

# WORKOUT PLAN

SAMPLE WEEK — INTELLIGENT TRAINING INTEGRATION

by Rositsa Kracheva · SmartShape AI

Month

02/2026

Target kcal / per Workout

400 kcal

## WEEKLY TRAINING SCHEDULE

Day	Focus	Type
Monday	Legs	Strength
Tuesday	Back + Abs	Strength + Cardio 30 min
Wednesday	Glutes + Quads	Strength
Thursday	Rest / Active Recovery	Walk · Stretch · Mobility
Friday	Shoulders + Abs	Strength + Cardio 30 min
Saturday	Legs + Cardio	Strength + Cardio 30 min
Sunday	Rest	Full recovery

## MONDAY : LEGS

### 1. Smith Machine Sumo Squat

Wide stance, deep range → glutes focus

### 2. Bulgarian Split Squat (Kettlebell)

Wide stance, deep range → glutes focus

### 3. Front Lunge – Smith Machine

Long step, upright torso

### 4. Hip Thrust (Barbell)

Full lockout, 2-sec squeeze

### 5. Cable Kickbacks

Controlled, glute isolation

### COACHING TIPS

Focus on full range of motion on all squat variations.

Drive through the heel on hip thrusts — squeeze at the top for 2 seconds.

Keep core braced throughout all movements.

Rest 60–90 sec between sets.

## TUESDAY : BACK + ABS + CARDIO 30 MIN (LOW INTENSITY)

### 1. Wide Grip Lat Pulldown

Full stretch, pull to chest → lat width

### 2. Seated Cable Row (V-Grip)

Controlled pull, squeeze shoulder blades → mid back

### 3. Single Arm Dumbbell Row

Deep stretch, strong contraction → lats + thickness

### 4. Straight Arm Cable Pulldown

Arms straight, slow control → lat isolation

### 5. Face Pulls

Pull to face, elbows high → upper back + rear delts

## ABS

### 1. Hanging Knee Raises (20 reps)

Slow control → lower abs

### 2. Cable Crunch (20 reps)

Strong contraction → upper abs

### 3. Russian Twist (30 reps)

Rotational core strength

### 4. Plank (45–60 sec)

Deep core stability

## WEDNESDAY : GLUTES + QUADS

### 1. Smith Machine Squat

Feet slightly forward, deep range → glutes + quads

### 2. Bulgarian Split Squat (Dumbbell)

Long stride, controlled descent → glutes + quads

### 3. Front Foot Elevated Lunge

Elevated front foot, upright torso → quad + glute emphasis

### 4. Barbell Hip Thrust

Full lockout, 2-sec squeeze → glute power

### 5. Leg Extension (Machine)

Slow control, peak contraction → quad isolation

## COACHING TIPS

This session targets quads + glutes together.

On the elevated lunge, keep front knee tracking over toes.

Slow eccentric (3 counts down) on leg extension.

Rest 60–90 sec between sets.

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## THURSDAY : REST / ACTIVE RECOVERY

### Active Recovery

30–45 min light walk  
Full body stretch routine (20 min)  
Foam rolling — legs, back, glutes  
Mobility work — hips and shoulders

### WHY RECOVERY MATTERS

Muscle growth happens during recovery, not during training.  
Thursday is your bridge between two heavy training blocks.  
Keep movement light — heart rate below 110 bpm.  
Prioritize sleep (7–9 hours) and hydration.

## FRIDAY : SHOULDERS + ABS + CARDIO 30 MIN (LOW INTENSITY)

### 1. Dumbbell Shoulder Press

Controlled press, full range → front + medial delts

### 2. Cable Lateral Raises

Slow lift, controlled lowering → medial delts

### 3. Rear Delt Fly (Machine or Dumbbell)

Chest supported → rear delts

### 4. Arnold Press

Rotation through movement → full shoulder activation

### 5. Face Pulls (Cable Rope)

Pull to face, elbows high → rear delts + shoulder stability

### ABS

### 1. Hanging Knee Raises (20 reps)

Slow control → lower abs

### 2. Cable Crunch (20 reps)

Strong contraction → upper abs

### 3. Russian Twist (30 reps)

Rotational core strength

### 4. Plank (45–60 sec)

Deep core stability

## SATURDAY : LEGS + CARDIO 30 MIN (LOW INTENSITY)

### 1. Smith Machine Sumo Squat

Wide stance, deep range → glutes focus

### 2. Bulgarian Split Squat (Kettlebell)

Wide stance, deep range → glutes focus

### 3. Front Lunge – Smith Machine

Long step, upright torso

### 4. Hip Thrust (Barbell)

Full lockout, 2-sec squeeze

### 5. Cable Kickbacks

Controlled, glute isolation

### COACHING TIPS

End of week legs — focus on perfect form over weight.  
Add 30 min low intensity cardio after training.  
Heart rate target: 120–135 bpm (conversational pace).  
Rest 60–90 sec between sets.

