You can also do an extra workout, focusing on other muscle groups than those involved in powerlifting.

6. Weight-loss TRAINING PLAN, 4 days a week

The weight-loss training plan aims to reduce weight by burning body fat while minimising the loss of muscle mass. Here is a sample weight-loss training plan:

 Level: advanced

Training days: 4 days a week

 Duration: 30-40 min

1. **Bench Press:**
 - 4 series of 8-10 repetitions
2. **Barbell Rows:**
 - 4 series of 8-10 repetitions
3. **Dumbbell Shoulder Press:**
 - 3 series of 10-12 repetitions
4. **Dips:**
 - 3 series of maximum number of repetitions



Day 2: Interval training – cardio

 Duration: 20-30 min

1. **Interval running:**
 - 5 minutes of warm-up
 - 10 x 30-second sprints with 60 seconds rest in between
 - 5 minutes of cooling

Day 3: Strength training – lower body

⌚ Duration: 30-40 min

1. **Barbell Squats:**

- 4 series of 8-10 repetitions

2. **Deadlift:**

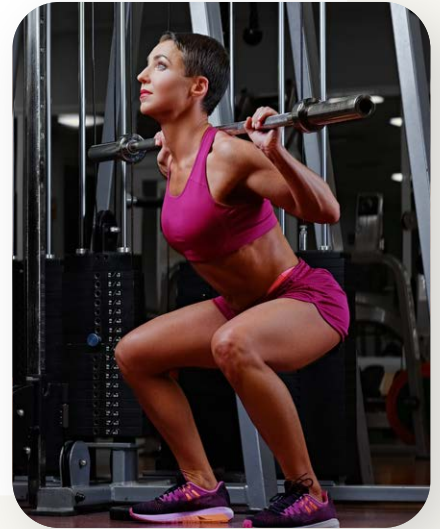
- 4 series of 8-10 repetitions

3. **Walking Lunges:**

- 3 series of 12 steps for each leg

4. **Supermans:**

- 3 series of 12-15 repetitions



Day 4: Cardio training and mobility

⌚ Duration: 40-50 min



1. **Treadmill or elliptical trainer / rowing machine:**

- 30-45 minutes of cardio training at moderate intensity of 65-75% of maximum heart rate

2. **Stretching and mobility:**

- 10-15 minutes of stretching the whole body, focusing on the main muscle groups

7. CROSS-TRAINING

Description: Cross-training is a type of high-intensity training in which you will develop good fitness, muscle strength and an athletic figure through varied movements.



Level: basic



Duration: 20-30 min

Number of circuits to perform: 2



1. Swings with kettlebells

● 10 repetitions

2. Burpees

● 6 repetitions

3. Squat

● 10 repetitions

4. Push-ups

● 8 repetitions

5. Sit-ups

● 10 repetitions

8. GLUTEAL MUSCLE TRAINING

Description: Exercising the buttocks improves the figure and also stabilises posture.

The best results come from strength training. It is very important to do glute training with the right load. Match the load to your capabilities and training experience. Beginners can practice without equipment, using only their own bodies and resistance bands.

Level: basic

Duration: 20-30 min

Workout:

1. Glute bridge with mini-band:

- 12 repetitions
- 3 series

2. Alternating reverse lunges:

- 3 series of 12 repetitions
- Pause: 60-90 seconds

3. Sumo squat:

- 12 repetitions
- 3 series

4. Knee abduction lying down with mini-band:

- 10 repetitions per side
- 2 serie



9. ABDOMINAL MUSCLE TRAINING

Description: A basic set of exercises for people who want to strengthen and sculpt abdominal muscles, improve stability and posture.



Level: basic



Duration: 20-30 min

Number of circuits to perform: 2

1. **Plank:**

- 3 series of 30-60 seconds

2. **Russian Twists Repetitions:**

- 3 series of 15-20 repetitions per side

3. **Bicycle Crunches Repetitions:**

- 3 series of 20-30 repetitions

4. **Leg Raises Repetitions:**

- 3 series of 15-20 repetitions

5. **Mountain Climbers Duration:**

- 3 series of 30-60 seconds

