

Strength Training and Yoga Plan

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Full URL: <https://thefitnessphantom.com/yoga-and-weight-training-split>

Strength Training and Yoga on The Same Day

This program involves performing Yoga in the morning and weightlifting in the evening.

Each day, you'll do a little workout, typically 20 minutes of Yoga and 45 minutes of weight.

This split is simple and suitable for desk job people as they can work on their body more frequently.

Monday

Morning	Evening
Cat-Cow (5-sec each x 4)	Incline Bench Press (3 x 12)
Downward Dog (15-sec)	Overhead Press (3 x 12)
Knee Hug (15-sec/side)	Machine Fly (3 x 15)
Pigeon Pose (15-sec/side)	Lateral Raises (3 x 12)
Runner's Lunge (15-sec/side)	Triceps Pushdown (3 x 15)
Perform 3-4 rounds.	Follow a standard rep-set method.

Tuesday

Morning	Evening
Child's Pose (15-sec)	Pull-ups (3 x 12)
Side lunge (10-sec/side)	Bent-over Row (3 x 12)
Pyramid Pose (10-sec/side)	Seated Cable Row (3 x 20)
Dolphin Pose (10-second)	Single-arm High Cable Row (3 x 20)

Sphinx pose (10-second)	Barbell Biceps Curls (3 x 20)
Perform 3-4 rounds.	Follow a standard rep-set method.

Wednesday

Morning	Evening
Cobra Pose (15-sec/side)	Kettlebell Swings (3 x 12)
World's Greatest Stretch (15-sec/side)	Back Squats (3 x 12)
Knee to Chest Stretch (10-sec/side)	Leg Extensions (3 x 20)
Seated Bend Forward (15-second)	Leg Curls (3 x 20)
Glute Bridge Pose (15-second)	Cable Crunches (3 x 20)
Perform 3-4 rounds.	Follow a standard rep-set method.

Thursday

Morning	Evening
Cat-Cow (5-sec each x 4)	Hammer Strength Press (3 x 12)
Downward Dog (15-sec)	Bent-over Cable Fly (3 x 12)
Knee Hug (15-sec/side)	DB Push Press (3 x 20)
Pigeon Pose (15-sec/side)	Upright Row (3 x 20)
Runner's Lunge (15-sec/side)	Triceps OH Extensions (3 x 20)
Perform 3-4 rounds.	Follow a standard rep-set method.

Friday

Morning	Evening
Child's Pose (15-sec)	Chin-ups (3 x 12)
Side lunge (10-sec/side)	Lat Pulldown (3 x 12)
Pyramid Pose (10-sec/side)	1-arm DB Row (3 x 10/side)
Dolphin Pose (10-second)	Cable Facepull (3 x 15)
Sphinx pose (10-second)	Cable Wood Chop (3 x 10/side)
Perform 3-4 rounds.	Follow a standard rep-set method.

Saturday

Morning	Evening
Cobra Pose (15-sec/side)	DB Romanian Deadlift (3 x 10)
World's Greatest Stretch (15-sec/side)	Leg Press (3 x 12-15)
Knee to Chest Stretch (10-sec/side)	Bulgarian Split Squat (3 x 8/side)
Seated Bend Forward (15-second)	Hip Thrust (3 x 10)
Glute Bridge Pose (15-second)	Cable Crunches (3 x 20)
Perform 3-4 rounds.	Follow a standard rep-set method.

Alternating Day Yoga and Weight Training Split

This involves lifting weights one day and doing Yoga on another, such as strength training on Monday and Yoga on Tuesday.

I recommend this to morning people who exercise before starting their work.

But, if you lift weight in the evening, that's okay. You can train at any time of the day and get the same benefits as long as you stay consistent.

STRENGTH TRAINING

I've shared three different splits for strength training – full-body, upper-lower, and combined body part split.

Each involves training three times weekly, for example, on Monday, Wednesday, and Saturday. All three of them are effective. You can follow whichever suits you the most.

FULL BODY WORKOUT

DAY 1

Exercises	Sets x Reps	Target Muscle
Dumbbell Squats	4 x 20	Quads
Overhead Press	3 x 12	Shoulders
Front Lat Pulldown	3 x 12	Back
Incline Bench Press	3 x 12	Chest
Leg Curls	3 x 20	Hamstrings
Cable Crunches	3 x 20	Abdominals

DAY 3

Exercises	Sets x Reps	Target Muscle
Reverse Lunges	3 x 10/leg	Legs
Bent-over Row	3 x 12	Back
Cable Crossover	3 x 12	Chest
Lateral Raises	3 x 12/side	Shoulder
Standing Calf Raises	3 x 20	Calves
6A Chin-ups	3 x 10	Biceps
6B Bench Dips	3 x 20	Triceps

Superset chin-ups and bench dips.

DAY 5

Exercises	Sets x Reps	Target Muscle
Leg Press	3 x 20	Legs
Single-arm DB Row	3 x 12/side	Back
Bar Dips	3 x 10-15	Chest
Reverse Pec Deck Fly	3 x 12/side	Shoulder
Hip Thrust	3 x 12	Glutes
6A Concentration Curls	3 x 10	Biceps
6B High to Low Cable Chop	3 x 10/side	Obliques

Superset concentration curls and cable oblique chop.

UPPER LOWER SPLIT

DAY 1 – UPPER BODY

Exercise	Sets x Reps	Target Muscles
Incline Bench press	3 x 12	Chest
Machine/Cable Chest Fly	3 x 15	Chest
Lateral Raises	3 x 15	Shoulders
Rope Pushdown	3 x 20	Triceps
Barbell Curls	3 x 20	Biceps
Cable Crunches	3 x 20	Abdominals

DAY 3 – LOWER BODY

Exercise	Sets x Reps	Target Muscles
Front Squat	3 x 20	Quads
Leg Press	3 x 20	Quads
Front Lunges	3 x 10/side	Quads & Glute
Leg Curls	3 x 20	Hamstrings
Calf Raises	3 x 20	Calves
Cable Pull Through	3 x 12	Glute & Ham

DAY 5 – UPPER BODY

Exercise	Sets x Reps	Target Muscles
Overhead Press	3 x 12-15	Shoulder
Front Lat Pulldown	3 x 12-15	Back
Seated Cable Rowing	3 x 12-15	Back
Reverse Pec Fly	3 x 12-15	Shoulder
Bar Dips	3 x 10-15	Chest & Tris
Hammer Curls	3 x 12-15	Biceps

COMBINED BODY PART SPLIT

DAY 1 – CHEST, TRICEPS, AND CALVES

Workout	Sets	Reps
Flat Bench/Machine Press	4	12, 10, 8, 8
Incline DB Bench Press	3	12, 10, 8
Machine Chest Fly	3	12, 10, 10
Triceps Rope Pushdown	3	12, 10, 10
1-arm Triceps Extension	3	10/arm
Standing Calf Raises	3	15, 15, 15

DAY 3 – BACK, BICEPS, AND HAMSTRINGS

Workout	Sets	Reps
Lat Pulldown	4	12, 10, 10, 8
Bent-over Barbell Row	3	12, 10, 8
Seated Cable Rowing	3	12, 10, 8
Barbell Biceps Curl	3	12, 10, 10
Concentration Curl	3	12, 10, 10
Romanian Deadlift	3	10, 8, 6

DAY 5 – QUADS, SHOULDER, AND GLUTES

Exercises	Sets	Reps
Back Squat	3	15-20
Machine Leg Press	3	15-20
Leg Extensions	3	15-20
Overhead Press	3	12-15
Lateral Raises	3	12-15
Reverse Fly	3	12-15
Hip Thrust	3	10-15

Yoga Workout

Perform this Yoga workout day after the strength training.

Day 1

Number of rounds: Beginner – 2, Intermediate – 3, and Advanced – 4.

Exercise	Hold Time
Child's Pose	15-second
Downward-Facing Dog	15-second
Cobra Pose	15-second
Seated Heart-Opener	15-second
World's Greatest Stretch	15-sec/side
Knee to Chest Stretch	10-sec/side
Seated Bend Forward	15-second
Locust Pose	10-second
Glute Bridge Pose	15-second

DAY 3

Number of rounds: Beginner – 2, Intermediate – 3, and Advanced – 4.

Exercise	Hold Time
Upward Facing Dog	5-sec each x 5
Camel Pose	10-second
Chair Pose	10-second
Warrior Pose II	15-sec/side
Side Plank	15-sec/side
Crescent Lunge	15-sec/side
Triangle Pose	15-sec/side
Standing Bird Dog	10-sec/side
Extended Plank	30-45 seconds

Day 5

Number of rounds: Beginner – 2, Intermediate – 3, and Advanced – 4.

Exercise	Hold Time
Sphinx Pose	10-second
Cat-Cow	5-sec each x 5
Standing Forward Bend	10-second
Side lunge	15-sec/side
Knee Hug	10-second
Pigeon Pose	15-sec/side
Pyramid Pose	15-sec/side
Runner's Lunge	15-sec/side
Dolphin Pose	10-second

Frequently Asked Questions (FAQs)

CAN YOU DO BOTH WEIGHT TRAINING AND YOGA?

Yes, you can do yoga and weight training in alternate sessions on the same or different day.

If you want to perform both in the same session, you can do so by doing yoga after strength training.

Yoga's focus on stretching and breathing can help recover your muscles faster after intense weight training sessions.

WHAT'S THE BEST TIME TO DO YOGA & STRENGTH TRAINING?

If you perform yoga and weight training on the same day, do yoga in the morning and weight training in the late afternoon or evening.

But if you are like me who train in the morning six days a week, you can alternate strength and yoga training. For example, weight training on Mon, Wed, and Fri and yoga on Tue, Thu, and Sat.

Will Yoga interfere with my muscle gains from weight training?

No, if you manage intensity and nutrition. Yoga doesn't break down muscle like excessive cardio might. Pair it with adequate protein intake (0.8-1.2g per pound of body weight) and nutrition to support gains.

CAN COMBINING WEIGHT AND YOGA HELP WITH INJURIES?

Yes, they can reduce injury risk. Weight training strengthens muscles and joints, while Yoga improves alignment and flexibility, addressing imbalances that often lead to strains or sprains.

I TRAIN 4X WEEKLY, HOW TO FOLLOW THIS PROGRAM?

It doesn't matter whether you train 3, 4, 5, or 6 days a week. Just start from day 1, take a day off if you want to, then begin from where you've left. You don't have to complete it in a week. But I want you to stay consistent if you want results.

Helpful Resources:

1. [List of 100 Stretching Exercises with PDF](#)
2. [List of 55 Best Compound Exercises](#)

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3. Ultimate List of Isolation Exercises