

FREE 3-DAY FULL-BODY PLAN

— 60 MINUTES

01 / WARM-UP + CARDIO

5 MIN

Easy cardio

Walk, bike or row

1 x 10

Bodyweight squats

Smooth reps

10 EACH WAY

Arm circles

Shoulders relaxed

1 x 10

Hip hinges

Hips back

02 / DAY 1 - FULL BODY A

2-3 SETS | CONTROLLED TEMPO | REST 60-90 SEC

EXERCISE	HOW TO DO IT	REPS
01 Goblet squat	Sit between the hips; keep chest tall and knees tracking.	2-3 x 8-12
02 Incline push-up	Use a bench or wall; lower with control.	2-3 x 8-12
03 Seated row	Pull elbows back; squeeze shoulder blades gently.	2-3 x 10-12
04 Romanian deadlift	Hinge at the hips; keep back neutral and weights close.	2-3 x 8-10
05 Dead bug	Each side: move slowly without arching the lower back.	2 x 8-10
06 Farmer carry	Walk tall with steady breathing and relaxed shoulders.	2 x 30-45s

03 / COOL-DOWN

Easy cardio

5-10 MIN

Walk or cycle until breathing settles.

Hip flexor + chest

30s EACH

Half-kneeling hip flexor stretch, then doorway chest stretch.

CONTACT MANUEL



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FREE 3-DAY FULL-BODY PLAN

— 60 MINUTES

01 / WARM-UP + CARDIO

5 MIN

Easy cardio

Build gradually

10 / SIDE

Leg swings

Control range

8 / SIDE

Thoracic rotations

Open the chest

1 x 10

Glute bridges

Squeeze at top

02 / DAY 2 - FULL BODY B

2-3 SETS | STEADY EFFORT | REST 60-90 SEC

EXERCISE	HOW TO DO IT	REPS
01 Step-up	Each leg: drive through the full foot and control down.	2-3 x 8-10
02 Lat pulldown	Pull elbows toward ribs; avoid leaning far back.	2-3 x 10-12
03 Dumbbell press	Press smoothly; keep ribs down and wrists stacked.	2-3 x 8-10
04 Hip thrust	Pause at the top; keep chin tucked and ribs down.	2-3 x 10-12
05 Pallof press	Each side: resist rotation and keep shoulders level.	2 x 8-10
06 Cardio intervals	Alternate steady and easy pace; keep it controlled.	6-10 MIN

03 / COOL-DOWN

Easy walk

5 MIN

Let breathing return to normal.

Hip flexor + T-spine

2 ROUNDS

Half-kneeling hip flexor stretch plus open-book rotations.

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FREE 3-DAY FULL-BODY PLAN

— 60 MINUTES

01 / WARM-UP + CARDIO

5 MIN

Easy cardio

Light sweat

1 x 10

Bodyweight squats

Smooth depth

1 x 10

Scap squeezes

No shrugging

8-10 REPS

Cat-cow

Slow spine

02 / DAY 3 - FULL BODY C

2-3 SETS | CONTROLLED TEMPO | REST 60-90 SEC

EXERCISE	HOW TO DO IT	REPS
01 Leg press	Use a comfortable depth; drive evenly through both feet.	2-3 x 10-12
02 Chest-supported row	Pull elbows back; keep the chest supported.	2-3 x 10-12
03 Chest press	Press smoothly; keep shoulders down and controlled.	2-3 x 8-12
04 Seated leg curl	Keep hips down and control the lowering phase.	2-3 x 10-12
05 Front plank	Brace gently; keep ribs down and breathe.	2 x 20-40s
06 Calf raise	Pause at the top and lower with control.	2-3 x 12-15

03 / COOL-DOWN

Easy cardio

5-10 MIN

Keep it easy and controlled.

Hamstring + calf

30s EACH

Seated hamstring stretch plus wall calf stretch.

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