

Your Testosterone Training Plan

Training Plan A

- **Monday: Upper Body and Core**
- **Tuesday: HIIT**
- **Wednesday: Rest**
- **Thursday: Upper Body**
- **Friday: Lower Body and Core**
- **Saturday: Rest or HIIT**
- **Sunday: Rest or HIIT**

*Note: If your schedule only accommodates HIIT 1 day per week, you can keep Tuesday for your HIIT workout and rest on both Saturday and Sunday. Perform no more than 2 HIIT days per week if you are experience. If you are just starting to exercise or have never done HIIT, only perform 1 day per week (Tuesday) and rest on both Saturday and Sunday.

Detailed Training Plan

Training Plan

- **Monday: Upper Body and Core**
 - **Dumbbell Bench Press:**
 - warm-up with 2 x 12 light sets. Light on the first, and a little heavier on the second.
 - 7x5 @80-85% of your 1 rep max, or using a weight that you have 2 reps left in the tank at the end of your set.
 - **Barbell Row**
 - 7x5 @80-85% of your 1 rep max, or using a weight that you have 2 reps left in the tank at the end of your set.
 - **Dumbbell Bent-over Reverse (Shoulder) Fly**
 - 5 x 6-8 with a weight that you feel like you have two reps left in the tank when you hit 6-8 reps.
 - **Core**
 - **Ab Exercise of Choice for 3 sets**

*Recommended Rest Periods Between Sets: No more than 3 minutes

- **Tuesday: HIIT**
 - **Warm-up 5-10 minutes with your exercise of choice at a moderate-low intensity. Make sure your muscles and joints are warm before you start your workout.**
 - **For 10-20 minutes**

- Sprint 20-30 seconds or for your choice distance (as long as it takes under 30 seconds to clear).
 - For beginners: Recover 1-2 minutes or as needed between sprints.
 - For intermediate to advanced: Recover for a minute or less between sprints.
- Wednesday: Rest
- Thursday: Upper Body
 - Dumbbell Chest Fly
 - 7x5 @80-85% of your 1 rep max, or using a weight that you have 2 reps left in the tank at the end of your set.
 - 1 Arm Bent-over Row
 - 7x5 (on each arm) @80-85% of your 1 rep max, or using a weight that you have 2 reps left in the tank at the end of your set.
 - Dumbbell V Shoulder Raise
 - 5 x 6-8 with a weight that you feel like you have two reps left in the tank when you hit 6-8 reps.

Recommended Rest Periods Between Sets: No more than 3 minutes

- Friday: Lower Body and Core
 - Good mornings or back extension: Perform your warm-up set without weight.
 - Warm-up: 10-15 reps
 - 3 x 10 reps holding weight to your chest
 - Deadlift
 - warm-up with 2 x 12 light sets. Light on the first, and a little heavier on the second.
 - 5x5 @80-85% of your 1 rep max, or using a weight that you have 2 reps left in the tank at the end of your set.
 - Lunges
 - warm-up with 2 x 10-20 body-weight sets
 - 4 x 5 (on each leg) @80-85% of your estimated 1 rep max
 - Squat
 - warm-up with 2 x 12 light sets. Light on the first, and a little heavier on the second. A body-weight set for a warm-up works well too.
 - 5x5 @80-85% of your 1 rep max, or using a weight that you have 2 reps left in the tank at the end of your set.
 - Glute bridge
 - 3 x 45-60 second hold. With or without additional weight.
 - Abs of Choice for 3 sets

Recommended Rest Periods Between Sets: No more than 3 minutes

- **Saturday: Rest or HIIT**
- **Sunday: Rest or HIIT**