

My Fitness Routine

Anjan Goswami

Day 1: Monday

- **Morning (around 6:00 AM):** 5k Run (easy pace for recovery and building endurance)
- **Evening:** Martial Arts

Day 2: Tuesday

- **Morning:** Strength Training (Heavy Weights, Low Reps)
 - Squats: 3 sets of 5 reps
 - Deadlifts: 3 sets of 5 reps
 - Bench Press: 3 sets of 5 reps
 - Pull-Ups: 3 sets of 5 reps (or as many as you can do)
- **Evening:** Martial Arts

Day 3: Wednesday

- **Morning:** 5k Interval Run (1-minute fast, 1-2 minutes slow, repeated for the duration)
- **Evening:** Martial Arts

Day 4: Thursday

- **Morning:** Strength Training (Lighter Weights, Higher Reps)
 - Shoulder Press: 3 sets of 12 reps
 - Bicep Curls: 3 sets of 12 reps
 - Tricep Dips or Skull Crushers: 3 sets of 12 reps
 - Calf Raises: 3 sets of 12 reps
- **Evening:** Martial Arts

Day 5: Friday - Abdomen Day

- **Morning:** Abdomen/Core Focused Workout
 - Planks: 3 sets, holding as long as possible
 - Russian Twists: 3 sets of 20 reps (each side)
 - Leg Raises: 3 sets of 12 reps
 - Bicycle Crunches: 3 sets of 20 reps (each side)
 - Ab Rollouts (if you have an ab wheel): 3 sets of 10 reps

Day 6: Saturday

- **Morning:** Long Slow 5k+ Run (focus on endurance)
- **Late Morning or Early Afternoon:** Full Body Strength Training (Mix of Heavy and Light)
 - Deadlifts: 3 sets of 5 reps
 - Bench Press: 3 sets of 12 reps
 - Squats: 3 sets of 12 reps
 - Pull-Ups: 3 sets to failure
 - Bicep Curls: 3 sets of 12 reps
 - Tricep Dips or Skull Crushers: 3 sets of 12 reps

Day 7: Sunday

- **Morning:** Rest or Active Recovery

Smart Infer