

8-WEEK WORKOUT PLAN INSPIRED BY ANDREW HUBERMAN FOUNDATIONAL FITNESS PROTOCOL

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Dr Andrew Huberman is a popular name in the health and fitness industries. He is a neuroscientist by profession but also inspires people through his physical fitness and workout journey.

Many people want to emulate his training program to enhance their fitness level, and if you are one of them, this article can help you.

In this blog, I've shared an 8-week workout routine inspired by Dr Andrew Huberman's Foundational Fitness Protocol.

Dr Huberman exercises six times weekly, involving three cardio and three resistance training sessions.

He works on every fitness component to ensure he stays fit, strong, and productive. His cardio includes both aerobic and anaerobic workouts, and his resistance training includes exercises for every muscle group throughout the body.

Anyone who wants to be muscular, robust, and healthier can try the Huberman Lab workout plan for a few months. However, I suggest avoiding this regime if you're a newbie or have some health issues.

Andrew Huberman Workout Plan to Get Fit and Strong

Days	Focus
Sunday	Endurance Training
Monday	Resistance Legs Workout
Tuesday	Recovery (Sauna and Ice Bath)
Wednesday	Upper Body Strength Workout
Thursday	Moderate Intensity Cardio
Friday	High-Intensity Interval Training (HIIT)
Saturday	Arms, Neck, and Calves

Schedule A (Week 1-4)

Schedule A of the Huberman Lab workout plan involves performing 3-4 sets of 4-8 reps per exercise with heavier weights with 2-4 minutes of rest between sets. This schedule will help you **enhance your lifting ability** while building muscle mass.

Besides lifting weights, it also has three aerobic training sessions for **improving cardiovascular fitness**.

Day 1 – Endurance Training (Zone 2 Cardio)

Zone 2 cardio involves performing exercises at a low to moderate pace where you breathe faster than normal, typically at 60-70% of your maximum heart rate (MHR).

Exercise	Duration
Jogging	20-30 minutes
Bicycling	10-15 minutes
Elliptical Trainer	5-10 minutes
Rowing	10-15 minutes
Jumping Rope	5-10 minutes

You can also swim and hike if you train outdoors.

Day 2 – Resistance Legs Workout

Start your leg day with 10 minutes of warm-up workout. You can perform leg swings, lateral squats, quad stretches, back-and-forth lunges, and **bodyweight squats** to enhance blood circulation around your thighs and calves. Once you complete your warm-up, do the following exercises:

Exercise	Target Muscle	Sets	Reps
Back Squats	Quads	4	4-8
Leg Press	Quads	3	6-8
Romanian Deadlift	Hamstring	4	6-8
Standing Calf Raises	Calves	4	6-8
Hip Thrust	Glute & Ham	3	6-8

Day 3 – Recovery

Sauna and ice bath/cold shower.

Day 4 – Upper Body Strength Workout

Perform bodyweight push-ups, inverted rows, band pull-apart, pull-ups, and **dynamic stretches** to prepare your muscles for heavy lifting.

Exercise	Target Muscle	Sets	Reps
Incline Bench Press	Chest	3	4-8
Cable Crossover	Chest	3	6-8
Deadlift	Back	3	6-8
Seated Cable Row	Back	3	6-8
Overhead Press	Shoulder	3	6-8
Bent-Over Lateral Raise	Shoulder	3	6-8
Jeff Cavaliere Neck Workout	Neck	–	–

Day 5 – Moderate Intensity Cardio

Andrew Huberman performs 35 minutes of cardio at moderate intensity (75-80% of max heart rate) on his fifth day of the training program.

This cardio is usually faster but shorter than the endurance training that he does on day one.

His moderately paced cardio involves running, rowing, bicycling, jumping rope, stair climbing, and jumping jacks, which he prefers doing outside.

Exercise	Duration
Running	15 minutes
Jumping Jacks	5 minutes
Bicycling	10 minutes
Jumping Rope/Stair Climbing	5 minutes

Day 6 – High-Intensity Interval Training (HIIT)

Dr Huberman further accelerates his endurance level by integrating [high-intensity interval training](#) (HIIT) into his workout routine.

HIIT involves doing one or more exercises at a maximum heart rate (usually above 85%) with a short recovery time between rounds.

The [high-intensity interval training has both pros and cons](#), so make sure you analyze them to decide whether it's for you.

Here's a 20-minute HIIT cardio:

- **Exercise #1 Sprint**
- 60-second sprint, 60-second rest
- 45-second sprint, 45-second rest
- 30-second sprint, 30-second rest
- 15-second sprint, 30-second rest
- 10-second sprint, 30-second rest
- 5-minute rest
- **Exercise #2 Assault Bike**

- 1-minute work at max heart rate, followed by one minute of rest x 5 sets

Day 7 – Arms, Neck, and Calves

Start your seventh day with 10-minute warm-up exercises. You can do jumping jacks, burpees, mountain climbing, bicep curls, and tricep extensions with light weights.

Exercise	Target Muscle	Sets	Reps
Weighted Bar Dips	Triceps	3	6-8
Close Grip Bench Press	Triceps	3	6-8
Weighted Chin-ups	Biceps	3	6-8
Barbell Curl	Biceps	3	6-8
Wrist Curl	Forearm	3	6-8
Standing Calf Raises	Calves	3	6-8
Athlean X Neck Exercises	Neck	–	–

Schedule B (Week 5-8)

During this period, you'll do 2-3 sets of 8-15 repetitions with moderate weight with 90 seconds of rest between sets. This rep range will help you bring out muscle definition and build a proportional physique.

Day 1 – Endurance Training

Exercise	Duration
Jogging	20-30 minutes
Bicycling	10-15 minutes
Elliptical Trainer	5-10 minutes
Rowing	10-15 minutes
Jumping Rope	5-10 minutes

Day 2 – Resistance Legs Workout

Increase your lower body temperature by doing the 10-minute warm-up I shared on the day in Schedule A, then perform the below exercises.

Exercise	Target Muscle	Sets	Reps
Leg Extensions	Quads	3	12-15
Hack Squats	Quads	3	10-12
Leg Curls	Hamstrings	3	12-15
Romanian Deadlift	Hamstrings	3	8-10
Calf Raises	Calves	3	12-15
Glute Ham Raises	Glute & Ham	3	10-12

Day 3 – Recovery

Sauna and ice bath/cold shower.

Day 4 – Upper Body Strength Workout

Exercise	Target Muscle	Sets	Reps
Landmine Press	Chest & Front Delt	3	10-12
Seated Pec Deck Fly	Chest	3	12-15
Close-Grip Pull-down	Back	3	12-15
Bent-Over Row	Back	3	8-12
Side Delt Raises	Shoulder	3	10-12
Face Pull	Rear Delt & Upper Back	3	10-12
Athlean X Neck Exercise	Neck	–	–

Day 5 – Moderate Intensity Cardio

Perform exercises at 70-80% of your max heart rate. You can also replace any exercise you think isn't suitable for you.

Exercise	Duration
Running	15 minutes
Jumping Jacks	5 minutes
Bicycling	10 minutes
Jumping Rope/Stair Climbing	5 minutes

Day 6 – High-Intensity Interval Training (HIIT)

Exercise #1 – Sprinting

- 30-second sprint, 60-second rest
- 15-second sprint, 45-second rest
- 15-second work, 45-second rest
- 10-second work, 30-second rest
- 10-second work, 30-second rest
- 5-minute rest

Exercise #2 Assault Bike

- 1-minute work at max heart rate, followed by one minute of rest x 5 sets
- 5 minutes rest

Exercise #3 Rowing Machine

- 30-minute work at max heart rate, followed by 30-second rest x 5 sets

Day 7 – Arms, Neck, and Calves

Exercise	Target Muscle	Sets	Reps
Overhead Triceps Extension	Triceps	3	6-8
Triceps Kickback	Triceps	3	6-8
Incline DB Curl	Biceps	3	6-8

Hammer Curl	Biceps	3	6-8
Wrist Curl	Forearm	3	6-8
Standing Calf Raises	Calves	3	6-8
Athlean X Neck Exercises	Neck	–	–

I highly recommend visiting [Hubermanlab.com](https://hubermanlab.com) to learn more about this fitness regime and protocol. I've just shared his workout routine in this article, but Dr Huberman has explained everything in detail in his blog.

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Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
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