

7-day Workout Guide

College is busy — I get it. That's why I built this 7-Day Free Workout Guide: short, efficient sessions designed to get you sore, keep you motivated, and prove that my way works. No fancy equipment, no wasted time. Just calisthenics, high-intensity finishers, and circuits that leave you feeling stronger and more confident after the very first week. This isn't just a "taste test" — it's your proof that you can get right, even with a crazy schedule.

Day 1 – Full Body Burner

- Jumping Jacks – 3x30 sec (cardio warm-up)
- Jump Squats – 4x12 (legs, glutes)
- Push-Ups – 4x10 (chest, triceps)
- Plank Shoulder Taps – 3x30 sec (core, shoulders)
- Reverse Lunges – 3x12/leg (glutes, quads)
- Plank – 3x30 sec (core)

Day 2 – Core + Cardio

- High Knees – 4x30 sec (cardio)
- Bicycle Crunches – 4x20 (abs)
- Mountain Climbers – 4x30 sec (core, cardio)
- Leg Raises – 3x12 (lower abs)
- Side Plank – 2x30 sec/side (obliques)

Day 3 – Glutes & Legs

- Wall Sit – 3x45 sec (quads)
- Glute Bridges – 4x15 (glutes, hamstrings)
- Step-Ups on Chair – 3x10/leg (quads, glutes)
- Squats – 3x20 (quads, glutes)
- Lateral Leg Raises – 3x15/leg (hip abductors)
- High Knees – 3x30 sec (cardio finisher)

Day 4 – Active Recovery / Stretch

- Elephant walks – 3x15 reps/leg (hamstrings)
- Hip circles – 3x10 reps/leg
- Standing Quad Stretch – 2x30 sec/leg
- Cat/Cow Stretch – 2x10 reps
- Deep Squat Hold – 2x45 sec
- 20min Walk/Jog

Day 5 – Upper Body + Core

- Jog in Place – 3x45 sec (cardio warm-up)
- Incline Push-Ups (on bed or desk) – 4x12 (chest, shoulders)
- Superman Hold – 3x30 sec (lower back)
- Plank to Push-Up – 3x10 (core, shoulders)
- Russian twist – 3x30s (core)
- Triceps Dips (chair) – 3x15 (triceps)

Day 6 – Full Body Conditioning

- Burpees – 3x12 (full body)
- Bodyweight Squats – 4x20 (legs)
- Push-Up to T – 3x10 (chest, core, shoulders)
- Jumping Lunges – 3x10/leg (quads, glutes)
- Sit-Ups – 3x20 (core)

Day 7 – Core Finisher

- Mountain Climbers – 3x30 sec (core + cardio)
- Plank – 3x45 sec
- V-Ups – 4x15
- Russian Twists – 3x30 (15/side)
- Flutter Kicks – 3x30 sec
- Toe Touches – 3x20
- Brisk 15min jog

Additions/Tips:

- Focus on form
- Feel contractions on the individual muscles
- 10k steps a day will work wonders
- Fuel properly with a carb-heavy meal before workout and protein-heavy meal post workout
- Drink water and electrolytes all day, daily
- Keep rest relatively short (30-60s)

This is just the beginning. In one week you'll already feel the difference — soreness in the right places, more energy, and momentum that most people never build. Don't stop here. Take that progress and keep stacking it with my full programs designed to transform you long-term. Get right, stay locked in, and keep it moving forward at www.getrightwithzay.com/coaching.