

# INTELLIGENT TRAINING INTEGRATION



*by Rosita Kracheva*

# WORKOUT EXAMPLE

Month 02/2026

Target kcal /  
per Workout 400 kcal

## MONDAY : LEGS

### 1. SMITH MACHINE SUMO SQUAT

Wide stance, deep range → glutes focus

### 2. BULGARIAN SPLIT SQUAT (KETTLEBELL)

Wide stance, deep range → glutes focus

### 3. FRONT LUNGE – SMITH MACHINE

Long step, upright torso

### 4. HIP THRUST (BARBELL)

Full lockout, 2-sec squeeze

### 5. CABLE KICKBACKS

Controlled, glute isolation



## TUESDAY : BACK + ABS + CARDIO 30 MIN (LOW INTENSITY)

### BACK

#### 1. Wide Grip Lat Pulldown

Full stretch, pull to chest → lat width

#### 2. Seated Cable Row (V-Grip)

Controlled pull, squeeze shoulder blades → mid back

#### 3. Single Arm Dumbbell Row

Deep stretch, strong contraction → lats + thickness

#### 4. STRAIGHT ARM CABLE PULLDOWN

Arms straight, slow control → lat isolation

#### 5. Face Pulls

Pull to face, elbows high → upper back + rear delts



### ABS

#### 1. Hanging Knee Raises

(20 reps), Slow control → lower abs

#### 2. Cable Crunch

(20 reps), Strong contraction → upper abs

#### 3. Russian Twist (30 reps)

Rotational core strength

#### 4. Plank (45-60 sec)

Deep core stability

## WEDNESDAY : GLUTES + QUADS

### 1. SMITH MACHINE SQUAT

Feet slightly forward, deep range → glutes + quads

### 2. BULGARIAN SPLIT SQUAT (DUMBBELL)

Long stride, controlled descent → glutes + quads

### 3. FRONT FOOT ELEVATED LUNGE

Elevated front foot, upright torso → quad + glute emphasis

### 4. BARBELL HIP THRUST

Full lockout, 2-sec squeeze → glute power

### 5. LEG EXTENSION (MACHINE)

Slow control, peak contraction → quad isolation



# WORK OUT EXAMPLE

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## TUESDAY : SHOULDERS + ABS + CARDIO 30 MIN (LOW INTENSITY)



### SHOULDERS

#### 1.Dumbbell Shoulder Press

Controlled press, full range → front + medial delts

#### 2.Cable Lateral Raises

Slow lift, controlled lowering → medial delts

#### 3.Rear Delt Fly

(Machine or Dumbbell)  
Chest supported → rear delts

#### 4.ARNOLD PRESS

Rotation through movement → full shoulder activation

#### 5.Face Pulls

(Cable Rope) Pull to face, elbows high → rear delts + shoulder stability

### ABS

#### 1.Hanging Knee Raises

(20 reps), Slow control → lower abs

#### 2.Cable Crunch

(20 reps), Strong contraction → upper abs

#### 3.Russian Twist (30 reps)

Rotational core strength

#### 4.Plank (45–60 sec)

Deep core stability

## FRIDAY : LEGS + CARDIO 30 MIN (LOW INTENSITY)

### 1.SMITH MACHINE SUMO SQUAT

Wide stance, deep range → glutes focus

### 2.BULGARIAN SPLIT SQUAT (KETTLEBELL)

Wide stance, deep range → glutes focus

### 3.FRONT LUNGE – SMITH MACHINE

Long step, upright torso

### 4.HIP THRUST (BARBELL)

Full lockout, 2-sec squeeze

### 5.CABLE KICKBACKS

Controlled, glute isolation



THANK YOU  
FOR JOINING  
SMARTSHAPE.



QUIET STRENGTH  
**OVER  
TIME**

*by Rositsa Kracheva*