Weekly exercise summary

Edition 2026 · Weeks 14–15 · Peak Muscle Growth · Monday through Sunday

19	45	7	436 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Elliptical Norwegian 4x4 HIIT (Z5) **Cardio**	X							1
Elliptical Z2 **Cardio**					X			1
Elliptical Z3 **Cardio**			X					1
Five-minute full-body stretching routine **Flexibility**	X	X	X	X	X			5
Assisted or bodyweight pull-up **Hypertrophy**		X		X				2
Dumbbell lateral raise **Hypertrophy**		X		X				2
Hammer curl **Hypertrophy**		X		X				2
Hip abduction machine **Hypertrophy**		X		X				2
Incline Dumbbell Press **Hypertrophy**		X		X				2
Leg press **Hypertrophy**		X		X				2
Reverse crunch **Hypertrophy**	X		X		X			3
Seated calf raise **Hypertrophy**		X		X				2
Seated leg curl **Hypertrophy**		X		X				2
Triceps-focused parallel-bar dip **Hypertrophy**		X		X				2

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Wide-elbow machine row **Hypertrophy**		X		X				2
VILPA: Front plank (planche-style hold) **Vilpa**	X		X		X		X	4
VILPA: Pelvic-floor contractions (Kegels) **Vilpa**		X		X		X		3
VILPA: Split-squat isometric **Vilpa**		X		X		X		3
VILPA: Wall-sit intervals **Vilpa**	X		X		X		X	4