

Current Location= “WW6C+3H, Khanpur Rd, Mang, Haripur, Pakistan”

## **Nearby Gyms**

### **Premium Gyms**

#### **1. Fitthenics Club Haripur**

- **Location:** Jahaz Chowk, Haripur
- **Facilities:** Gym, Cardio, Boxing, Karate, Gaming, Snooker, Table Tennis
- **Special Features:** Separate gym area for females
- **Contact:** +92 335 4455789
- **Facebook:** [Fitthenics Club Haripur](#)[ScienceDirect+1](#)[Tripadvisor+1](#)

### **Budget-Friendly Gyms**

#### **1. My Gym Haripur**

- **Location:** Haripur
- **Facilities:** Fitness and slimming center with electric machines
- **Special Features:** Separate sections for ladies and gents
- **Facebook:** [My Gym Haripur](#)

#### **2. Welfare Club Gym**

- **Location:** Haripur
- **Facilities:** General fitness equipment
- **Note:** Community-focused gym
- **Source:** [Top10Place](#)[Log in or sign up to view+2](#)[Log in or sign up to view+2](#)[Instagram+2](#)

#### **3. Hazara Gym**

- **Location:** Haripur
- **Facilities:** Standard gym equipment
- **Note:** Popular among locals
- **Source:** [Top10Place](#)

#### **4. Curves Club**

- **Location:** Haripur
- **Facilities:** Fitness center
- **Note:** Details limited; recommend contacting directly

- Source: [Top10Place](#)

### **Additional Fitness Facilities**

#### **1. Gadwal Ground**

- Location: Haripur
- Facilities: Open ground suitable for jogging and outdoor exercises
- Source: [Top10Place](#)[Log in or sign up to view+1Tripadvisor+1](#)

#### **2. Jogging Track East Park**

- Location: Haripur
- Facilities: Dedicated jogging track
- Source: [Top10Place](#)

---

## **Gym Pro Tips**

### **1. Warm-Up & Cool-Down**

- Warm-Up: Engage in dynamic movements like arm circles, leg swings, or light cardio for 5–10 minutes to prepare your body for exercise and reduce injury risk. [Healthline+2fitnessfactorykc.com+2Home+2](#)
- Cool-Down: After your workout, perform static stretches and light activities to aid recovery and prevent muscle soreness. [Home](#)

### **2. Master Proper Form**

- Technique Over Weight: Prioritize correct form over lifting heavier weights to prevent injuries. [Home](#)
- Seek Guidance: Consider working with a trainer or using instructional videos to learn proper techniques. [Home](#)

### **3. Prioritize Rest and Recovery**

- Rest Days: Incorporate at least one or two rest days per week to allow muscles to recover and grow.
- Sleep & Hydration: Ensure adequate sleep and stay hydrated to support overall recovery.

### **4. Nutrition and Hydration**

- Balanced Diet: Consume a diet rich in carbohydrates, proteins, and healthy fats to fuel workouts and aid recovery. [Healthline](#)
- Stay Hydrated: Drink sufficient water throughout the day, especially before, during, and after workouts. [Healthline](#)

## 5. Structured Workout Plan

- **Variety:** Incorporate a mix of cardio, strength training, and flexibility exercises to target different muscle groups and prevent plateaus. [Home](#)
- **Progressive Overload:** Gradually increase the intensity or volume of your workouts to continue making gains.

## 6. Common Mistakes to Avoid

- **Skipping Warm-Up/Cool-Down:** Neglecting these can increase injury risk and delay recovery. [Business Insider+5fitnessfactorykc.com+5Men's Fitness+5](#)
- **Overtraining:** Avoid working the same muscle groups on consecutive days to prevent overuse injuries. [Harvard Health](#)
- **Improper Form:** Using incorrect techniques can lead to injuries and hinder progress. [Home+1fitnessfactorykc.com+1](#)
- **Neglecting Strength Training:** Incorporate resistance exercises to build muscle and boost metabolism.
- **Not Stretching:** Regular stretching improves flexibility and reduces muscle tightness. [Home](#)
- **Inadequate Rest:** Ensure sufficient rest between workouts to allow for muscle recovery. [Home](#)

---

## Comprehensive Diet Guide by Age Group

### 1. Under 12 Years (Kids)

- **No formal diet plans needed!**  
Children under 12 are still growing — they need **good, healthy, balanced meals** — not calorie restriction or “diets.”

Focus on:

- Whole grains (oats, brown bread, whole wheat roti)
- Fruits and vegetables (aim for a colorful plate)
- Milk or dairy (for calcium)
- Eggs, fish, chicken (for protein)
- Nuts, seeds (healthy fats)
- Water over sugary drinks

Avoid: junk food excess, sugary drinks, and too many packaged snacks.

## 2. 12–19 Years (Teens)

- **Goal:** Support growth, sports, school, and hormonal changes.

Example Day:

- Breakfast: Eggs + whole wheat toast + banana
- Lunch: Chicken wrap or daal + roti + salad
- Snack: Nuts + yogurt or peanut butter toast
- Dinner: Grilled fish/chicken + rice/quinoa + vegetables
- Drinks: Water, milk; limit sodas and energy drinks

Tips:

- Don't skip meals
- Include iron-rich foods (meat, beans, spinach)
- Stay hydrated

## 3. 20–40 Years (Young Adults)

- **Goal:** Build or maintain lean muscle, manage weight, stay energized.

 Example Day:

- Breakfast: Oats + berries + nuts
- Lunch: Grilled chicken/fish + brown rice + vegetables
- Snack: Protein shake or boiled eggs + almonds
- Dinner: Stir-fry tofu/chicken + veggies + quinoa
- Drinks: Water, green tea

 Tips:

- Focus on protein at every meal
- Add strength training + cardio to routine
- Limit processed foods and alcohol

## 4. 40–60 Years (Middle Age)

- **Goal:** Support metabolism, heart health, joint health.

Example Day:

- Breakfast: Greek yogurt + flaxseed + fruit
- Lunch: Grilled fish or lentils + whole wheat roti + salad

- Snack: Cottage cheese + walnuts or a handful of trail mix
- Dinner: Chicken or tofu + sweet potatoes + steamed greens
- Drinks: Water, herbal teas

Tips:

- Include omega-3s (fish, walnuts, flaxseeds)
- Watch salt and sugar intake
- Stay active: walking, yoga, light gym work

## 5. 60+ Years (Seniors)

- **Goal:** Preserve muscle, bone health, prevent chronic disease.

Example Day:

- Breakfast: Scrambled eggs + avocado toast
- Lunch: Soft lentil soup or fish + mashed potatoes + vegetables
- Snack: Smoothie with yogurt + banana
- Dinner: Tofu stir-fry + brown rice
- Drinks: Water, warm milk, herbal teas

Tips:

- Include calcium + vitamin D (dairy, sunlight, fortified foods)
- Eat smaller, more frequent meals if appetite is low
- Stay hydrated, even if thirst decreases

## 6. Bonus Notes (All Ages):

- Choose natural, whole foods over processed.
- Drink enough water.
- Practice mindful eating — avoid eating in front of screens.
- Adjust portions and calories based on activity level.

---

## 7-day workout plan

### 1. Beginner Level (3–4 Days/Week)

**Focus:** Building foundational strength, improving mobility, and establishing consistency.[SELF](#)

**Equipment Needed:** Minimal (bodyweight, resistance bands, light dumbbells)[SELF](#)

## Weekly Schedule

- **Monday: Full Body Strength**

- Bodyweight Squats – 3 sets of 12 reps
- Incline Push-Ups – 3 sets of 10 reps
- Glute Bridges – 3 sets of 15 reps
- Plank – 3 sets of 20 seconds

- **Tuesday: Active Recovery**

- 30-minute brisk walk or light yoga session [Health+1 Latest news & breaking headlines+1](#)

- **Wednesday: Upper Body Focus**

- Wall Push-Ups – 3 sets of 12 reps
- Dumbbell Shoulder Press – 3 sets of 10 reps
- Resistance Band Rows – 3 sets of 12 reps
- Bicep Curls with Light Dumbbells – 3 sets of 15 reps [SELF+4 YouTube+4 Hevy+4](#)

- **Thursday: Rest Day**

- **Friday: Lower Body Focus**

- Bodyweight Lunges – 3 sets of 10 reps per leg
- Step-Ups – 3 sets of 12 reps per leg
- Calf Raises – 3 sets of 15 reps
- Side-Lying Leg Raises – 3 sets of 12 reps per leg

- **Saturday: Core & Stability**

- Bird-Dog – 3 sets of 10 reps per side
- Dead Bug – 3 sets of 10 reps
- Side Plank – 2 sets of 15 seconds per side
- Seated Russian Twists – 3 sets of 12 reps [SELF+14 Hevy+14 Gymshark US+14](#)

- **Sunday: Rest Day**

---

## 2. Intermediate Level (5–6 Days/Week)

**Focus:** Enhancing strength, introducing compound movements, and improving endurance.

**Equipment Needed:** Dumbbells, resistance bands, stability ball

### Weekly Schedule

- **Monday: Upper Body Strength**
  - Dumbbell Bench Press – 4 sets of 8 reps
  - One-Arm Dumbbell Row – 4 sets of 10 reps per arm
  - Overhead Dumbbell Press – 3 sets of 12 reps
  - Plank with Shoulder Taps – 3 sets of 20 taps
- **Tuesday: Lower Body Strength**
  - Goblet Squats – 4 sets of 10 reps
  - Romanian Deadlifts with Dumbbells – 4 sets of 8 reps
  - Walking Lunges – 3 sets of 12 reps per leg
  - Calf Raises – 3 sets of 15 reps
- **Wednesday: Active Recovery**
  - 30–45 minutes of moderate-intensity cardio (e.g., cycling, swimming)
- **Thursday: Full Body Circuit**
  - Circuit (3 rounds):
    - Jump Squats – 15 reps
    - Push-Ups – 12 reps
    - Mountain Climbers – 20 reps
    - Dumbbell Rows – 10 reps per arm
    - Plank – 30 seconds
- **Friday: Core & Stability**
  - Stability Ball Rollouts – 3 sets of 12 reps
  - Russian Twists with Medicine Ball – 3 sets of 20 reps
  - Leg Raises – 3 sets of 15 reps
  - Bicycle Crunches – 3 sets of 20 reps [Hevy](#)
- **Saturday: Optional Cardio or Rest**
  - Option 1: 30-minute jog or HIIT session
  - Option 2: Rest Day
- **Sunday: Rest Day**

### 3. Advanced Level (6–7 Days/Week)

**Focus:** Maximizing strength, incorporating advanced techniques, and targeting specific muscle groups.

**Equipment Needed:** Barbell, dumbbells, resistance bands, machines

### **Weekly Schedule**

- **Monday: Chest & Triceps**
  - Barbell Bench Press – 5 sets of 5 reps
  - Incline Dumbbell Press – 4 sets of 8 reps
  - Chest Fly Machine – 3 sets of 12 reps
  - Tricep Dips – 3 sets of 10 reps
  - Overhead Tricep Extension – 3 sets of 12 reps [Heavy](#)
- **Tuesday: Back & Biceps**
  - Deadlifts – 5 sets of 5 reps
  - Pull-Ups – 4 sets of 8 reps
  - Seated Cable Rows – 4 sets of 10 reps
  - Barbell Curls – 3 sets of 12 reps
  - Hammer Curls – 3 sets of 12 reps
- **Wednesday: Legs**
  - Back Squats – 5 sets of 5 reps
  - Leg Press – 4 sets of 10 reps
  - Walking Lunges with Dumbbells – 3 sets of 12 reps per leg
  - Leg Curls – 3 sets of 15 reps
  - Standing Calf Raises – 4 sets of 15 reps
- **Thursday: Shoulders & Abs**
  - Military Press – 4 sets of 8 reps
  - Lateral Raises – 3 sets of 12 reps
  - Front Raises – 3 sets of 12 reps
  - Shrugs – 4 sets of 10 reps
  - Hanging Leg Raises – 3 sets of 15 reps
  - Cable Woodchoppers – 3 sets of 12 reps per side
- **Friday: Full Body HIIT**
  - Circuit (4 rounds):



- Burpees – 15 reps
- Kettlebell Swings – 20 reps
- Box Jumps – 12 reps
- Battle Ropes – 30 seconds
- Rest – 1 minute between rounds

- **Saturday: Active Recovery**

- Light activities such as swimming, yoga, or a leisurely bike ride for 30–45 minutes

- **Sunday: Rest Day**