

Fitness Sessions

salvadorcastaneda.com/fitness

Work:	20 seconds	Rest:	10 seconds
Rep:	20s work + 10s rest = 30s	Set:	3 reps + 30s rest = 4 min
Session:	3 sets = ~14 minutes	Intensity:	Maximum effort
Frequency:	7 days per week	Equipment:	None

SESSION 1

Upper Push + Core

Chest · Triceps · Abs

SET 1	Push-ups	→ Tricep Extensions	→ Sit-ups
SET 2	Shoulder Taps	→ Crunches	→ Flutter Kicks
SET 3	Planks	→ Leg Raises	→ Mountain Climbers

SESSION 2

Lower Body + Cardio

Quads · Abs · Cardio

SET 1	Squats	→ Lunges	→ High Knees
SET 2	Mountain Climbers	→ Get-ups	→ Flutter Kicks
SET 3	Sit-ups	→ Squats	→ Lunges

SESSION 3

Core Focused

Abs · Chest · Triceps

SET 1	Leg Raises	→ Planks	→ Crunches
SET 2	Push-ups	→ Tricep Extensions	→ Sit-ups
SET 3	Flutter Kicks	→ Shoulder Taps	→ Get-ups

SESSION 4

Full Body HIIT

Chest · Quads · Abs

SET 1	Push-ups	→ Squats	→ Sit-ups
SET 2	High Knees	→ Lunges	→ Crunches

SET 3 Mountain Climbers → Tricep Extensions → Leg Raises

SESSION 5

Upper + Lower

Chest · Triceps · Quads

SET 1 Shoulder Taps → Tricep Extensions → Squats
SET 2 Push-ups → Lunges → Planks
SET 3 Get-ups → High Knees → Flutter Kicks

SESSION 6

Lower + Core

Quads · Abs · Cardio

SET 1 Lunges → Squats → Leg Raises
SET 2 High Knees → Sit-ups → Mountain Climbers
SET 3 Planks → Get-ups → Crunches

SESSION 7

Active Recovery

Abs · Quads · Full Body

SET 1 Planks → Flutter Kicks → Lunges
SET 2 Leg Raises → Squats → Get-ups
SET 3 Crunches → Sit-ups → Shoulder Taps

Notes

Timer: Count 20 seconds on, 10 seconds off. A watch with a second hand works. No app needed.

Space: Every exercise fits within a 6x8 foot area.

Warm-up: March in place for 60 seconds before your first session each day.

Breathing: Exhale on e1 00a Q On holds, bBreathe steadily handdo nootholde yourbBreaty.