

Original workout routine 3 years ago
Upper / Lower split

Upper 1

Pull ups till failure x 3

Rack pulls 8-12 x 4

Barbell Bent Over Rows 10-15 x 3

First 10 Paused 2 secs reps (stretched)

Last 10 pump it out

High - low Cable crossovers 20 x 3

Paused 2 seconds reps

Incline dumbbell chest press 10-12 x 3

Tri set

Dumbbell upright rows 10 x 3

Dumbbell Lateral raises 10 x 3

Dumbbell front raises 10 x 3

Super set

Incline DB bicep curls 12 - 15 x 3

Incline DB tricep overhead press 12 - 15 x 3

Lower 1

leg extensions 30 x 4

BB squats 8 - 12 x 4

Paused 2 seconds reps

Low stance leg press 20 x 4

Dumbbell walking lunges 30 x 3

Paused 2 seconds reps at the top

Hamstring curl 15 x 4

Calf raises 100 reps

Upper 2

Barbell Clean and press 12 x 3

Super set

Seated dumbbell shoulder press 8-12 x 3

DB lateral raises 12 x 3

Lat pull down 15 x 4

Seated cable rows 15 x 4

Hammer grip vertical chest press 8 – 12 x 3

Super set x 3

Barbell curls 21

7 bottom to chest

7 chest to top

7 bottom to top

Dips till failure

Lower 2

Super set

Hamstring curl 12 - 15 x 5

Dumbbell romanian deadlifts 12 - 15 x 5

Sumo deadlifts 12-15 x 3

Leg press (narrow, normal and wide) 30 x 3

Leg extensions 20 x 3

Dumbbell Walking lunges 30 x 3

Tempo reps 1-2-2

Calf raises 25 x4

GPT Revised for Ramadan:

Frequency: 4 days a week (2 gym sessions, 2 home workouts)

Split: Upper/Lower (Gym), Full Body/Calisthenics (Home)

Focus: Shoulders, chest, arms, legs (with wrist-friendly alternatives)

Timing: Moderate intensity with reduced rest (45-75 secs between sets), finishing before opening of fast

Day 1: Upper Body Strength (Gym)

Warm-up: 5-10 min light cardio + dynamic stretches

- Pull-ups (assisted if needed): 3 sets to failure
- Seated cable rows: 4 sets x 10-12 reps
- Incline DB chest press: 3 sets x 8-12 reps (*paused reps for stretch*)
- High-to-low cable flyes: 3 sets x 15 reps (*controlled tempo*)
- DB lateral raises: 4 sets x 12 reps
- Cable face pulls: 3 sets x 15 reps (*shoulder health focus*)
- **Arm Superset:**
 - EZ bar curls or cable curls: 3 sets x 12-15 reps
 - Rope tricep pushdowns: 3 sets x 12-15 reps

Optional Core: Planks & hanging leg raises (3 x 30 sec each)

Day 2: Lower Body Strength (Gym)

Warm-up: Leg swings, bodyweight squats, hip mobility drills

- Leg extensions: 4 sets x 20 reps (*warm up quads*)
- BB squats or goblet squats (if wrists feel fine): 4 sets x 8-10 reps
- Leg press: 4 sets x 15 reps (*normal + narrow stance alternation*)
- Dumbbell walking lunges: 3 sets x 20 steps
- Hamstring curls: 4 sets x 15 reps
- Standing calf raises: 4 sets x 20-25 reps

Day 3: Full Body (Home Workout)

Equipment needed: Resistance bands, pull-up bar (optional), DBs (if available)

- Push-ups (regular or incline): 4 sets x max reps

- Resistance band rows (or towel rows): 4 sets x 12 reps
- Pike push-ups or DB shoulder press: 4 sets x 10-15 reps
- Bulgarian split squats: 3 sets x 12 reps per leg
- Banded bicep curls & overhead tricep extensions: 3 sets x 15 reps each
- Calf raises (single-leg): 3 sets x 20 reps

Day 4: Lower Body + Conditioning (Home/Gym)

Focus on leg endurance (for ice skating)

- Hamstring bridges: 4 sets x 15 reps
- Split squats: 4 sets x 15 reps per leg
- Jump squats or bodyweight squats: 4 sets x 20 reps
- Side lunges: 3 sets x 15 reps per side
- Standing calf raises: 4 sets x 25 reps

Optional: 10-15 min light cardio (cycling or brisk walking post-opening fast)