



ACTIVE ISOLATED STRETCHING

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Active Isolated Stretching Exercises WORKOUT SUMMARY

Difficulty:	Energetic
Daily Duration:	Avg. 60 Minutes, Min. 45 Minutes, Max. 35 Minutes
Body Focus:	Active Isolated Stretching Exercises
Training Type:	Active Isolated Stretching Exercises
Equipment:	Mat
Category:	Beginners / Intermediate/ Advanced
Place	Home / Gym
Muscle Group :	Whole body Workout
Gender :	Male / Female

WORKOUT PLAN

Active Isolated Stretching Exercises for Enhanced Flexibility

DAY 1	DAY 2	DAY 3
Full Body Workout	Cardio Day	Upper Body Workout

DAY 4	DAY 5	DAY 6
Lower Body Workout	Core Workout	Full Body Circuit

DAY 1	ACTIVITY	EXERCISE NAME	DURATION
Full Body Workout	light cardio	Warm-up	5 minutes
Full Body Workout	light cardio	Squats	3 sets of 12 reps
Full Body Workout	light cardio	Push-ups	3 sets of 10 reps
Full Body Workout	light cardio	Lunges	3 sets of 12 reps per leg
Full Body Workout	light cardio	Dumbbell Shoulder Press	3 sets of 10 reps
Full Body Workout	light cardio	Plank	30 seconds, repeat 3 times
Full Body Workout	light cardio	Cool-down	5 minutes

DAY 2	ACTIVITY	EXERCISE NAME	DURATION
Cardio Day	dynamic stretches	Warm-up	5 minutes
Cardio Day	dynamic stretches	Jogging/Running	20 minutes
Cardio Day	dynamic stretches	Jump Rope	3 sets of 1 minute
Cardio Day	dynamic stretches	Mountain Climbers	3 sets of 10 reps per leg
Cardio Day	dynamic stretches	Bicycle Crunches	3 sets of 15 reps per side
Cardio Day	dynamic stretches	Cool-down	5 minutes

DAY 3	ACTIVITY	EXERCISE NAME	DURATION
Upper Body Workout	light cardio	Warm-up	5 minutes
Upper Body Workout	light cardio	Dumbbell Bench Press	3 sets of 10 reps
Upper Body Workout	light cardio	Bent-Over Rows	3 sets of 12 reps
Upper Body Workout	light cardio	Dumbbell Bicep Curls	3 sets of 10 reps per arm
Upper Body Workout	light cardio	Tricep Dips	3 sets of 12 reps
Upper Body Workout	light cardio	Plank with Alternating Shoulder Taps	30 seconds, repeat 3 times
Upper Body Workout	light cardio	Cool-down	5 minutes

DAY 4	ACTIVITY	EXERCISE NAME	DURATION
Cardio & Core	light cardio	Warm-up	5-10 minutes
Cardio & Core	light cardio	High-Intensity Interval Training (HIIT)	30 seconds each with 15 seconds rest
Cardio & Core	light cardio	Bicycle Crunches	4 sets of 10-12 reps
Cardio & Core	light cardio	Plank with Leg Raises	3 sets of 10-12 reps
Cardio & Core	light cardio	Side Plank	3 sets of 30-60 seconds

DAY 5	ACTIVITY	EXERCISE NAME	DURATION
Strength & Conditioning	light cardio	Warm-up	5-10 minutes
Strength & Conditioning	light cardio	Clean and Press	4 sets of 8-10 reps
Strength & Conditioning	light cardio	Barbell Lunges	4 sets of 8-10 reps
Strength & Conditioning	light cardio	Push Press	4 sets of 8-10 reps
Strength & Conditioning	light cardio	Kettlebell Swings	4 sets of 8-10 reps
Strength & Conditioning	light cardio	Plank Jacks	3 sets of 10-12 reps

DAY 4	ACTIVITY	EXERCISE NAME	DURATION
Lower Body Workout	light cardio	Warm-up	5 minutes
Lower Body Workout	light cardio	Deadlifts	3 sets of 10 reps
Lower Body Workout	light cardio	Bulgarian Split Squats	3 sets of 12 reps per leg
Lower Body Workout	light cardio	Glute Bridges	3 sets of 12 reps
Lower Body Workout	light cardio	Standing Calf Raises	3 sets of 15 reps
Lower Body Workout	light cardio	Russian Twists	3 sets of 15 reps per side
Lower Body Workout	light cardio	Cool-down	5 minutes

DAY 5	ACTIVITY	EXERCISE NAME	DURATION
Core Workout	light cardio	Warm-up	5 minutes
Core Workout	light cardio	Plank	60 seconds
Core Workout	light cardio	Russian Twists	3 sets of 15 reps per side
Core Workout	light cardio	Bicycle Crunches	3 sets of 15 reps per side
Core Workout	light cardio	Reverse Crunches	3 sets of 12 reps
Core Workout	light cardio	Side Plank	30 seconds
Core Workout	light cardio	Cool-down	5 minutes

DAY 6	ACTIVITY	EXERCISE NAME	DURATION
Full Body Circuit	light cardio	Warm-up	5 minutes
Full Body Circuit	light cardio	Circuit	30 seconds
Full Body Circuit	light cardio	Squats	3 sets of 12 reps
Full Body Circuit	light cardio	Lunges	3 sets of 10 reps
Full Body Circuit	light cardio	Dumbbell Shoulder Press	3 sets of 12 reps per leg
Full Body Circuit	light cardio	Plank	30 seconds
Full Body Circuit	light cardio	Cool-down	5 minutes