

# HENDRIK JEBENS FREE 7 DAY WORKOUT

THE PAIN YOU FEEL TODAY - IS

THE STRENGTH YOU FEEL TOMORROW

	Exercise	Sets	Reps	Rest	Extras etc.
<b>Monday</b>	1.Leg Extension	4x	8-10	1 min	
	2.Squat or Leg Press	3x	8-12	2 min	
	3.Bulgarian Split Squat	3x	8-10	1 min	
	4.Leg curl	3x	8-10	1 min	
	5.Calf Raise	5x	8-10	1 min	
<b>Tuesday</b>	Light Jog	30-45 min			
	Long stretching session				
<b>Wednesday</b>	1.Incline Dumbbell bench Press	3x	8-10	1 min	
	2.Pullups	3x	As many as possible	2 min	
	3.Band Pull-aparts	100 reps			In as little sets as possible
	4.Power Walls	3 sets	30 sec	2min	Front Plank then Side Plank left and right
<b>Thursday</b>	Light Jog	30-45 min			
	Long stretching session				
<b>Friday</b>	Full-Body Training	Pick 4 Upper Body Exercises and 4 Leg Exercises	10-15	3-5 min	After a circuit take 3-5 min break Short rest 10-20 sec between exercises Alternate 1 Upper Body with 1 Leg exercise Total 2 -4 Circuits
	Bodyweight/Band Example		10-15		
	Pushups		10-15		
	Lunges		10-15		
	Band Pull-aparts		10-15		
	Calf-Raises		10-15		
	Pull-ups		10-15		
	Glute-Bridges		10-15		
	Biceps Curls		10-15		
	Wall-sit				as long as you can
<b>Saturday</b>	Light Jog	30-45 min			
	Long stretching session				
<b>Sunday</b>	Rest!!!				

THIS WORKOUT IS FOR ENTERTAINMENT PURPOSES ONLY. ALWAYS MAKE SURE YOU ARE HEALTHY AND FIT BEFORE DOING ANY TYPE OF PHYSICAL ACTIVITY NEVER DO ANY TYPER OF PHYSICAL ACTIVITY BEFORE CONSULTING WITH A PHYSICIAN OR MEDICAL DOCTOR