

Biceps Training



10 Mon 11 Tue 12 Wed 13 Thu 14 Fri 15 Sat 16 Sun 17 Mon



Biceps Training



Barbell Biceps curl



Rope Hammer Curls



Machine Preacher Curls



Close-Grip Chin-Ups



Standing Barbell Curl



Plan

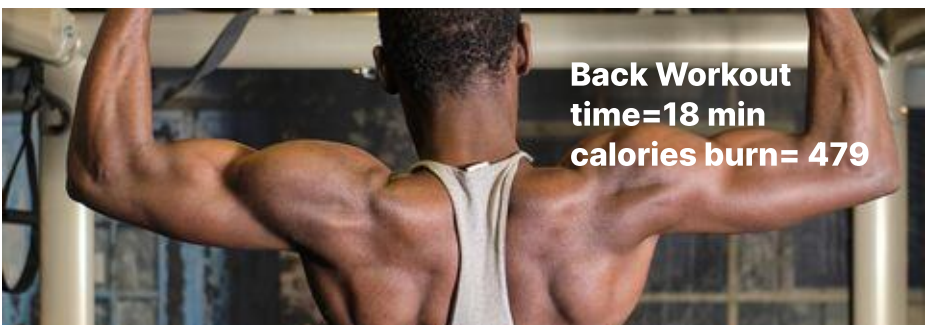
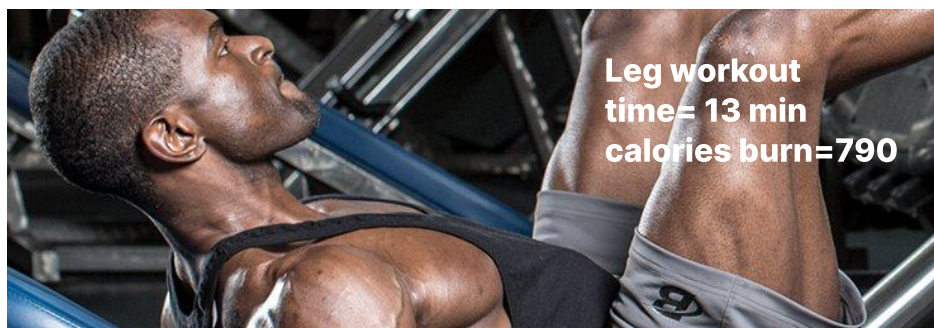
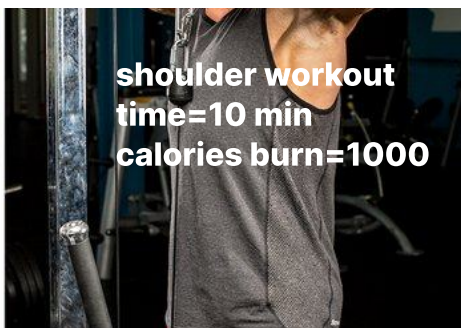


# Fitness



10 Mon 11 Tue 12 Wed 13 Thu 14 Fri 15 Sat 16 Sun 17 Mon

20/30 days to the next milestone



Plan





## Get ready to fast



16:08 Fasting plan 

17:00 - 09:00

Fasting time

**START FASTING**

### Tips for fasting time



Keep hydrated during the fast



Feel free to have plain tea and coffee while fasting (no sugar)



Low-intensity physical activities (walking, light yoga, pilates)



Mid- and high-intensity physical activities (running, resistance, training)



Fasting



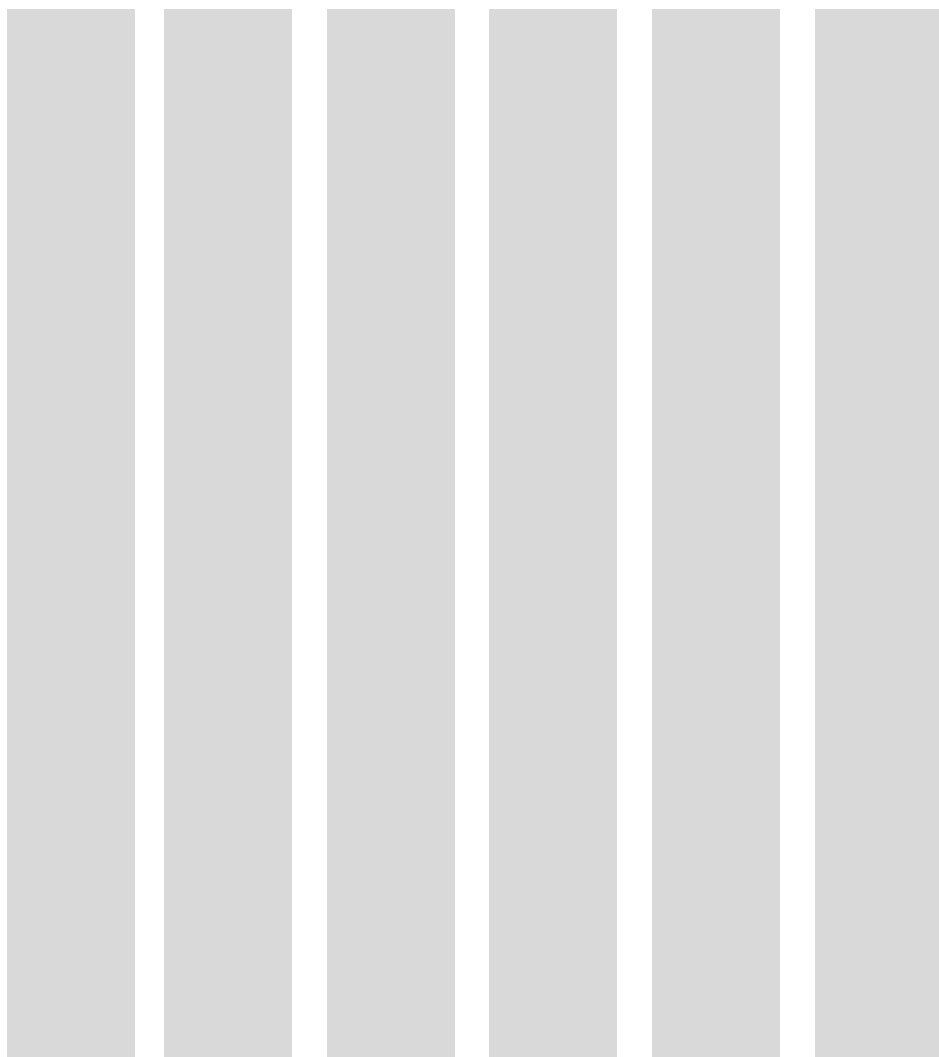


# Water Tracker



15 ml

Goal= 1 litre



Mon

Tue

Wed

Thu

Fri

Sat



add coffee



add water



add other drinks





# Meal Plan

- 10  
Mon
- 11  
Tue
- 12  
Wed
- 13  
Thu
- 14  
Fri
- 15  
Sat
- 16  
Sun
- 17  
Mon

## Breakfast



## Lunch



Meal



Profile



Muhammad Jasim



Training Plan



Fasting Plan



Meal Plan



Meals



Allergies



Profile



## Fasting plans

### Beginner

**12:12**

Fast 12 hours

Eat 09:00 - 21-00

**12:12**

Fast 12 hours

Eat 09:00 - 21-00

**12:12**

Fast 12 hours

Eat 09:00 - 21-00

**12:12**

Fast 12 hours

Eat 09:00 - 21-00

### Intermediate

**12:12**

Fast 12 hours

Eat 09:00 - 21-00

**12:12**

Fast 12 hours

Eat 09:00 - 21-00

**12:12**

Fast 12 hours

Eat 09:00 - 21-00

**12:12**

Fast 12 hours

Eat 09:00 - 21-00



# Meals

**Breakfast**



**Brunch**



**Lunch**



**Mid-day Snack**



**Dinner**



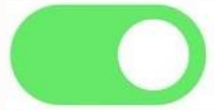




# Allergies



**Milk**



**Coffee**



**Eggs**



**Citrus fruit**



# Training plan

Customize your plan by selecting activities you want, Set training days, and other options.

## Your Activities



**Strength**



**Stretching**



**Cardio**



**Fitness mix**



**Pilates**



**Recovery**

