

# 4-2-1

## *Workout Method*

<b>DAY 1</b>	lower body (think: squats, deadlifts, lunges)
<b>DAY 2</b>	upper body (think: chest presses, shoulder presses, bicep curls)
<b>DAY 3</b>	steady-state cardio (think: running on the treadmill) and mobility (think: yoga poses, stretches, and arm, shoulder, and hip circles)
<b>DAY 4</b>	lower body
<b>DAY 5</b>	full body
<b>DAY 6</b>	cardio (think: jump roping, power walking, running stairs)
<b>DAY 7</b>	rest

# Top Method For Home Workout 2025 For Experts

**Wenbin Ji**

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