

TOJI WORKOUT PLAN



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Monday: Full Body Workout

- **Squats: 3 sets of 12 reps**
- **Push-ups: 3 sets of 10 reps**
- **Plank: 3 sets of 20 seconds**
- **Glute Bridges: 3 sets of 15 reps**

Tuesday: Upper Body

- **Push-ups: 3 sets of 12 reps**
- **Tricep Dips: 3 sets of 10 reps**
- **Shoulder Taps: 3 sets of 15 reps per side**
- **Superman: 3 sets of 12 reps**

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Wednesday: Lower Body

- **Lunges: 3 sets of 12 reps per leg**
- **Glute Bridges: 3 sets of 15 reps**
- **Calf Raises: 3 sets of 20 reps**
- **Wall Sit: 3 sets of 30 seconds**

Thursday: Core Workout

- **Plank: 3 sets of 30 seconds**
- **Russian Twists: 3 sets of 20 reps (10 per side)**
- **Bicycle Crunches: 3 sets of 15 reps per side**
- **Leg Raises: 3 sets of 12 reps**

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Friday: Stretching/Yoga

- **20-30 minutes of yoga or stretching exercises**
- **Light cardio like walking for 10-15 minutes**

Saturday & Sunday: Rest Days

- **Rest or light activities like walking. Stick to this plan and adjust the exercises if needed.**