



8 WEEKS TO SUMMER PLAN

FITNESS + NUTRITION

Primary Goal:

Build Muscle

Equipment Required:

Gym access or dumbbells

Level:

Beginner to Intermediate

Program Duration:

8 weeks

Days Per Week:

6 Days

Time Per Workout:

45-60 minutes



WEEKS 1-4

8 WEEKS TO SUMMER PLAN



DAY 1 LOWER BODY

#1 Leg Press or [Barbell Squat](#)

SETS: 3 | REPS: 8-10

REST: 90-120sec

RIR: 2-3

#2 Leg Extension or Dumbbell Step Up

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 1-3

#3 Lying Leg Curl or Towel Leg Curl

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 1-3

#4 Walking Dumbbell Lunge

SETS: 3 | REPS: 10-12/Side

REST: 90-120sec

RIR: 2-3

#5 Standing Calf Raise (Machine or Dumbbell)

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3



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DAY 2 ABS + CARDIO

#1 Dumbbell or Plate Weighted Crunch or Cable Crunch

SETS: 3 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#2 Bench Knee Tuck or Hanging Knee Raise

SETS: 3 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#3 30-45 minutes of medium-intensity cardio of choice.

Ex: light jogging or brisk walking, Elliptical Machine, Rowing Machine, Stationary Bicycle, Stairclimber, Peloton, Cardio Class, etc.



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DAY 3 UPPER BODY

#1 [Dumbbell Bench Press](#) or [Machine Chest Press](#)

SETS: 3 | REPS: 8-10

REST: 90-120sec

RIR: 2-3

#2 Medium Grip [Lat Pulldown](#) or Medium Grip Pull-up or [Bentover Dumbbell Row](#)

SETS: 3 | REPS: 8-10

REST: 90-120sec

RIR: 2-3

#3 Seated Dumbbell [Arnold Press](#)

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

#4 [Seated Incline Dumbbell Curl](#)

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 1-3

#5 Incline Dumbbell Tricep Extension

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 1-3



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DAY 4 ABS + CARDIO

#1 Incline Reverse Crunch or Bicycle Crunch

SETS: 3 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#2 Cable Woodchop or Dumbbell Oblique Crunch

SETS: 3 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#3 30-45 minutes of medium-intensity cardio of choice.

Ex: light jogging or brisk walking, Elliptical Machine, Rowing Machine, Stationary Bicycle, Stairclimber, Peloton, Cardio Class, etc.



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DAY 5

FULL BODY

SUPERSET

1A Incline Dumbbell Bench Press

SETS: 3 | REPS: 8-10

REST: 90-120sec

RIR: 2-3

1B Incline-Supported Dumbbell Row

SETS: 3 | REPS: 8-10

REST: 90-120sec

RIR: 2-3

SUPERSET

2A Dumbbell Front Squat

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

2B Dumbbell Romanian Deadlift

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

TRI-SET

3A Dumbbell Z-Press

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 1-3

3B [Standing Dumbbell Hammer Curl](#)

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 1-3

3C [Bentover Dumbbell Tricep Kickback](#)

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 1-3

A person is shown from the waist down, wearing a blue ribbed cap and holding a large black hexagonal dumbbell. They are in a gym setting with a wooden floor and blurred background. A large purple rectangle is overlaid on the image, containing white text.

WEEKS 5-8

8 WEEKS TO SUMMER PLAN



DAY 1 LOWER BODY

#1 Leg Press or [Barbell Squat](#)

SETS: 4 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

#2 Leg Extension or Dumbbell Step Up

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3

#3 Lying Leg Curl or Towel Leg Curl

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3

#4 Walking Dumbbell Lunge

SETS: 3 | REPS: 12-15/Side

REST: 90-120sec

RIR: 2-3

#5 Standing Calf Raise (Machine or Dumbbell)

SETS: 3 | REPS: 15-20

REST: 90-120sec

RIR: 1-3



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DAY 2 **ABS + CARDIO**

#1 Dumbbell or Plate Weighted Crunch or Cable Crunch

SETS: 4 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#2 Bench Knee Tuck or Hanging Knee Raise

SETS: 4 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#3 30-45 minutes of medium-intensity cardio of choice.

Ex: light jogging or brisk walking, Elliptical Machine, Rowing Machine, Stationary Bicycle, Stairclimber, Peloton, Cardio Class, etc.



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DAY 3 UPPER BODY

#1 [Dumbbell Bench Press](#) or [Machine Chest Press](#)

SETS: 4 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

#2 Medium Grip [Lat Pulldown](#) or Medium Grip Pull-up or [Bentover Dumbbell Row](#)

SETS: 4 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

#3 Seated Dumbbell [Arnold Press](#)

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 2-3

#4 [Seated Incline Dumbbell Curl](#)

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3

#5 Incline Dumbbell Tricep Extension

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3



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DAY 4 ABS + CARDIO

#1 Incline Reverse Crunch or Bicycle Crunch

SETS: 4 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#2 Cable Woodchop or Dumbbell Oblique Crunch

SETS: 4 | REPS: 10-20

REST: 90-120sec

RIR: 1-2

#3 30-45 minutes of medium-intensity cardio of choice.

Ex: light jogging or brisk walking, Elliptical Machine, Rowing Machine, Stationary Bicycle, Stairclimber, Peloton, Cardio Class, etc.



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DAY 5

FULL BODY

SUPERSET

1A Incline Dumbbell Bench Press

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

1B Incline-Supported Dumbbell Row

SETS: 3 | REPS: 10-12

REST: 90-120sec

RIR: 2-3

SUPERSET

2A Dumbbell Front Squat

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 2-3

2B Dumbbell Romanian Deadlift

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 2-3

TRI-SET

3A Dumbbell Z-Press

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3

3B Standing Dumbbell Hammer Curl

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3

3C Bentover Dumbbell Tricep Kickback

SETS: 3 | REPS: 12-15

REST: 90-120sec

RIR: 1-3

