



MUSCLE TIME FITNESS

UPPER / LOWER / CARDIO WORKOUT PATTERN

Weekly Training Pattern

Day	Pattern	Session
Monday	UPPER BODY A	Chest + Back + Shoulders + Arms
Tuesday	LOWER BODY A	Quads + Hamstrings + Glutes + Calves + Core
Wednesday	CARDIO	30–40 min moderate cardio + mobility
Thursday	UPPER BODY B	Chest + Back + Shoulders + Arms
Friday	LOWER BODY B	Legs + Glutes + Hamstrings + Core
Saturday	CARDIO	30–45 min walking/cycling/elliptical + mobility
Sunday	REST	Recovery; optional easy walk

Upper Body A — Monday

Exercise	Sets × Reps	Rest	Technique Focus
Machine/DB Chest Press	3×8–12	60–90s	Controlled lowering; stable shoulders
Lat Pulldown	3×8–12	60–90s	Pull smoothly; avoid swinging
Seated Cable Row	3×10–12	60–90s	Keep torso steady
DB Shoulder Press	2×10–12	60–90s	Comfortable range
DB/Cable Curl	2×10–12	45–60s	No body swinging
Triceps Pushdown	2×10–12	45–60s	Control the return

Lower Body A — Tuesday

Exercise	Sets × Reps	Rest	Technique Focus
Squat or Leg Press	3×8–12	75–120s	Controlled depth; stable stance
Romanian Deadlift	3×8–12	75–120s	Hinge at hips; neutral back
Leg Extension	2×12–15	60s	Controlled extension
Leg Curl	2×10–15	60s	Slow return
Calf Raise	3×12–15	45–60s	Full comfortable range
Plank	3×20–40s	45–60s	Brace and breathe

Upper Body B — Thursday

Exercise	Sets × Reps	Rest	Technique Focus
Incline DB Press	3×8–12	60–90s	Controlled tempo
Chest-Supported Row	3×8–12	60–90s	Pull elbows back
Neutral-Grip Pulldown	3×10–12	60–90s	Full comfortable range
Lateral Raise	2×12–15	45–60s	Light weight; no momentum
Hammer Curl	2×10–12	45–60s	Keep elbows stable

Exercise	Sets × Reps	Rest	Technique Focus
Overhead Triceps Extension	2×10–12	45–60s	Smooth movement

Lower Body B — Friday

Exercise	Sets × Reps	Rest	Technique Focus
Goblet Squat	3×10–12	60–90s	Stable stance
Hip Thrust / Glute Bridge	3×10–15	60–90s	Controlled hip drive
Reverse Lunge	2×10/leg	60–90s	Use support if needed
Seated/Lying Leg Curl	3×10–12	60s	Controlled return
Calf Raise	3×12–15	45–60s	Pause briefly at top
Dead Bug	2×10/side	45–60s	Keep lower back controlled

Cardio Sessions — Wednesday & Saturday

Option	Duration	Intensity / Guidance
Brisk walking	30–45 min	Comfortable/moderate pace
Cycling	25–40 min	Steady pace; resistance that feels manageable
Elliptical	25–40 min	Smooth, controlled pace
Swimming	20–40 min	Comfortable continuous or interval pace

Session Rules

- **Warm-up:** 5–10 minutes easy cardio plus gentle dynamic movement.
- **Progression:** When all reps are comfortable with good form, increase resistance gradually rather than making large jumps.
- **Effort:** Keep a few controlled repetitions in reserve; do not train to failure on every set.
- **Recovery:** Keep Wednesday/Saturday cardio moderate and Sunday as a recovery day.
- **Cool-down:** 5 minutes of easy movement and relaxed stretching.
- **Consistency:** Technique and regular training matter more than maximum weight.

Safety: This is a general fitness program. Adjust exercises for your experience and any injuries or medical restrictions. Stop if you feel faint, have chest pain, severe breathing difficulty, or significant pain. For teenagers, the goal should be healthy fitness and development rather than aggressive weight loss or calorie restriction.