

7-DAY WORKOUT PLAN



SUITABLE FOR
HOME OR GYM



2 MEDIUM WEIGHT
DUMBBELLS



20 MINUTES
PER WORKOUT



DIFFICULTY
RATING



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To watch the workout videos, click the link at
the top of each workout page. To troubleshoot,
please try on a different device or browser.

we *rise*



Senada's Training Philosophy

Rooted in strength, functional movement, and dynamic training, Senada's method takes a creative, intentional approach to traditional exercises—designed to deliver results that are sustainable and transformative.

This is the same proven blueprint trusted by Hollywood's elite and everyday women alike to build strength, lean muscle, and lasting confidence through consistent, purposeful movement.

Your 7-Day Home Workout Guide

This 7-day plan is the perfect entry point into Senada's signature training style—whether you're starting fresh, returning to movement, or simply looking for something new.

- Functional, full-body strength training
- Dynamic workouts using bodyweight and dumbbells
- Designed for all fitness levels
- 20-minute follow-along sessions that fit into your day

Workout Summary

DAY 1

B STANCE ROMANIAN DEADLIFT TO SQUAT CLEAN, RIGHT
B STANCE ROMANIAN DEADLIFT TO SQUAT CLEAN, LEFT
REVERSE LUNGE WITH ROTATION
LATERAL LUNGES TO SINGLE ARM PRESS
PLANK SHOULDER TAPS TO CROSS BODY KNEES TO PUSH UP
GLUTE BRIDGES
CHEST PRESS HOLLOW BODIES

DAY 2

SINGLE LEG ECCENTRIC, B STANCE CONCENTRIC SQUATS, RIGHT
SINGLE LEG ECCENTRIC, B STANCE CONCENTRIC SQUATS, LEFT
SUMO ROMANIAN DEADLIFTS WITH ROWS TO SQUAT CLEAN
REVERSE LUNGES WITH SINGLE ARM PRESS
BEAR STANCE ROWS
PLANK TO HOLLOW BODY
DUMBBELL CLOSE TO BODY HOLD WITH KNEES TO CHEST

DAY 3 (Bodyweight)

SQUAT TO CROSS BODY KNEE TO ELBOW
SWITCH JUMP LUNGES WITH UPWARD REACH
CURTSY SQUAT COMBO
CLAMS WITH THRUST RIGHT
CLAMS WITH THRUST LEFT
HOLLOW BODY FLUTTER KICKS, ARMS Laterally

DAY 4

STRADDLE SQUAT CLEAN PRESS
ROMANIAN DEADLIFTS TO ALTERNATE SIDE LATERAL LUNGE
ALTERNATE LEG REVERSE LUNGES WITH ALTERNATE ARM FRONT RAISES
PLANK JACKS TO PUSH UP
SINGLE LEG STATIC GLUTE BRIDGE WITH SINGLE ARM CHEST PRESS, RIGHT
SINGLE LEG STATIC GLUTE BRIDGE WITH SINGLE ARM CHEST PRESS, LEFT
STATIC CRUNCH TRICEPS EXTENSIONS

DAY 5

LATERAL SQUATS TO SINGLE ARM PRESS
REVERSE LUNGE TO HIGH KNEE
LATERAL LUNGES ALTERNATE ARM CURL
ROMANIAN DEADLIFTS TO SQUAT CLEAN
BEAR STANCE ROWS
PLANK FRONT RAISES
DUMBBELL OVERHEAD PIKE UPS

DAY 6 (Bodyweight)

90-DEGREE SQUAT JUMPS
LATERAL LUNGE WITH REVERSE LUNGE COMBO
SQUAT TO CROSS BODY TOE REACHES
DYNAMIC LATERAL SQUATS
HOLLOW BODY PUSH UPS
PLANK JACK, MOUNTAIN CLIMBERS, SHOULDER TAPS
DIAGONAL KNEES TO CHEST REVERSE CRUNCHES

DAY 7 (Rest)

DAY 1

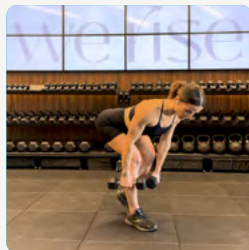
INSTRUCTIONS

3 rounds of the following exercises
20 mins with 30 sec – 1 minute rest
in between rounds

EQUIPMENT

2 dumbbells
Senada uses 7.5 lbs

Exercise 1

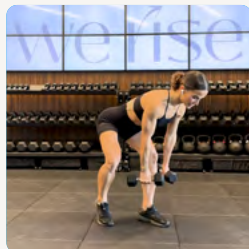


B STANCE ROMANIAN DEADLIFT TO SQUAT CLEAN, RIGHT

Begin on your right side, with the left foot acting as a kickstand for balance. Most of your weight should be on the planted foot. Push your hips back, keeping your spine neutral. Bring the dumbbells halfway down your shins, then keep them close as you transition into the squat.

10 REPS

Exercise 2

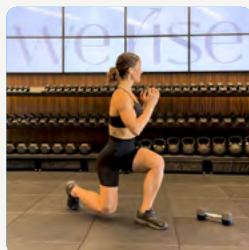


B STANCE ROMANIAN DEADLIFT TO SQUAT CLEAN, LEFT

Begin on your left side, with the right foot acting as a kickstand for balance. Most of your weight should be on the planted foot. Push your hips back, keeping your spine neutral. Bring the dumbbells halfway down your shins, then keep them close as you transition into the squat.

10 REPS

Exercise 3

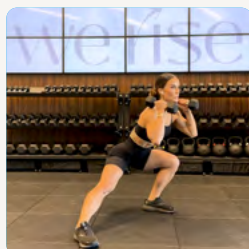


REVERSE LUNGE WITH ROTATION

Use only one dumbbell for this exercise. Perform a reverse lunge and then rotate. This will challenge your balance, so feel free to bring the knee to the ground for support or use a wall.

8 REPS EACH
SIDE

Exercise 4

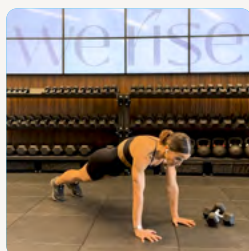


LATERAL LUNGES TO SINGLE ARM PRESS

Lunge laterally, knee in the direction second and third toe, lower yourself as comfortably as you can. I like to break the 90 degree angle, come up, press, and onto the other side. Spine is neutral. Inhale as you lower, exhale up.

10 REPS EACH SIDE

Exercise 5

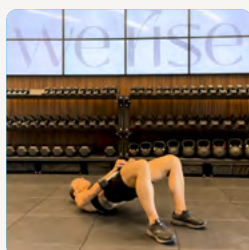


PLANK SHOULDER TAPS TO CROSS BODY KNEES TO PUSH UP

Maintain a tight core throughout. Start with cross body knee-to-elbow taps, then move into a push-up position. For modifications, perform the exercise on your knees or in a bear stance for added stability.

10 REPS OF
EACH MOVEMENT

Exercise 6

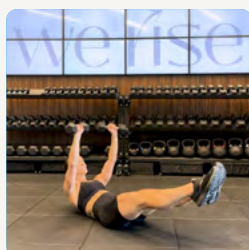


GLUTE BRIDGES

12 REPS

Push your hips up towards the ceiling, squeezing your glutes at the top. Lower down, tucking your chin to your chest or placing your head on the ground if preferred.

Exercise 7



CHEST PRESS HOLLOW BODIES

12 REPS

This exercise involves pressing while in a hollow body position. Keep your shoulders slightly off the ground and your belly button drawn towards your spine to engage your abs. For modifications, perform crunches with chest presses while keeping your legs on the ground, or perform hollow body reaches without dumbbells or hands behind your ears. This will remove the chest press element but is still effective.

DAY 2

INSTRUCTIONS

3 rounds of the following exercises
20 mins with 30 sec – 1 minute rest
in between rounds

EQUIPMENT

2 dumbbells
Senada uses 7.5 lbs

Exercise 1



SINGLE LEG ECCENTRIC, B STANCE CONCENTRIC SQUATS, RIGHT

12 REPS

Perform a single leg eccentric squat slowly on one leg, then return to the starting position using a B stance, where the other leg provides support. Perform the exercise on one side, then switch to the other side. For a modification, maintain the B stance throughout the exercise. You may slightly lift the supporting foot off the ground if desired, or keep it down.

Exercise 2



SINGLE LEG ECCENTRIC, B STANCE CONCENTRIC SQUATS, LEFT

12 REPS

Perform a single leg eccentric squat slowly on one leg, then return to the starting position using a B stance, where the other leg provides support. Perform the exercise on one side, then switch to the other side. For a modification, maintain the B stance throughout the exercise. You may slightly lift the supporting foot off the ground if desired, or keep it down.

Exercise 3



SUMO ROMANIAN DEADLIFTS WITH ROWS TO SQUAT CLEAN

10 REPS

Adopt a wide Romanian Deadlift stance, push the hips back, and slightly bend the knees while keeping the spine neutral. Perform a row, then transition into a squat. Push the hips back and maintain shoulder alignment before entering the squat.

Exercise 4



REVERSE LUNGES WITH SINGLE ARM PRESS

10 REPS EACH SIDE

Hold dumbbells by your shoulders. Step back into a reverse lunge, then press one arm overhead as you return to the starting position. Alternate arms with each lunge. Ensure the knee aligns with the second and third toes.

Exercise 5



BEAR STANCE ROWS

12 REPS EACH SIDE

Keep dumbbells directly below your shoulders with wrists aligned. Knees should be below the hips. Lift the knees slightly off the ground and perform a row on each side. For a modification, keep the knees on the ground, lifting them only slightly if possible.

Assume a bear stance position with dumbbells in hand, then perform rows by pulling the weights towards your chest while keeping your back straight.

Exercise 6



PLANK TO HOLLOW BODY

12 REPS

Start in a plank position, maintaining a straight line from heels to head. Exhale forcefully as you shift weight onto your shoulders, engage your core, and transition into a hollow body position.

Exercise 7



DUMBBELL CLOSE TO BODY HOLD WITH KNEES TO CHEST

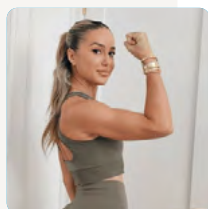
12 REPS

Lie on your back with dumbbells close to your body. Bring your knees to your chest. If needed, place the dumbbells on the ground for stability, or place hands under your glutes to maintain lower back contact with the ground. Lift your hips off the ground if possible.

Enjoying the workouts so far?

The Senada Method is not only powerful, but it's exclusive to the WeRise App. Having sculpted some of the world's most famous physiques, as well as her own incredible transformation journey, Senada's approach to fitness is based around strength, functional and dynamic training that employs the full body.

9 out of 10 WeRise users see impactful results in less than 4 weeks with her proven methodology



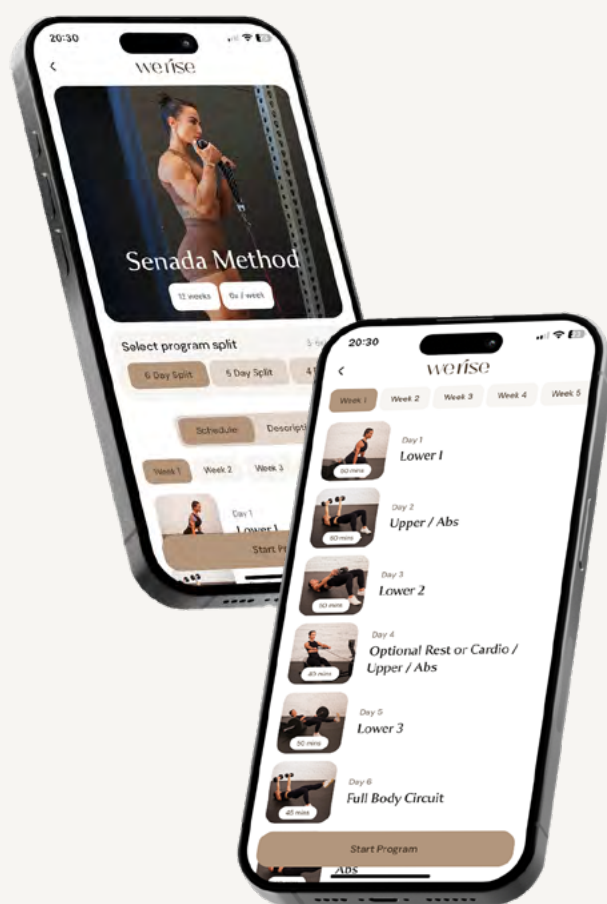
With four kids, finding time for myself has always been a challenge. WeRise has given me the tools to make self-care and fitness a priority without the guilt.



@myattireaffair

Try WeRise
3-DAY FREE TRIAL

Then \$29.99 per month



DAY 3

INSTRUCTIONS

3 rounds of the following exercises
20 mins with 30 sec – 1 minute rest
in between rounds

EQUIPMENT

Bodyweight

Exercise 1



SQUAT TO CROSS BODY KNEE TO ELBOW

12 REPS EACH SIDE

Start with your feet shoulder-width apart. Perform a squat, and as you come up, bring your right knee towards your left elbow, crossing your body. Return to the squat position, and then bring your left knee towards your right elbow. Repeat, alternating sides. Go at your own pace, making it dynamic or slowing it down as needed.

Exercise 2



SWITCH JUMP LUNGES WITH UPWARD REACH

12 REPS EACH SIDE

Begin in a lunge position with your right leg forward and left leg back. Jump up, switching legs mid-air, and land with your left leg forward and right leg back while reaching your arms upward. If you prefer, skip the jump and simply step back into the lunge and reach up. Continue alternating legs.

Exercise 3



CURTSY SQUAT COMBO

10 REPS

Stand with your feet hip-width apart. Step your right leg behind and across your left leg into a curtsy lunge, keeping your knee above your ankle. Return to the starting position, then step your left leg behind and across your right leg. Add a squat in between the curtsy lunges for an extra challenge. Make it dynamic with a hop or slow it down as needed.

Exercise 4



CLAMS WITH THRUST RIGHT

12 REPS

Lie on your left side with your knees bent at a 90-degree angle. Keep your hips stacked and slightly back. Lift your right knee up while keeping your feet together, then thrust your hips forward and up. Return to the starting position. Repeat for the desired number of repetitions.

Exercise 5



CLAMS WITH THRUST LEFT

12 REPS

Lie on your right side with your knees bent at a 90-degree angle. Keep your hips stacked and slightly back. Lift your left knee up while keeping your feet together, then thrust your hips forward and up. Return to the starting position. Repeat for the desired number of repetitions.

Exercise 6



HOLLOW BODY FLUTTER KICKS, ARMS Laterally

20 REPS

Lie on your back with your arms extended out to the sides. Lift your legs off the ground slightly and perform small, quick flutter kicks. Ensure your lower back maintains contact with the ground. For a modified version, place your hands under your lower back or keep your head down. Maintain control and keep your core engaged.

DAY 4

INSTRUCTIONS

3 rounds of the following exercises
20 mins with 30 sec – 1 minute rest
in between rounds

EQUIPMENT

2 dumbbells
Senada uses 7.5 lbs

Exercise 1

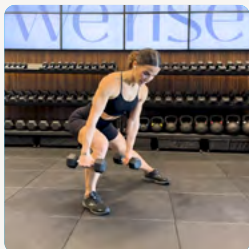


STRADDLE SQUAT CLEAN PRESS

12 REPS

Start in a straddle squat position, with your knees pointing in the direction of your second and third toes. Perform a clean, bringing the weights to your shoulders as you move into another squat. From the squat position, press the weights overhead. Return to the straddle squat and repeat. To simplify, perform a squat followed by an overhead press, or use just one dumbbell if needed.

Exercise 2



ROMANIAN DEADLIFTS TO ALTERNATE SIDE LATERAL LUNGE

10 REPS EACH SIDE

Begin with a Romanian Deadlift (RDL) by pushing your hips back with a slight bend in the knees, keeping your spine neutral. Stand back up, then step to one side into a lateral lunge, ensuring your knee aligns with your toes. Return to the center and step into a lateral lunge on the other side. Repeat for the designated number of reps.

Exercise 3



ALTERNATE LEG REVERSE LUNGES WITH ALTERNATE ARM FRONT RAISES

8 REPS EACH SIDE

Perform a reverse lunge by stepping one leg back, keeping your front knee over your ankle, while simultaneously raising the opposite arm in a front raise. Return to the starting position and repeat on the other side. Maintain stability in your knees, preventing them from caving inward. Adjust by dropping the dumbbells or gently touching the back knee to the ground for support if necessary.

Exercise 4



PLANK JACKS TO PUSH UP

8 REPS

Start in a plank position with your hands under your shoulders. Perform a plank jack by jumping your feet out and back in, similar to a jumping jack. Immediately follow with a push-up, modifying by dropping to your knees if needed. Aim to keep your core tight throughout the exercise.

Exercise 5



SINGLE LEG STATIC GLUTE BRIDGE WITH SINGLE ARM CHEST PRESS, RIGHT

12 REPS

Lie on your back with your right foot on the ground close to your buttocks. Lift your hips into a glute bridge, holding a dumbbell in your left hand. Perform a chest press with your left arm while keeping your hips elevated and steady. Use your right hand on the ground for balance if necessary.

Exercise 6



SINGLE LEG STATIC GLUTE BRIDGE WITH SINGLE ARM CHEST PRESS, LEFT

12 REPS

Lie on your back with your left foot on the ground close to your buttocks. Lift your hips into a glute bridge, holding a dumbbell in your right hand. Perform a chest press with your right arm while keeping your hips elevated and steady. Use your left hand on the ground for balance if necessary.

Exercise 7



STATIC CRUNCH TRICEPS EXTENSIONS

12 REPS

Lie on your back holding dumbbells above your chest. Lift into a static crunch position, engaging your core. While holding the crunch, perform triceps extensions by lowering the dumbbells behind your head and extending them back up. Modify by using one dumbbell or just holding the crunch if necessary.

DAY 5

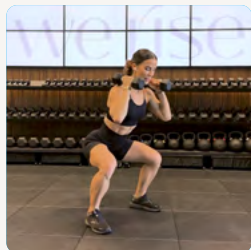
INSTRUCTIONS

3 rounds of the following exercises
20 mins with 30 sec – 1 minute rest
in between rounds

EQUIPMENT

2 dumbbells
Senada uses 7.5 lbs

Exercise 1



LATERAL SQUATS TO SINGLE ARM PRESS

10 REPS EACH SIDE

Begin by performing a lateral squat, ensuring your knees are in line with the second and third toe. As you come up from the squat, press with one arm, then squat onto the other side and press with the other arm. Maintain coordination throughout the movement.

Exercise 2

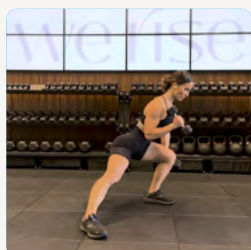


REVERSE LUNGE TO HIGH KNEE

8 REPS EACH SIDE

Keep dumbbells by your side as you perform a reverse lunge, then bring your knee up into a high knee position. You can choose to make it a two-step process by tapping the knee on the ground before raising it, or perform the movement directly from the lunge to the high knee. Use a wall for support if needed.

Exercise 3

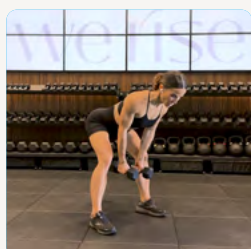


LATERAL LUNGES ALTERNATE ARM CURL

8 REPS EACH SIDE

Take a wide stance and perform a lateral lunge, curling with one arm. Alternate sides and arms with each lunge. Maintain a neutral spine and avoid rounding your back.

Exercise 4

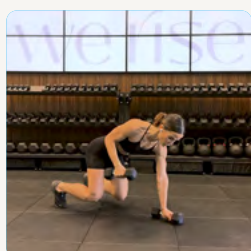


ROMANIAN DEADLIFTS TO SQUAT CLEAN

12 REPS

Start with a wider stance and hold dumbbells in front of you. Push your hips back and slide down at the knees, then perform a squat clean. Keep your spine neutral and avoid rounding your back throughout the movement.

Exercise 5

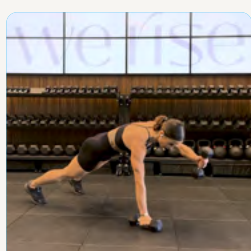


BEAR STANCE ROWS

10 REPS EACH SIDE

Get into a bear stance position with knees slightly off the ground, wrists below shoulders, and knees below hips. Perform rows with dumbbells, keeping elbows close to your body and squeezing your back muscles.

Exercise 6

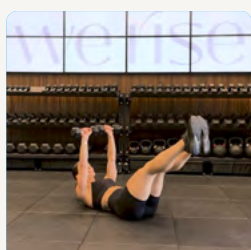


PLANK FRONT RAISES

8 REPS EACH SIDE

Get into a plank position and perform front raises with dumbbells. Keep your body in a straight line from heels to head, and maintain a long neck. Squeeze your glutes to prevent swaying from side to side.

Exercise 7



DUMBBELL OVERHEAD PIKE UPS

8 REPS

Lie on your back with dumbbells above your eyesight. Lift your bum as far as you can, then lower with control. Modify by placing hands on the ground for support, underneath your bum, or by tucking your knees and straightening your legs.

DAY 6

INSTRUCTIONS

3 rounds of the following exercises
20 mins with 30 sec – 1 minute rest
in between rounds

EQUIPMENT

Bodyweight

Exercise 1



90-DEGREE SQUAT JUMPS

12 REPS EACH SIDE

Start in a squat position and then jump 90 degrees to the side, alternating sides with each jump. Keep your knees in line with your second and third toes and maintain a neutral spine.

Exercise 2

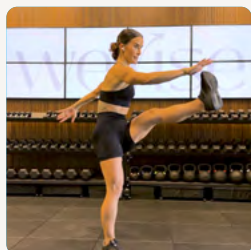


LATERAL LUNGE WITH REVERSE LUNGE COMBO

10 REPS EACH SIDE

Perform a lateral lunge on one side, then transition into a reverse lunge on the same side, and repeat on the other side. This exercise challenges coordination and works both the lateral and posterior muscles of the legs.

Exercise 3

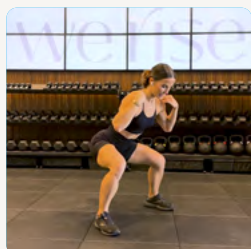


SQUAT TO CROSS BODY TOE REACHES

10 REPS EACH SIDE

Squat down and reach across your body to touch your opposite foot with your hand. This exercise tests flexibility and engages the core muscles.

Exercise 4

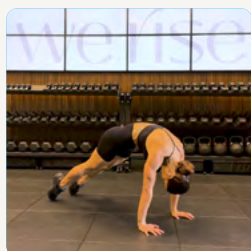


DYNAMIC LATERAL SQUATS

12 REPS EACH SIDE

Start in a squat position and then move laterally from side to side, reaching up with your arms as you squat. Keep your knees in line with your second and third toes to maintain proper form.

Exercise 5

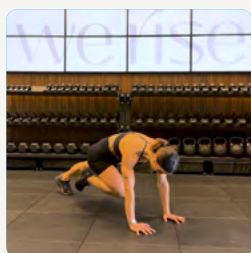


HOLLOW BODY PUSH UPS

8 REPS

Begin in a plank position and perform a push-up while simultaneously hollowing out your body by engaging your core and lifting your hips slightly. Exhale forcefully as you push up to engage the core muscles even more.

Exercise 6

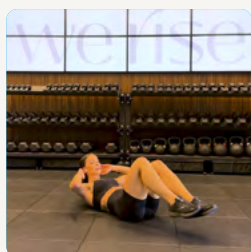


PLANK JACK, MOUNTAIN CLIMBERS, SHOULDER TAPS

12 REPS OF EACH

Perform plank jacks by jumping your legs out and in while maintaining a plank position, followed by mountain climbers where you alternate bringing your knees to your chest. Finish with shoulder taps, alternating touching your shoulders with your hands while in a plank position.

Exercise 7



DIAGONAL KNEES TO CHEST REVERSE CRUNCHES

8 REPS SIDE

Lie on your back and bring your knees to one side of your body, then perform a reverse crunch by lifting your hips off the ground. Repeat on the other side to engage the oblique muscles effectively.

Take your fitness and personal growth to the next level!

Congratulations on committing to 7 days of workouts. Now that you've started to create healthy fitness habits, the WeRise App will be your best friend and support to maintain consistency – you'll have Senada as a PT in your pocket.

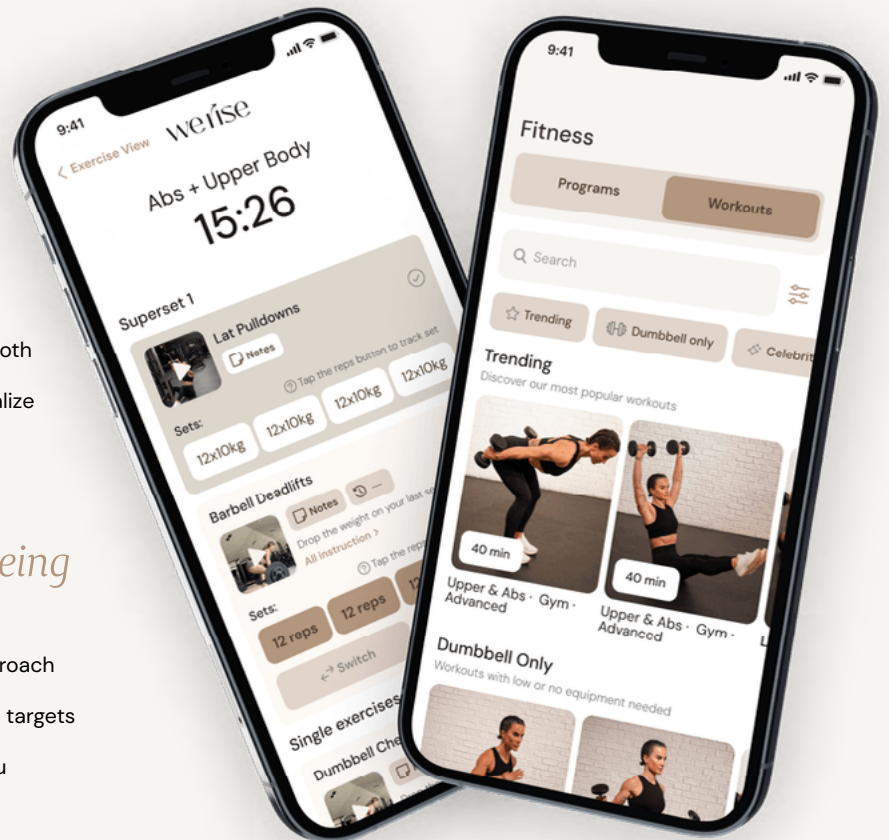
WeRise is the fitness and empowerment platform combining the knowledge, tools and guidance you need to unlock your potential, fully.

Get full access to Senada's personal workout library

- Personalized guide recommendations based on your fitness level
- Huge variety of full and targeted body workouts for both home and gym training
- Track your reps, weights and sets seamlessly to visualize your progress in real time
- Regular community challenges to motivate you and push you outside your usual training flow

Fuel Your Health, Mood & Well-being for optimal results

- Accelerate your physical results with a balanced approach to nutrition
- Create a personalized meal plan and establish macro targets to easily stay on track
- 100s of nutritious and delicious recipes to inspire you
- Populate your weekly shopping list with ease



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Try WeRise

3-DAY^{FREE} TRIAL

Then \$29.99 per month