

# STRUCTURE

A

## TRAINING PLAN 01

This program was designed to target different muscle groups and abilities over the course of 5 days a week. Each day has a main focus, ensuring variety and balance:

### Day 1:

#### Upper Body

(Chest, Back, and Arms)

### Day 2:

#### Lower Body

(Legs and Glutes)

### Day 3:

#### Core and Stability

(Abdominals and Deep Muscles)

### Day 4:

#### Full Body

(Functional Training and Cardio)

### Day 5:

#### Strength and Endurance

(Combined Movements)



# Upper Body

(Chest, Back, and Arms)

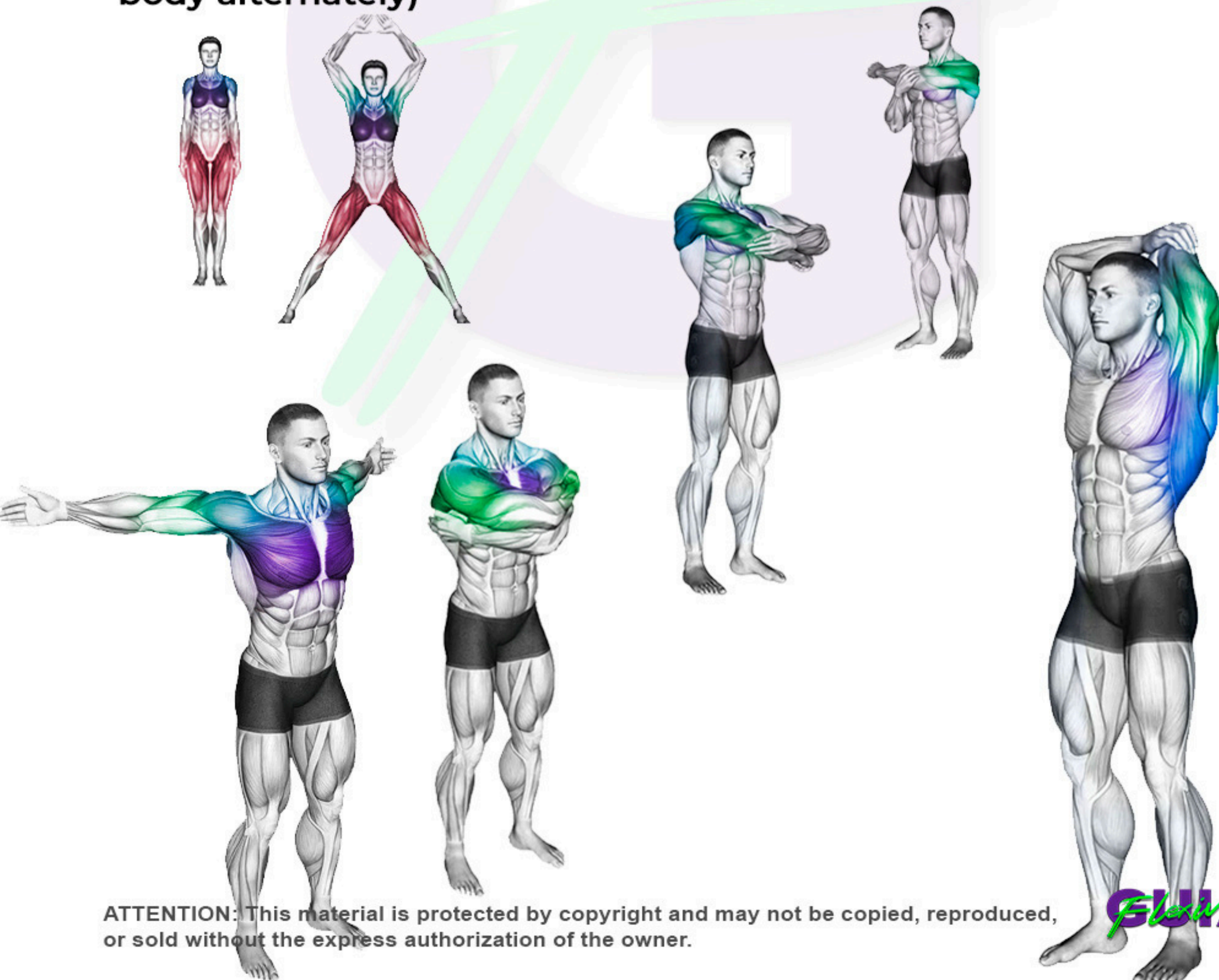
DAY 1

## Accessories Used

- Adjustable Dumbbells or Free Weights (for floor press and rows).
- Mini Bands (for extra resistance in arm exercises).
- Barra para Porta (para exercícios de puxada, como pull-ups).

## Warm-up

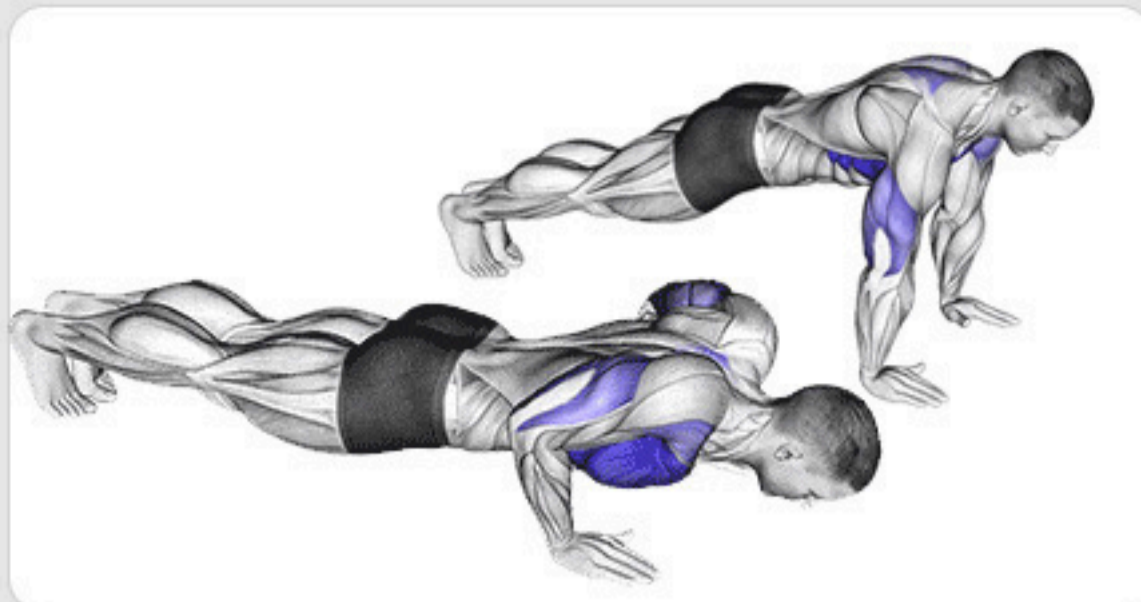
- 2 minutes of jumping jacks
- 1 minute of shoulder mobility (circular movements forward and backward)
- 1 minute of dynamic stretching (arms crossing in front of the body alternately)



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FLUXIA

**UPPER BODY**



**PUSH-UP**

**SETS**

**3**

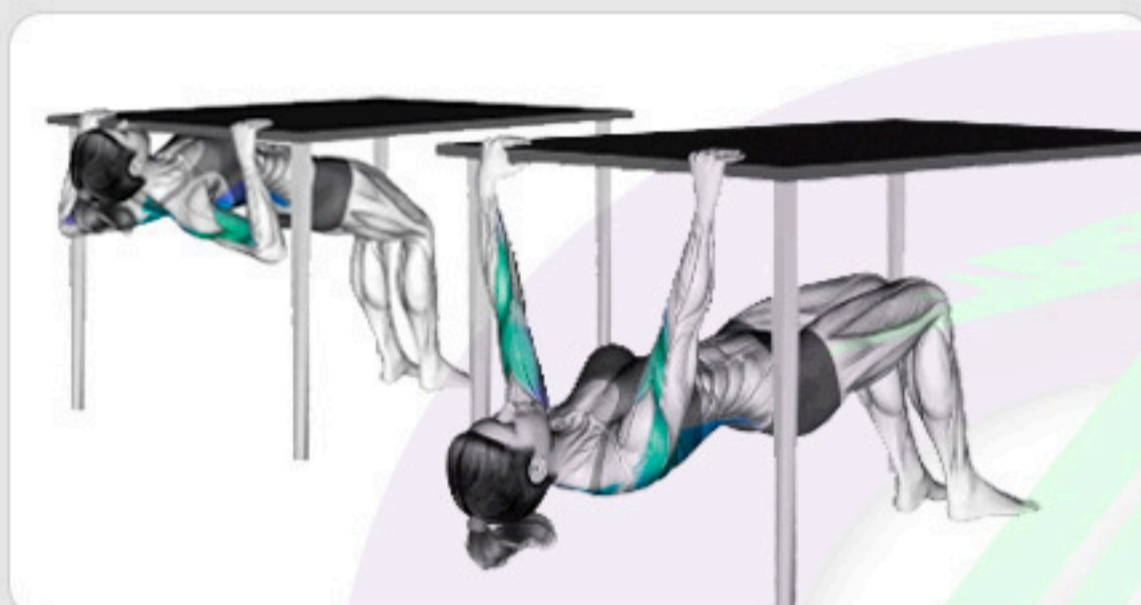
**REPS**

**12-15**

INTERVALOS 1 min

TRADITIONAL VARIATION OR WITH KNEES ON THE FLOOR

**UPPER BODY**



**INVERTED ROW**

**SETS**

**3**

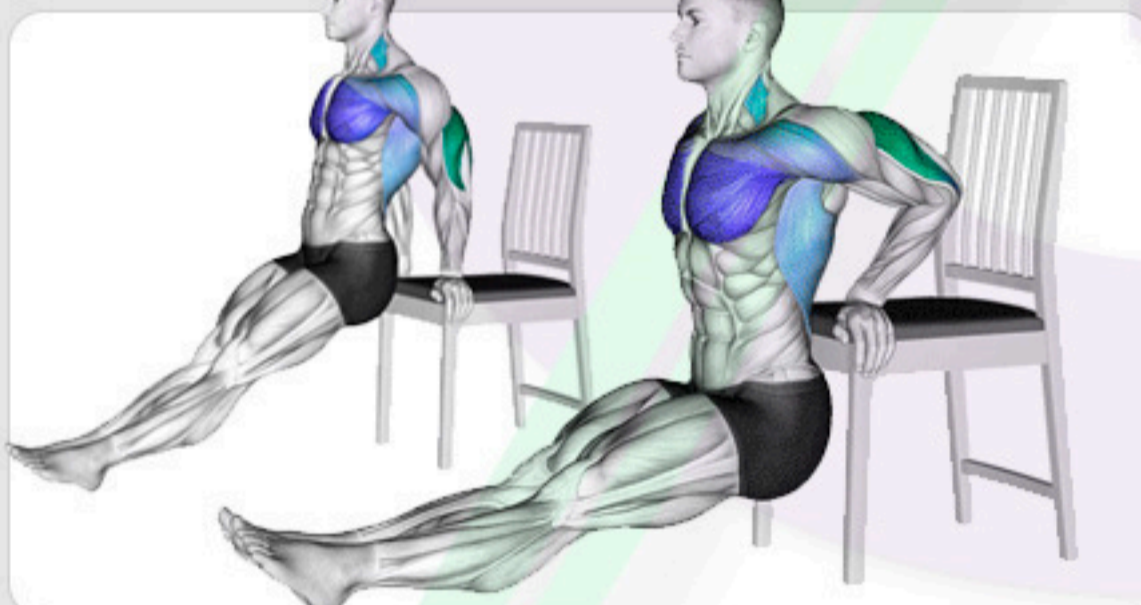
**REPS**

**12-15**

INTERVALOS 1 min

USING A DOORWAY PULL-UP BAR OR A STABLE TABLE

**UPPER BODY**



**BENCH DIPS**

**SETS**

**3**

**REPS**

**12-15**

INTERVALOS 1 min

**UPPER BODY**



**LATERAL RAISE**

**SETS**

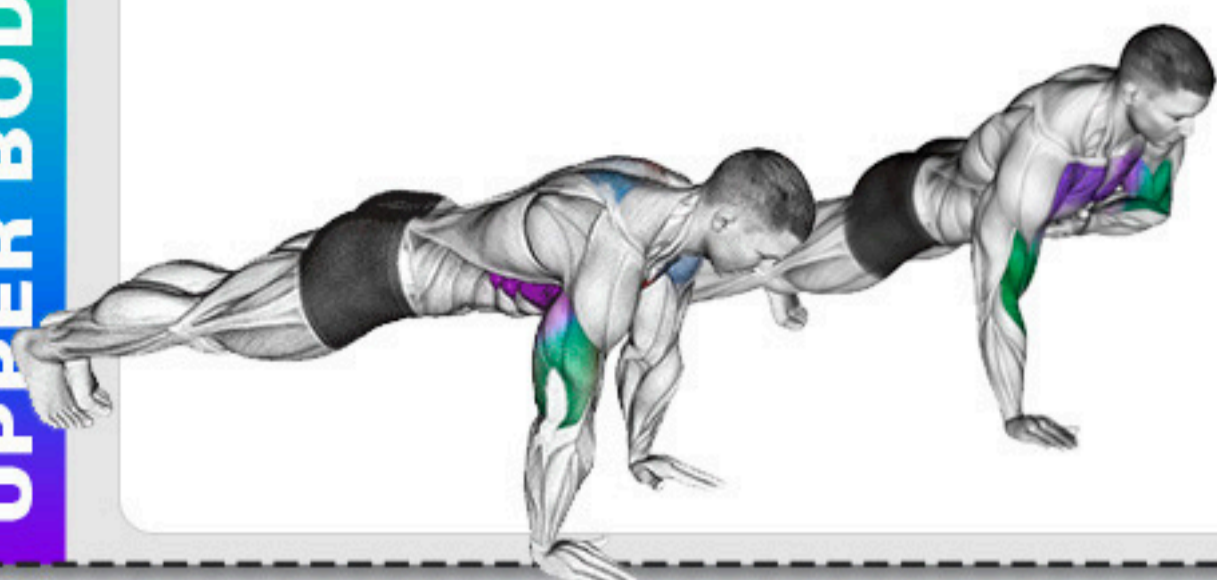
**3**

**REPS**

**12-15**

INTERVALOS 1 min

WITH DUMBBELLS OR WATER BOTTLES



## HIGH PLANK

**SETS**

**3**

**REPS** each side

**10**

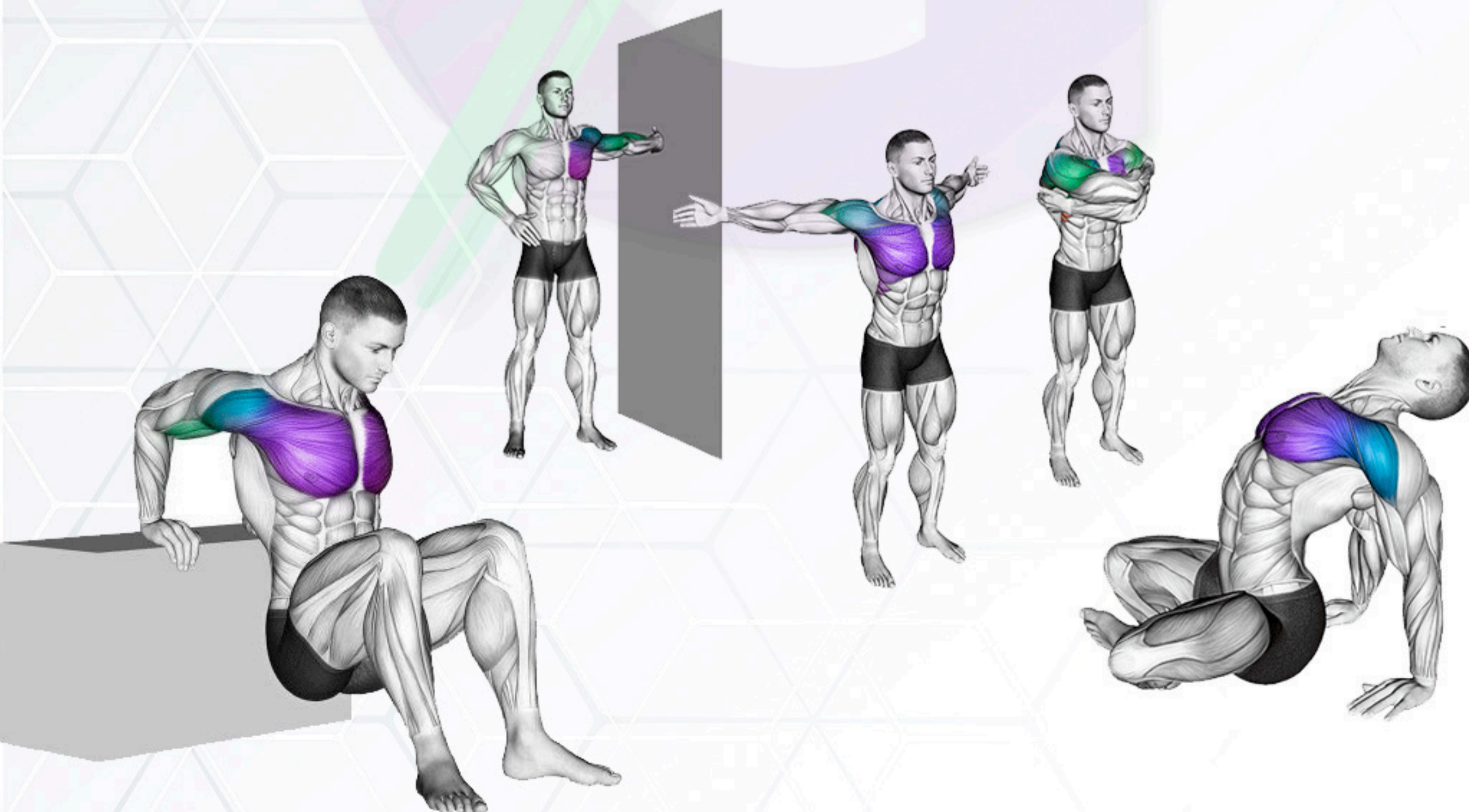


INTERVALOS

WITH SHOULDER TAP

## Cool Down

- 30 seconds chest stretch (hands behind your back, gently pulling your arms backward)
- 30 seconds back stretch (round your spine and reach your arms forward)
- 30 seconds triceps stretch (hand behind your head, pushing your elbow with the other hand)



# Lower Body

(Legs And Glutes)

DAY 2

## Accessories Used

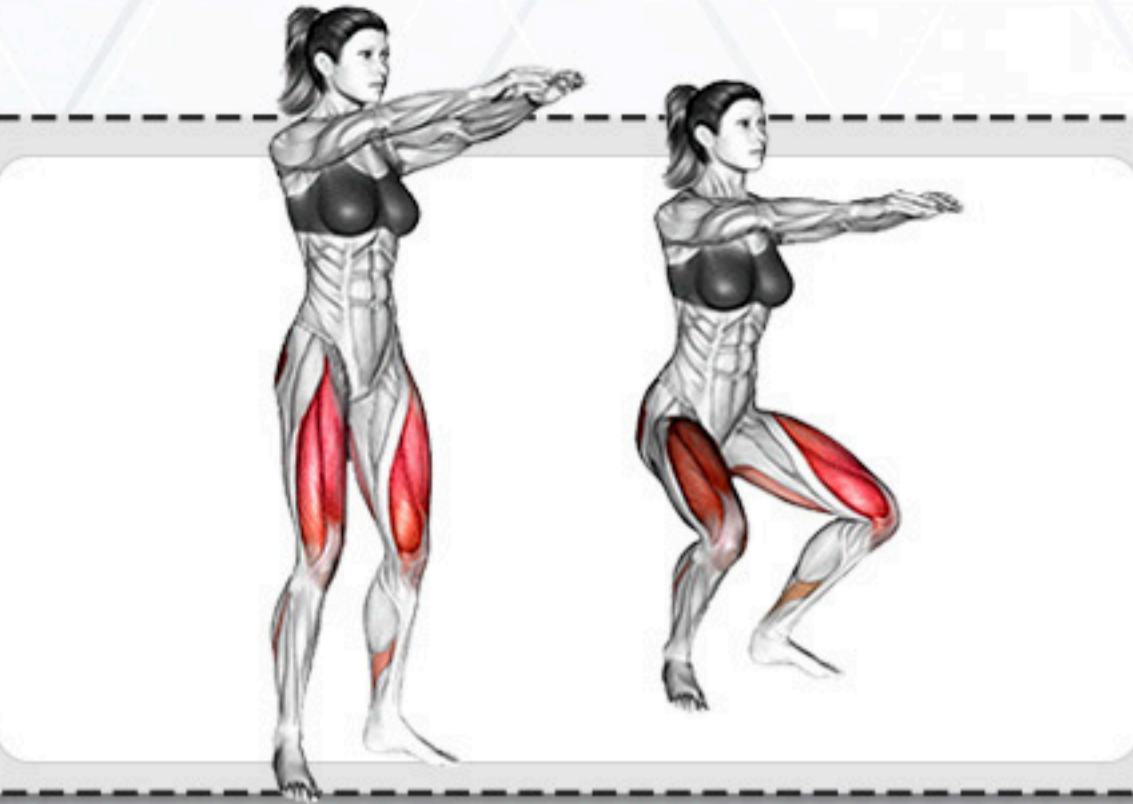
- Mini Bands (for glute and leg activation in exercises like squats)
- Kettlebell or Free Weight (for sumo deadlift and lunges)
- Step or Sturdy Bench (optional, for leg elevation variations)

## Warm-up

- 2 minutes of jumping jacks
- 1 minute of hip mobility (circular movements to each side)
- 1 minute of dynamic leg stretches (alternating knee raises to chest)



**LOWER BODY**



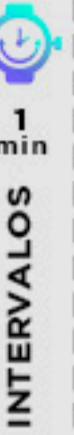
**BODYWEIGHT SQUAT**

**SETS**

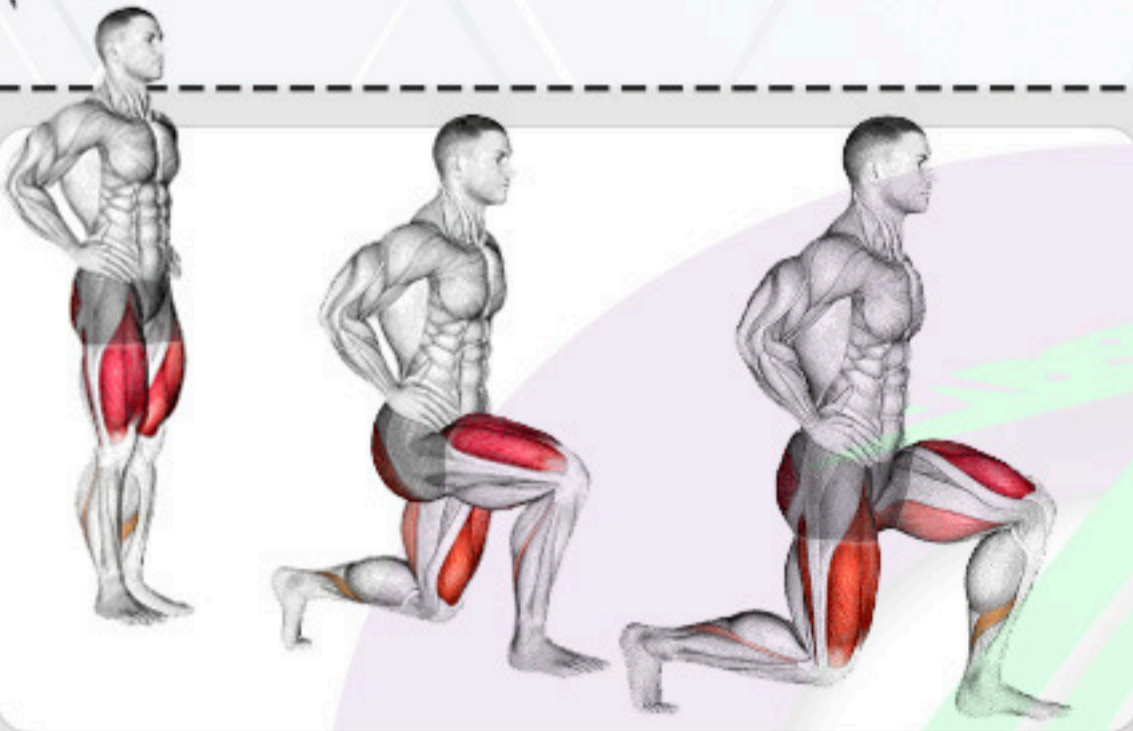
**4**

**REPS**

**12-15**



**LOWER BODY**



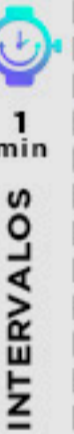
**LUNGE**

**SETS**

**3**

**REPS PER LEG**

**12**



**LOWER BODY**



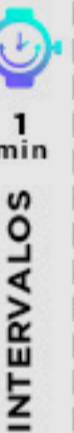
**GLUTE BRIDGE**

**SETS**

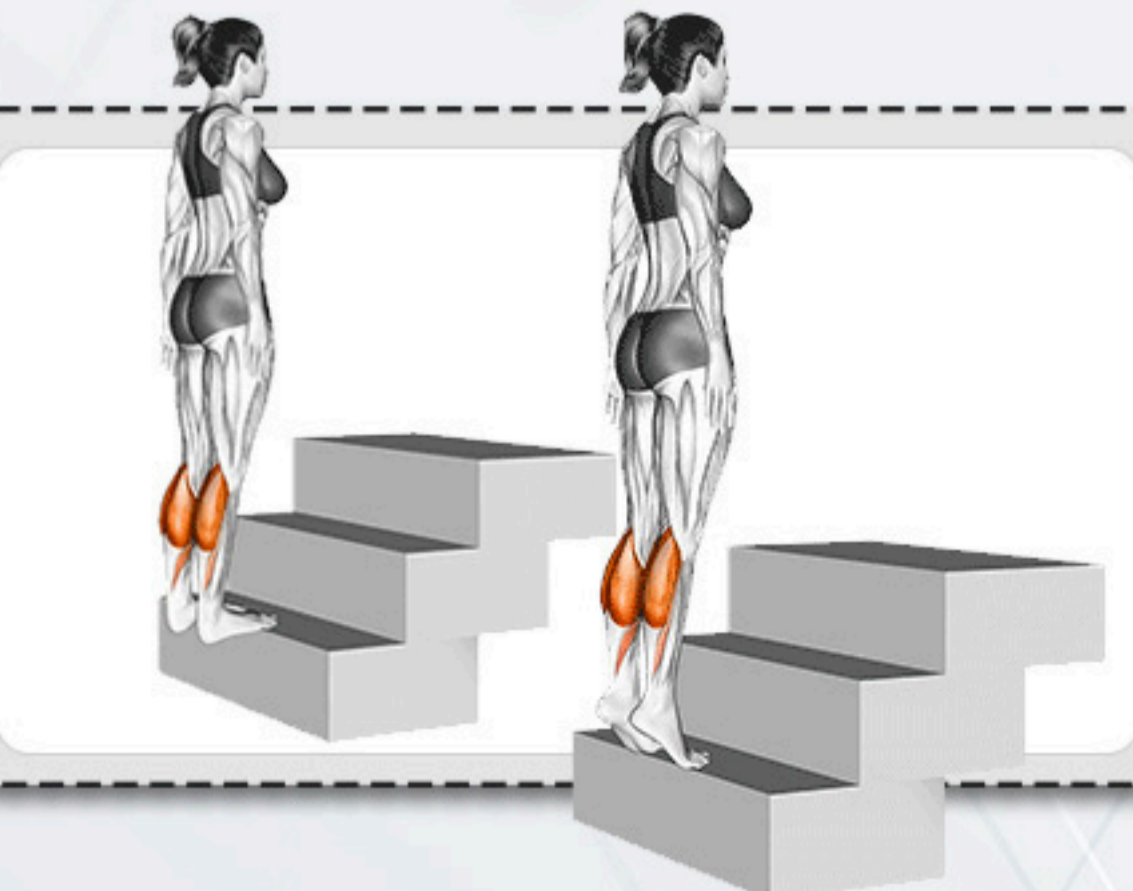
**3**

**REPS**

**15-20**



**LOWER BODY**



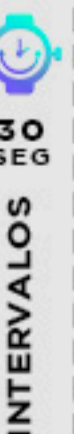
**CALVES**

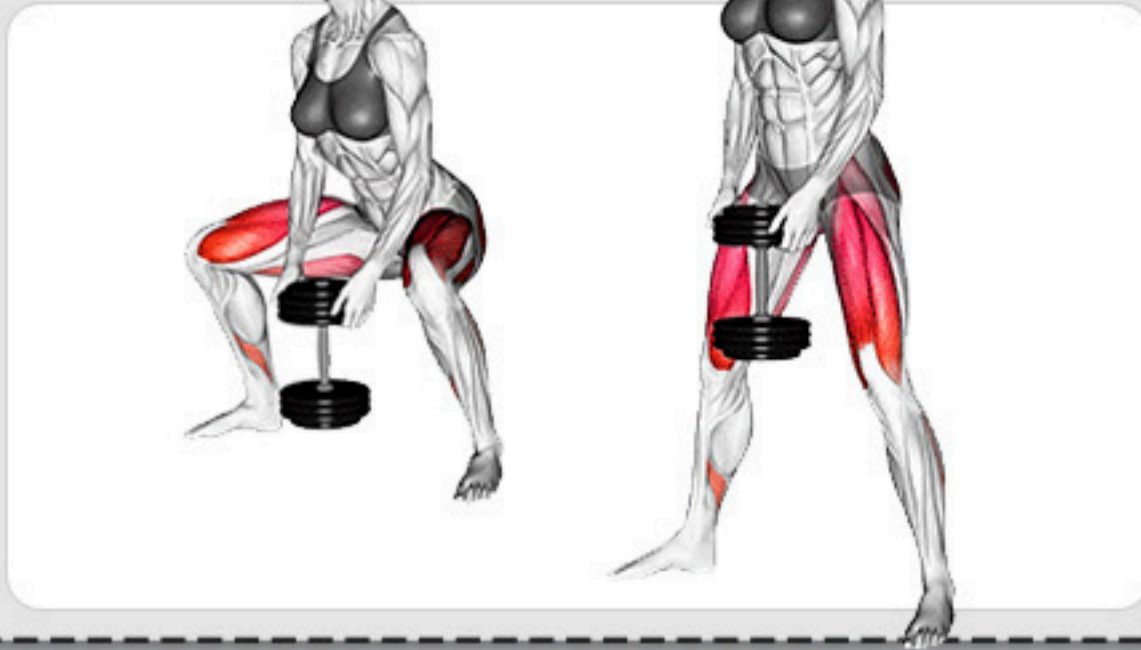
**SERIES**

**3**

**REPS**

**20**





## SUMO DEADLIFT

SETS

3

REPS

12

  
INTERVALOS

USING A KETTLEBELL OR AN IMPROVISED WEIGHT

## Cool Down

- 30 seconds of quadriceps stretch (pull your foot towards your glute, alternating legs)
- 30 seconds of glute stretch (on all fours, push your hips back)
- 30 seconds of calf stretch (leaning position against the wall, alternating legs)



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# Core and Stability

(Abdominals and Deep Muscles)

**DAY 3**

## Accessories Used

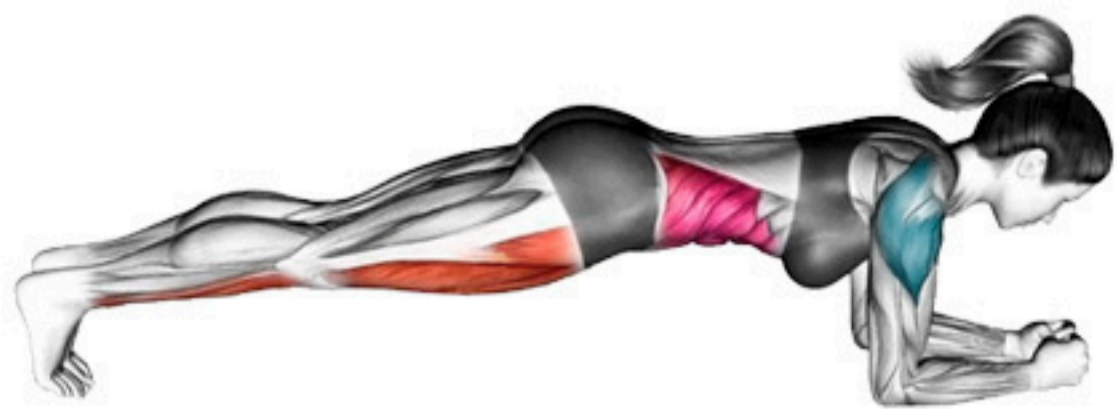
- Mat or Yoga Mat (for comfort during floor exercises).
- Ab Wheel (for advanced core exercises).
- Medicine Ball or Swiss Ball (for instability or extra resistance in exercises like Russian twists).
- Step or Sturdy Bench (for step-ups, single-leg, or plyometric exercises).

## Warm-Up

- 2 minutes of jogging in place or jumping jacks
- 1 minute of torso twists (standing, twisting side to side)
- 1 minute of dynamic hip stretch (alternately bringing knees up to the chest)



**CRUNCH**



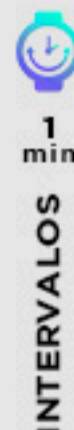
**FRONT PLANK**

**SETS**

**3**

**DURATION**

**45s**



**CRUNCH**



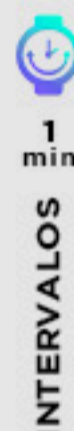
**FULL SIT-UPS**

**SETS**

**3**

**REPS**

**12-15**



**CRUNCH**



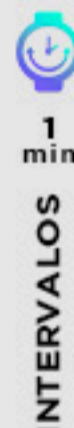
**LEG RAISES**

**SETS**

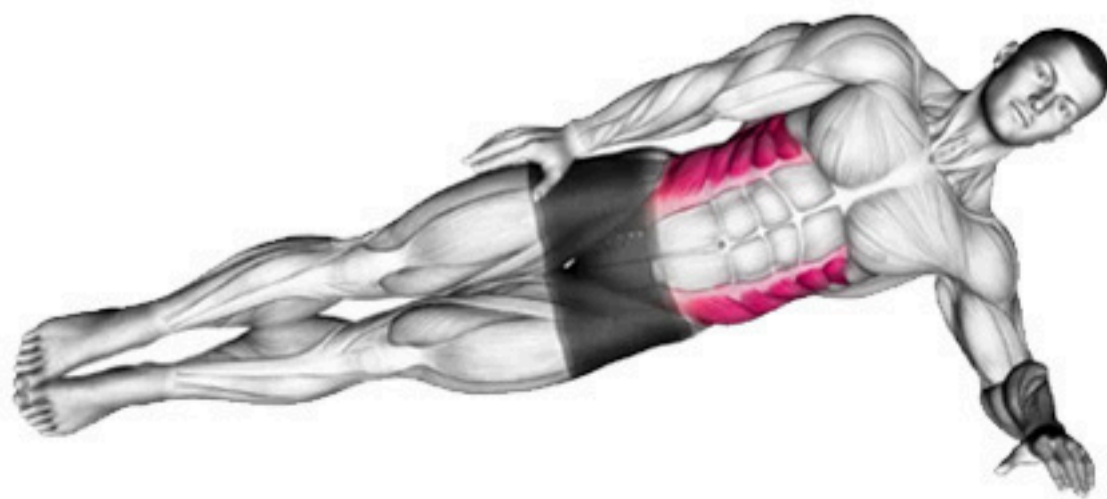
**3**

**REPS**

**12-15**



**CRUNCH**



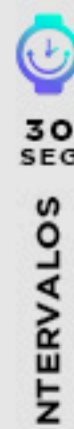
**SIDE PLANK**

**3 EACH SIDE**

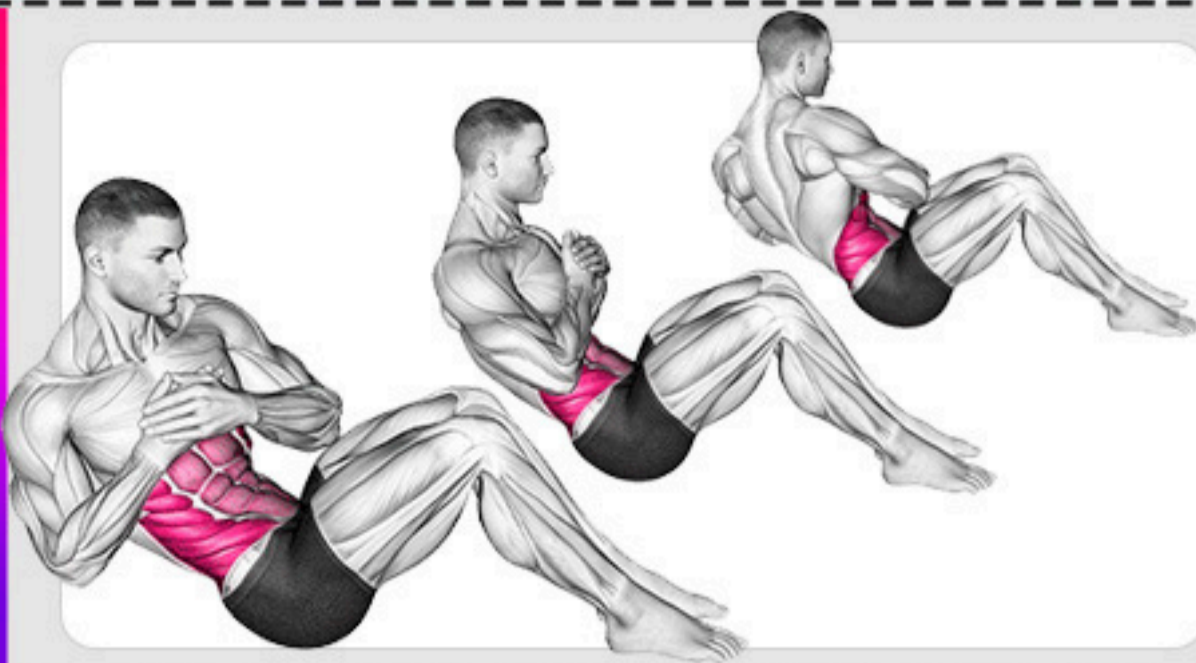
**3**

**DURATION**

**25s**



CRUNCH



RUSSIAN TWIST

SETS

3

REPS PER SIDE

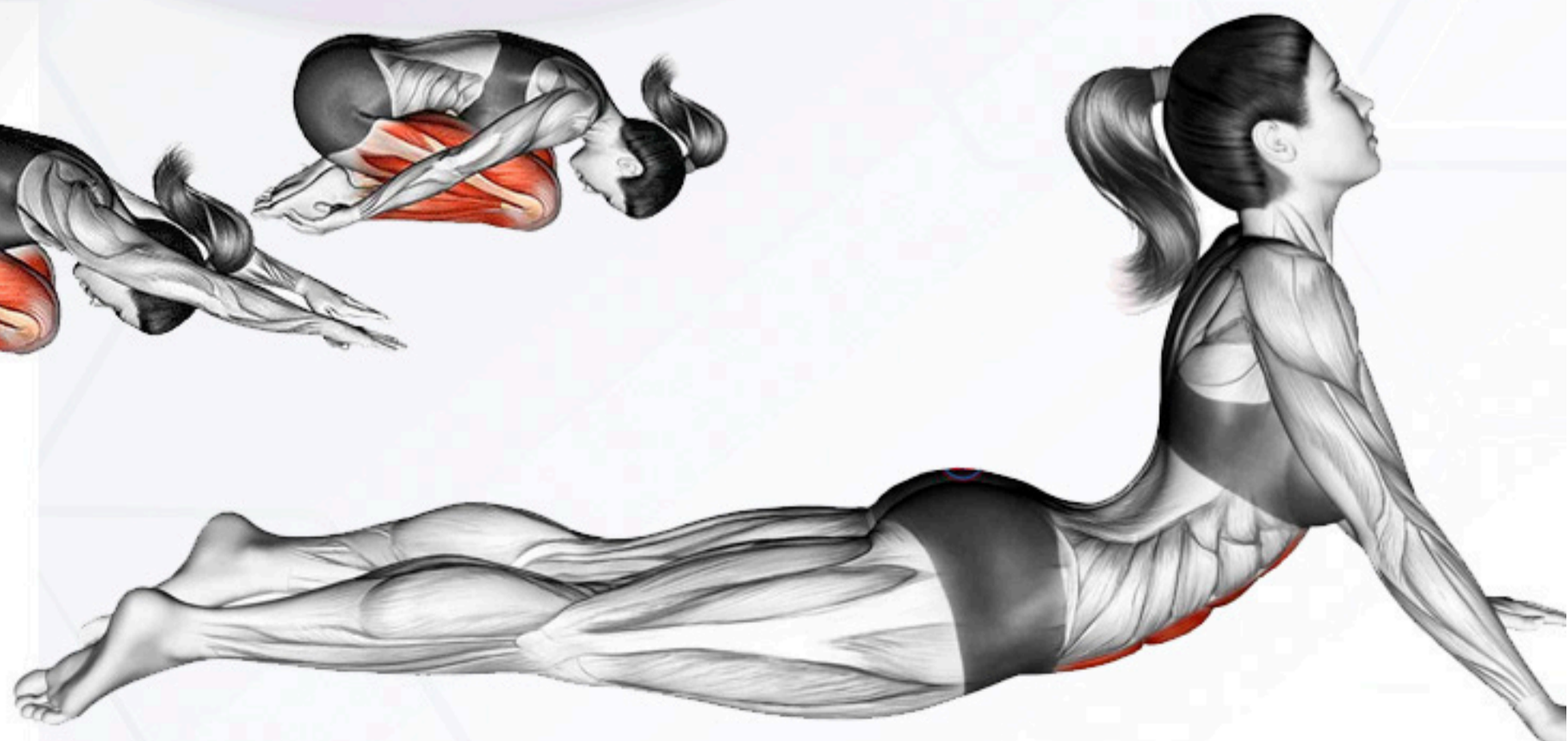
10

INTERVALOS  
00:00

WITH OR WITHOUT WEIGHT

Cool Down

- 30 seconds of abdominal stretch (cobra pose, extending the torso upward)
- 30 seconds of oblique stretch (arm over the head, leaning to the side)
- 30 seconds of lower back stretch (child's pose, pushing the hips back while extending the arms forward)



# Full Body

(Functional Training and Cardio)

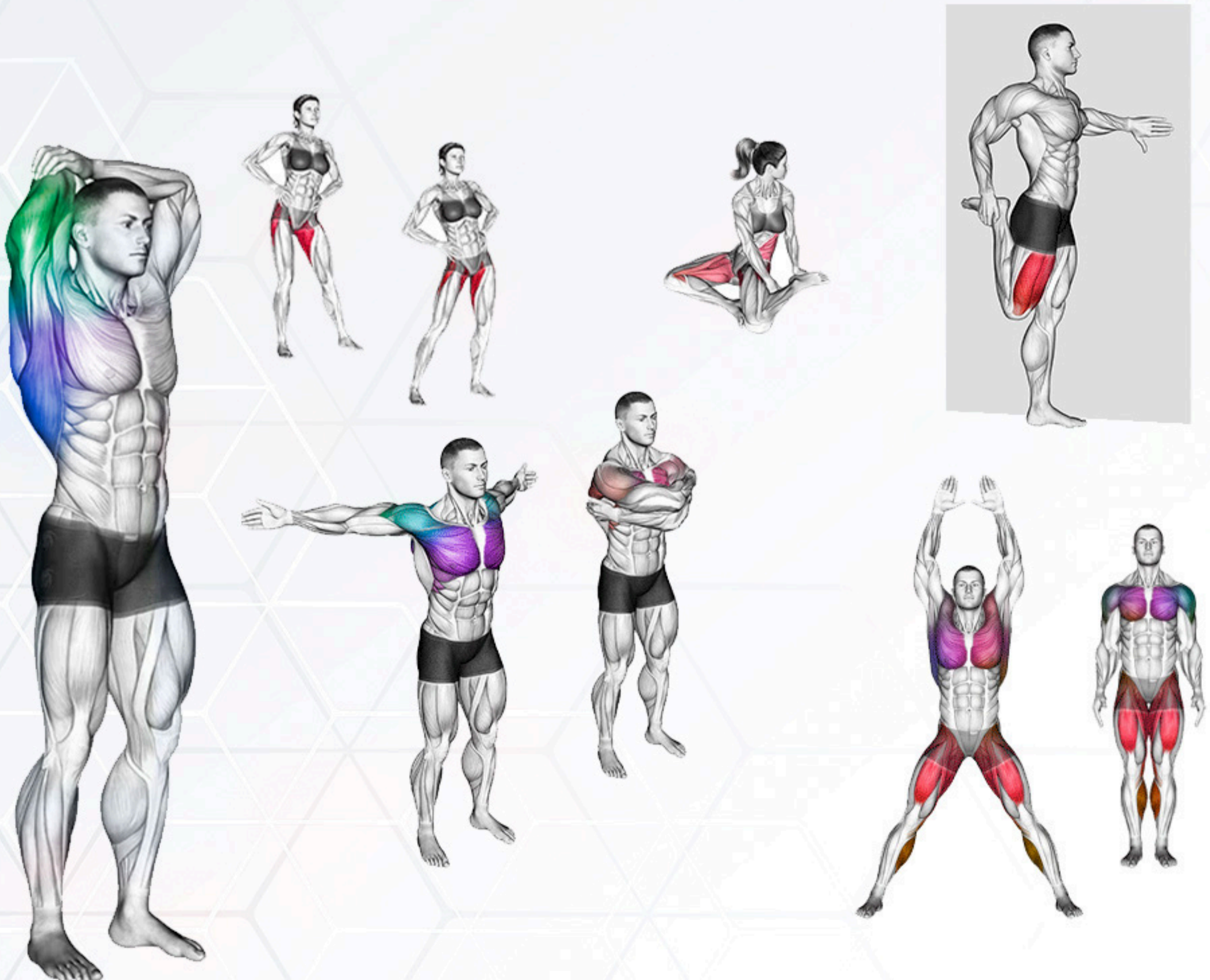
DAY 4

## Accessories Used

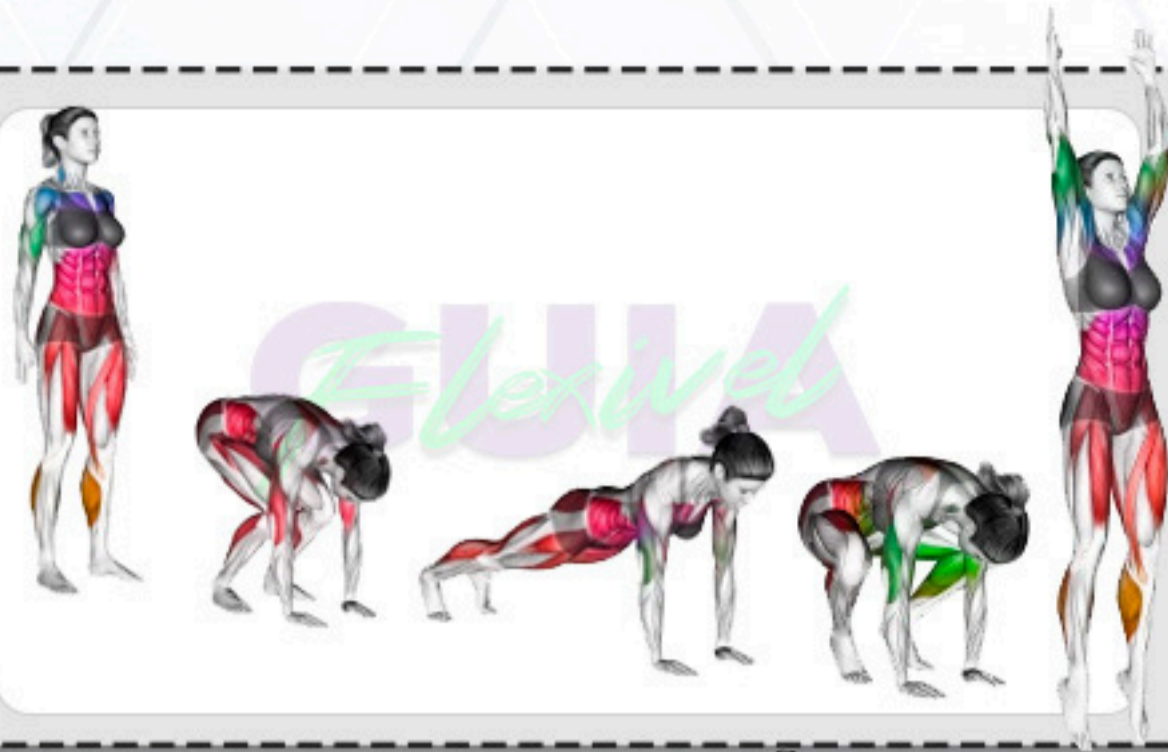
- Kettlebell (for dynamic movements like swings)
- Adjustable dumbbells or free weights (for renegade rows and other combined movements)
- Jump rope (for warm-up or additional cardio)

## Warm-up

- 2 minutes of running in place or jumping jacks
- 1 minute of joint mobility (circular movements of arms and hips)
- 1 minute of dynamic stretching for legs and arms (lunges with arm raises)



**FULL BODY**



**BURPEES**

**SETS**

**3**

**REPS**

**10-12**

INTERVALOS 3-3

**FULL BODY**



**JUMP SQUAT**

**SETS**

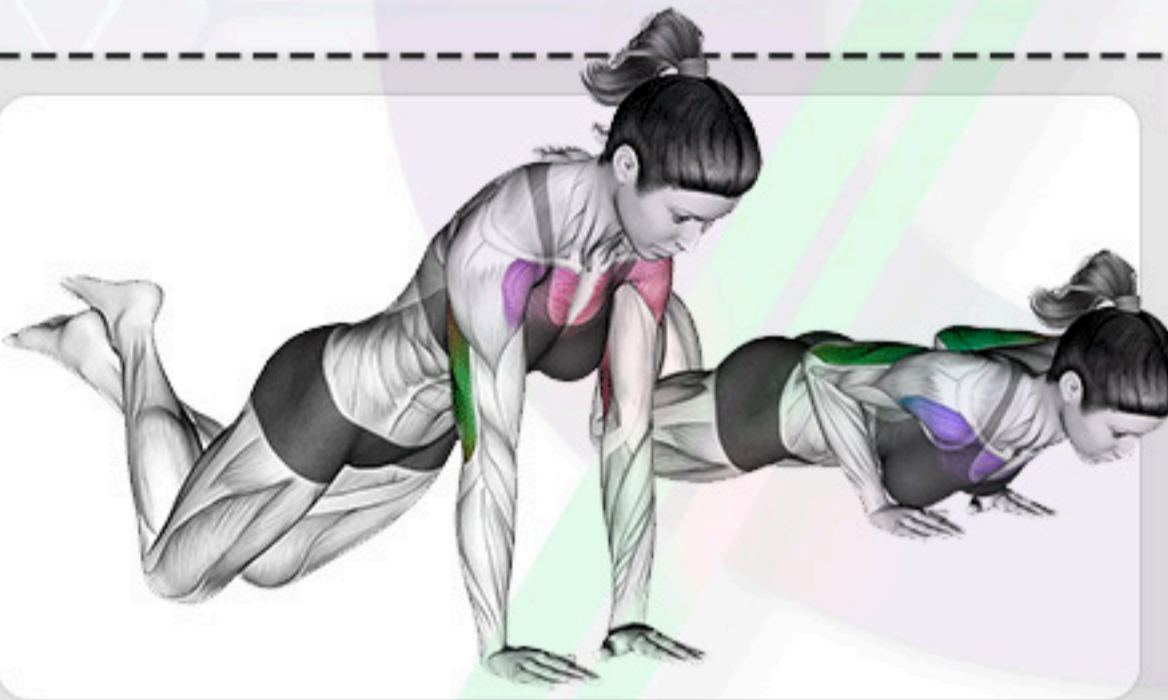
**3**

**REPS**

**12-15**

INTERVALOS 3-3

**FULL BODY**



**KNEE FLEXION**

**SETS**

**3**

**REPS**

**10-12**

INTERVALOS 3-3

**FULL BODY**



**MOUNTAIN CLIMBERS**

**SETS**

**3**

**REPS PER SIDE**

**10**

INTERVALOS 3-3

FULL BODY



SWING COM KETTLEBELL

SETS

3

REPS

10

INTERVALOS  
00:00

Cool Down

- 30 seconds of full-body stretch (downward dog position, followed by cobra)
- 30 seconds of leg stretch (pulling knee to chest, alternating sides)
- 30 seconds of arm and back stretch (arm across the chest, alternating sides)



# Strength and Endurance

(Combined Movements)

DAY 5

## Accessories Used

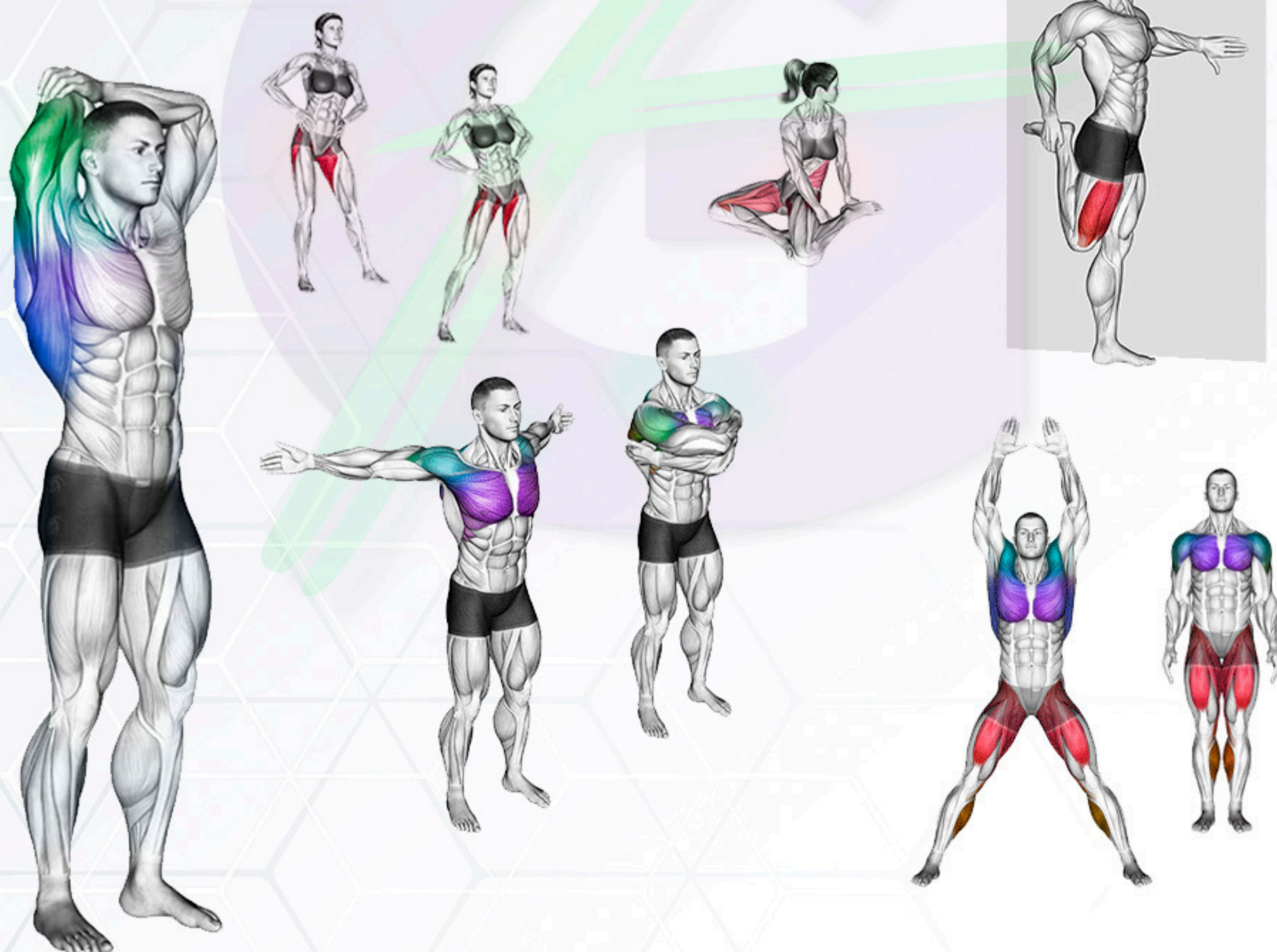
- Adjustable dumbbells or free weights (for movements such as squat to press and lunge with biceps curl)
- Kettlebell (for deadlift with row and functional movements)
- Step or sturdy bench (optional for step-ups)

## Warm-up

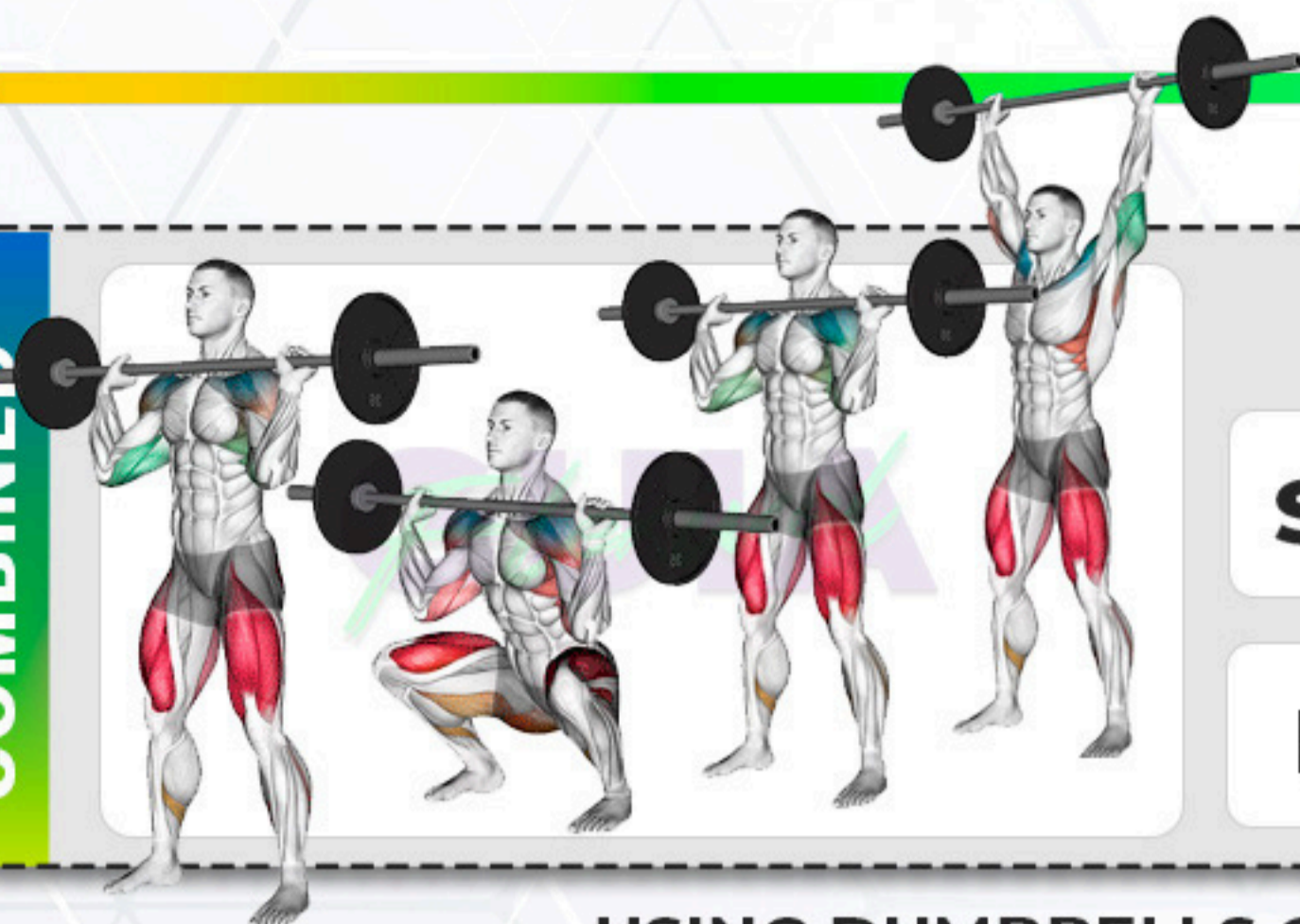
2 minutes of jogging in place or jumping jacks

1 minute of dynamic stretching (lunge movements with arm raises)

1 minute of joint mobility (circular movements of arms and hips)



**COMBINED**



**SQUAT TO PRESS**

**SETS**

**3**

**REPS**

**12-15**

INTERVALOS 3 1 3

USING DUMBBELLS OR KETTLEBELL

**COMBINED**



**PUSH-UP WITH ROW**

**SETS**

**3**

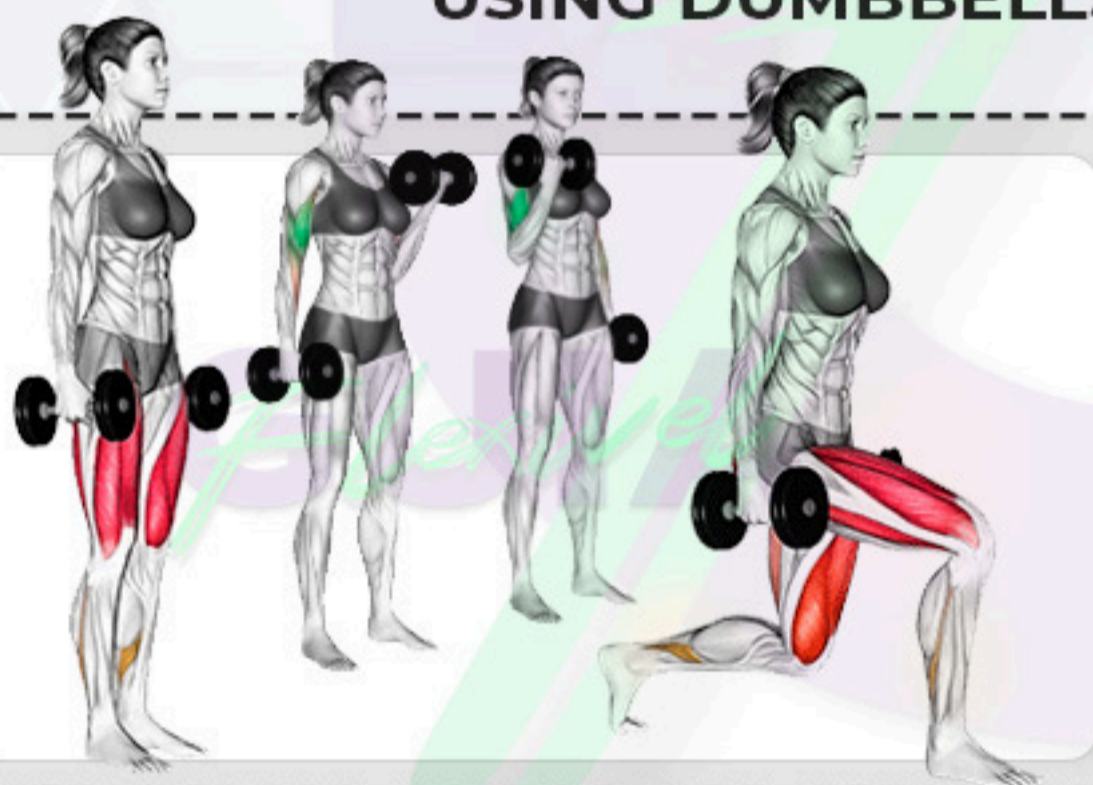
**REPS**

**12-15**

INTERVALOS 3 1 3

USING DUMBBELLS OR FREE WEIGHTS

**COMBINED**



**LUNGE WITH BICEPS CURL**

**SETS**

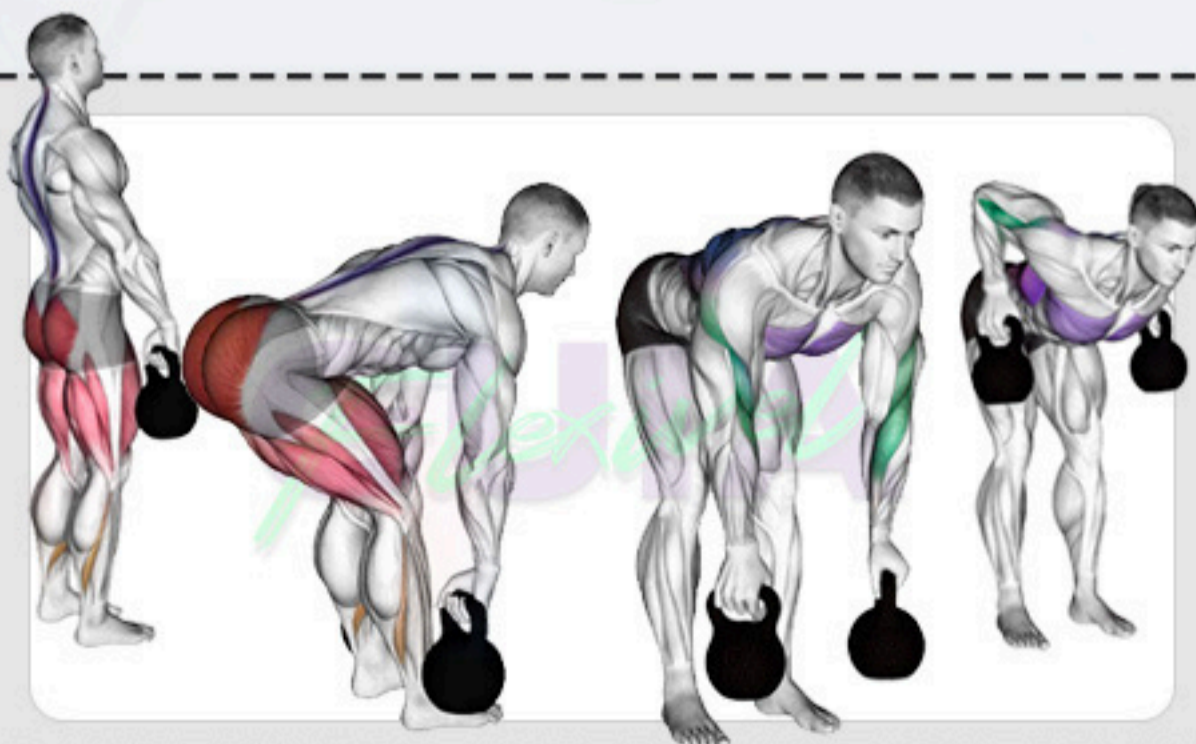
**3**

**REPS**

**10-12**

INTERVALOS 3 1 3

**COMBINED**



**DEADLIFT WITH ROW**

**SETS**

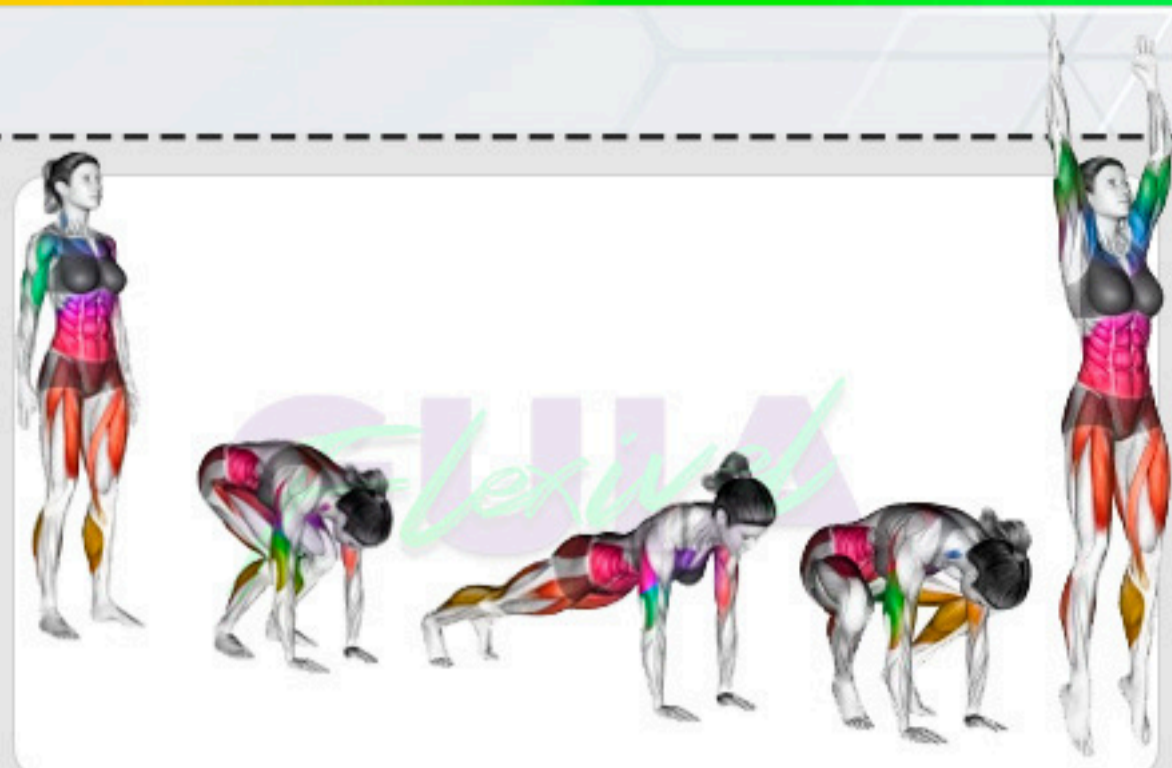
**3**

**REPS**

**10**

INTERVALOS 3 0 3 SEG

USING A KETTLEBELL OR DUMBBELLS

**BURPEE WITH EXPLOSIVE JUMP****SETS****3****REPS****10**90  
seg

INTERVALOS

**Cool Down**

- 30 seconds of leg stretch (pulling the knee to the chest, alternating sides)
- 30 seconds of arm and back stretch (crossing the arm over the chest, alternating sides)
- 30 seconds of full body stretch (downward dog position, followed by cobra)

