

SHARP WORKOUT & NUTRITION PLAN



CATAGORY: FAT LOSS PROGRAM FOR MEN & WOMEN

AGE: 16 TO 60 YEARS

ACTIVITY: GYM WORKOUT

NUTRITION: VEG & NON-VEG

DAYS: 6 DAYS WEIGHT TRAINING / 3 DAY CARDIO / 3 DAYS ABS

DESIGNED & CREATED BY GYMNASIUM



SHARP WORKOUT PLAN

DAYS	WORKOUT SPLIT
MONDAY	CHEST & TRICEPS (HEAVY DAY) + ABS
TUESDAY	BACK & BICEPS (HEAVY DAY) + CARDIO
WEDNESDAY	LEGS & SHOULDERS (HEAVY DAY) + ABS
THURSDAY	CHEST & TRICEPS (LIGHT DAY) + CARDIO
FRIDAY	BACK & BICEPS (LIGHT DAY) + ABS
SATURDAY	LEGS & SHOULDERS (LIGHT DAY) + CARDIO
SUNDAY	OFF

MONDAY - CHEST & TRICEPS (HEAVY DAY)				
STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. PUSH UPS + TRICEPS PRESS DOWN (LIGHT WEIGHT)	2	20-25	--
SUPERSET	2A. BARBELL BENCH PRESS 2B. BARBELL SKULL CRUSHER	5 5	6-8 6-8	2-3MIN
SUPERSET	3A. INCLINE BENCH PRESS 3B. OVERHEAD DB EXTENSION	5 5	6-8 6-8	2-3MIN
SUPERSET	4A. WEIGHTED PUSH-UPS 4B. WEIGHTED DIPS	5 5	6-8 6-8	2-3MIN
ABS				
REGULAR SET	1. REVERSE CRUNCH	3	15-20	45SEC
REGULAR SET	2. ROPE CRUNCH	3	15-20	45SEC
REGULAR SET	3. WOOD CHOPPER	3	15-20	45SEC
REGULAR SET	4. AB ROLLER OR PLANKS	3	15-20	45SEC

NOTE: 2-3 MINUTE REST AFTER EACH SUPERSET.

TUESDAY - BACK & BICEPS (HEAVY DAY)

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. ROWS + DB CURL (LIGHT WEIGHT)	2	20-25	--
SUPERSET	2A. WIDE GRIP LAT PULLDOWN 2B. BARBELL CURL	5 5	6-8 6-8	2-3MIN
SUPERSET	3A. DUMBBELL ROWS 3B. DUMBBELL HAMMER CURL	5 5	6-8 6-8	2-3MIN
SUPERSET	4A. T-BAR ROWS 4B. REVERSE BAR CURL	5 5	6-8 6-8	2-3MIN
CARDIO				
TREADMILL	10 MIN WALK + 20 MIN RUNNING	30MIN	--	--

NOTE: 2-3 MINUTE REST AFTER EACH SUPERSET.

WEDNESDAY - LEGS & SHOULDERS (HEAVY DAY)

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. BODYWEIGHT SQUAT + SHOULDER PRESS (LIGHT)	2	20-25	--
SUPERSET	2A. BARBELL SQUAT 2B. BARBELL SHOULDER PRESS	5 5	6-8 6-8	2-3MIN
SUPERSET	3A. BARBELL RACK DEADLIFT 3B. DB FRONT RAISE	5 5	6-8 6-8	2-3MIN
SUPERSET	4A. STANDING CALF RAISE 4B. BARBELL SHRUGS	5 5	6-8 6-8	2-3MIN
ABS				
REGULAR SET	1. REVERSE CRUNCH	3	15-20	45SEC
REGULAR SET	2. ROPE CRUNCH	3	15-20	45SEC
REGULAR SET	3. WOOD CHOPPER	3	15-20	45SEC
REGULAR SET	4. AB ROLLER OR PLANKS	3	15-20	45SEC

NOTE: 2-3 MINUTE REST AFTER EACH SUPERSET.



THURSDAY - CHEST & TRICEPS (LIGHT DAY)

ENDURANCE	EXERCISE	SETS	REPS	REST
WARM UP	1. PUSH UPS + TRICEPS PRESS DOWN (LIGHT WEIGHT)	2	20-25	--
SUPERSET	2A. DUMBBELL INCLINE PRESS 2B. TRICEPS PRESS DOWN	3-4 3-4	12-15 12-15	1-2MIN
SUPERSET	3A. DUMBBELL FLY 3B. DUMBBELL LICK BACK	3-4 3-4	12-15 12-15	1-2MIN
SUPERSET	4A. CABLE CROSS OVER 4B. BENCH DIPS	3-4 3-4	12-15 12-15	1-2MIN
CARDIO				
TREADMILL	10 MIN WALK + 20 MIN RUNNING	30MIN	--	--

NOTE: 1-2 MINUTE REST AFTER EACH SUPERSET.

FRIDAY - BACK & BICEPS (LIGHT DAY)

ENDURANCE	EXERCISE	SETS	REPS	REST
WARM UP	1. ROWS + DB CURL (LIGHT WEIGHT)	2	20-25	--
SUPERSET	2A. REVERSE CHIN UPS 2B. CABLE CURL	3-4 3-4	12-15 12-15	1-2MIN
SUPERSET	3A. SEATED ROWS 3B. FROG CONC. CURL	3-4 3-4	12-15 12-15	1-2MIN
SUPERSET	4A. DB PULL OVER 4B. HIGH ANGLE CURL	3-4 3-4	12-15 12-15	1-2MIN
ABS				
REGULAR SET	1. REVERSE CRUNCH	3	15-20	45SEC
REGULAR SET	2. ROPE CRUNCH	3	15-20	45SEC
REGULAR SET	3. WOOD CHOPPER	3	15-20	45SEC
REGULAR SET	4. AB ROLLER OR PLANKS	3	15-20	45SEC

NOTE: 1-2 MINUTE REST AFTER EACH SUPERSET.

SATURDAY - LEGS & SHOULDERS (LIGHT DAY)

ENDURANCE	EXERCISE	SETS	REPS	REST
WARM UP	1. BODYWEIGHT SQUAT + SHOULDER PRESS (LIGHT)	2	20-25	--
SUPERSET	2A. DB FRONT SQUAT 2B. DB PRESS	3-4 3-4	12-15 12-15	1-2MIN
SUPERSET	3A. DB SPLIT SQUAT 3B. DB SIDE RAISE (SINGLE HAND)	3-4 3-4	12-15 12-15	1-2MIN
SUPERSET	4A. BARBELL HIP THRUST 4B. DB REVERSE FLY	3-4 3-4	12-15 12-15	1-2MIN
CARDIO				
STATIONARY BIKE	30 MIN PADDLING	30MIN	--	--

NOTE: 1-2 MINUTE REST AFTER EACH SUPERSET.

NOTE: WATCH SHARP WOKOUT VIDEOS ON YOUTUBE

SHARP NUTRITION PLAN

Before starting SHARP fat Loss program, your first step is to calculate your daily calories requirement. Everybody's height/weight/age is different so they need different calories. Follow the 3 steps below to find out your caloric intake to gain muscle.

STEP 1: CALCULATE THE BMR

Use Online BMR calculator or BMR Mobile App.

Enter Height/Weight/Age including High Active (6 days a week) Lets assume your BMR came 1700.

STEP 2: CACULATE THE MAINTENANCE CALORIES

[FORMULA: BMR x 1.5]

1700 x 1.7 = 2890 calories

So maintenance calories is 2890

STEP 3: SUBSTRACT EXTRA CALORIES FOR LOSING

If you want to lose 0.5lbs per week then substract 250 calories 2890 - 250 = 2640

If you want to lose 1lbs per week then substract 500 calories 2890 - 500 = 2350

If you want to lose 2lbs per week then substract 1000 calories 2890 - 1000 = 1890



MACROBREAKDOWN			
TOTAL CALORIES	PROTEIN (45%)	CARBS (30%)	FAT (25%)
2000 aprx.	225g	150g	56g

MEAL 1 - EGG BHURJI & FRUIT			
INGREDIENTS	PROTEIN	CARBS	FAT
1 WHOLE EGG	6g	1g	5g
7 EGG WHITE	28g	0	0
SALT PEPPER	0	0	0
1 APPLE OR PEAR	1g	25g	0
TOTAL CALORIES =	35g	26g	5g

MEAL 2 - PROTEIN PAN CAKE			
INGREDIENTS	PROTEIN	CARBS	FAT
1 WHOLE EGG	6g	1g	5g
1SP WHEY	24g	0	0
1SP CHIA SEED	4g	3g	5g
1SP RAISINS	0	6g	0
1/2 BANANA	0	12g	0
TOTAL CALORIES =	34g	22g	10g

MEAL 3 - PANEER POTATO			
INGREDIENTS	PROTEIN	CARBS	FAT
60g PANEER	15g	0	15g
200G SWEET POTATO	0	40g	1g
GREEN PEPPER / BROCCOLI	7g	15g	0
SALT / PEPPER	0	0	0
TOTAL CALORIES =	22g	55g	16g

MEAL 4 - CHICKEN QUINOA BEANS

INGREDIENTS	PROTEIN	CARBS	FAT
100G CHICKEN	26g	0	1g
2/3 CUP QUINOA OR BROWN RICE	5g	40g	2g
1/3CUP KIDNEY BEANS	5g	14g	3g
TOMATO	—	—	—
TOTAL CALORIES =	36g	54g	6g

MEAL 5 - SLOW DIGESTING PROTEIN

INGREDIENTS	PROTEIN	CARBS	FAT
100ML MILK	5g	5g	2g
100ML WATER	0	0	0
1SP CASEIN OR WHEY PROTEIN	25g	2g	1g
1.5SP PEANUT BUTTER	6g	6g	13g
5G GLUTAMINE	0	0	0
PINCH CINNAMON	0	0	0
TOTAL CALORIES =	36g	13g	16g

PRE WOKOUT

INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
PRE WORKOUT SUPPLEMENT	5-10G	0	0	0
CARNITINE	500-1000MG	0	0	0
WATER	500-750ML	0	0	0

DURING WOKOUT

INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
BCAA	5-10G	0	0	0
WATER	500-750ML	0	0	0

POST WOKOUT				
INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
WHEY PROTEIN ISOLATE	25-50G	50g	0	0
GLUTAMINE	5-10G	0	0	0
WATER	300-400ML	0	0	0
TOTAL CALORIES =		50g	0	0

SUPPLEMENT STACK						
INGREDIENTS	EMPTY STOMACH	BREAKFAST	PRE W/O	DURING W/O	POST W/O	BEFORE BED
WHEY PROTEIN ISOLATE	NO	NO	NO	NO	YES	YES
GLUTAMINE	NO	NO	NO	NO	YES	YES
BCAA	NO	NO	YES	YES	NO	NO
CARNITINE	YES	NO	YES	NO	NO	NO
CASEIN PROTEIN (OPTIONAL)	NO	NO	NO	NO	NO	YES
MULTIVITAMINS (OPTIONAL)	NO	YES	NO	NO	NO	NO
PRE WORKOUT	NO	NO	YES	NO	NO	NO
BRANDS - ON / CELLUCOR / GNC / MUSCLETECH / GM NUTRITION / MUSCLEPHARM / DYMATIZE / GAT / BPI / BSN						

Buy Any Brand Which you can Trust

VEG NUTRITION PLAN (EGGETARIAN)

MEAL 1 - EGG BHURJI & FRUIT

INGREDIENTS	PROTEIN	CARBS	FAT
1 WHOLE EGG	6g	1g	5g
7 EGG WHITE	28g	0	0
SALT PEPPER	0	0	0
1 APPLE OR PEAR	1g	25g	0
TOTAL CALORIES =	35g	26g	5g

MEAL 2 - PROTEIN PAN CAKE

INGREDIENTS	PROTEIN	CARBS	FAT
1 WHOLE EGG	6g	1g	5g
1SP WHEY	24g	0	0
1SP CHIA SEED	4g	3g	5g
1SP RAISINS	0	6g	0
1/2 BANANA	0	12g	0
TOTAL CALORIES =	34g	22g	10g

MEAL 3 - PANEER POTATO

INGREDIENTS	PROTEIN	CARBS	FAT
60g PANEER	15g	0	15g
200G SWEET POTATO	0	40g	1g
GREEN PEPPER / BROCCOLI	7g	15g	0
SALT / PEPPER	0	0	0
TOTAL CALORIES =	22g	55g	16g

MEAL 4 - SOY CHUNK QUINOA BEANS			
INGREDIENTS	PROTEIN	CARBS	FAT
50G SOY CHUNKS	26g	15g	0g
1/2 CUP QUINOA OR BROWN RICE	3g	24g	1g
1/3CUP KIDNEY BEANS	5g	14g	3g
TOMATO	—	—	—
TOTAL CALORIES =	34g	53g	4g

MEAL 5 - SLOW DIGESTING PROTEIN			
INGREDIENTS	PROTEIN	CARBS	FAT
100ML MILK	5g	5g	2g
100ML WATER	0	0	0
1SP CASEIN OR WHEY PROTEIN	25g	2g	1g
1.5SP PEANUT BUTTER	6g	6g	13g
5G GLUTAMINE	0	0	0
PINCH CINNAMON	0	0	0
TOTAL CALORIES =	36g	13g	16g

PRE WOKOUT				
INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
PRE WORKOUT SUPPLEMENT	5-10G	0	0	0
CARNITINE	500-1000MG	0	0	0
WATER	500-750ML	0	0	0

DURING WOKOUT				
INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
BCAA	5-10G	0	0	0
WATER	500-750ML	0	0	0

POST WOKOUT				
INGREDIENTS	QUANTITY	PROTEIN	CARBS	FAT
WHEY PROTEIN ISOLATE	25-50G	50g	0	0
GLUTAMINE	5-10G	0	0	0
WATER	300-400ML	0	0	0
TOTAL CALORIES =		50g	0	0

12 WEEK PROGRESS TRACKING CALANDER BELOW:
Please check the other link of full 12 Weeks Progress Tracker & print it out

PROGRESS TRACKER

WEEK - 1

MEALS	MON	TUES	WED	THUR	FRI	SAT	SUN
BREAKFAST	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed
MID MORNING	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed
LUNCH	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed
WORKOUT	<input type="checkbox"/> Performed <input type="checkbox"/> Missed	<input type="checkbox"/> Performed <input type="checkbox"/> Missed	<input type="checkbox"/> Performed <input type="checkbox"/> Missed	<input type="checkbox"/> Performed <input type="checkbox"/> Missed	<input type="checkbox"/> Performed <input type="checkbox"/> Missed	<input type="checkbox"/> Performed <input type="checkbox"/> Missed	
POST W/O	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	
DINNER	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed
BEFORE BED	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed	<input type="checkbox"/> Taken <input type="checkbox"/> Missed
If Missed Why?							
Rate Your Self 0 to 10 Bad - 0 Good - 10	____/10	____/10	____/10	____/10	____/10	____/10	____/10
Comment How Was Your Week							



TAKEN
MISSED

Guru Mann Fitness Inc.

MEASUREMENTS

0th WEEK MEASUREMENTS ||
1st WEEK MEASUREMENTS ||

Weight: _____
Weight: _____

Waist: _____
Waist: _____

Stomach: _____
Stomach: _____

Hip: _____
Hip: _____

Thigh: _____
Thigh: _____

Take Before & After Picture