



























ZUMUB WORKOUT PLAN FOR MUSCLE DEFINITION

GOAL: DEFINITION

LEVEL: BEGINNER






















DAY	PART OF THE BODY		EXERCISE		SETS	REPETITIONS
MONDAY				Cardio – 10 minutes on the treadmill with low intensity		
		Legs		Squats	3x	15
				Kettlebell Swing	3x	15
		Chest		Bench Chest Press or Push ups	3x	15
		Back		TRX Row	3x	15
		Triceps		Dips	3x	15
		Shoulders		Barbell Shoulder Press	3x	15
		Core		Plank	3x	30s-1min
				Cardio – HIIT Training – 15 minutes: 30s Jumping and 30s resting		
TUESDAY	RESTDAY					
WEDNESDAY				Cardio – 10 minutes on the stationary bicycle		
		Legs		Sumo Squat with Kettlebell	3x	15
		Chest		Dumbbell Pullovers	3x	15
		Back		TRX Fly	3x	15
		Biceps		Barbell Scott Curl	3x	15



ZUMUB WORKOUT PLAN FOR MUSCLE DEFINITION

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LEVEL: BEGINNER

DAY	PART OF THE BODY	EXERCISE	SETS	REPETITIONS	
	 Shoulders		Upright Barbell Row	3x	15
	 Core		Side Plank	3x each side	30s-1min
			Cardio – HIIT Training – 15 minutes: 30s doing High Knees and 30s doing Butt kicks		
THURSDAY	RESTDAY				
FRIDAY			Cardio – 15 minutes on the stepper or on the elliptical machine with low-moderate intensity		
	 Legs		Sumo Squat with Kettlebell	3x	15
	 Back		Lat Pulldown	3x	15
	 Chest		Pec Deck Flymachine	3x	15
	 Shoulders		Dumbbell Front Raise	3x	15
	 Shoulders		Dumbbell Lateral Raise	3x	15
	 Triceps		Machine Triceps Extension	3x	15
	 Back		Back Extension	3x	15
			Cardio – HIIT Training – 15 minutes: 30s doing Burpees and 30seg doing Jumping Jacks		
SATURDAY	RESTDAY				
SUNDAY	Do some cardio. For example: – 15 minutes of high knee skips: switch between 30s at a slow pace and 30s at a faster one				
REST TIME	Between Sets: 1 minute Between repetitions: 30 seconds				