

Your AI-Generated Fitness Plan

It's impossible to create a safe and effective weight gain plan without knowing the individual's diet

Beginner Weight Gain Fitness Plan (Placeholder - Consult Professional!)

Day■Time■Exercise Type■Workout Details (Reps, Sets, Duration)■Protein Goal (g)■Meal Plan

Monday■6:00 PM■Bodyweight Circuit■Squats (10 reps, 3 sets), Push-ups (as many as possible)

Tuesday■6:00 PM■Rest or Light Cardio (e.g., 30 min walk)■N/A■100g■Needs personalized plan

Wednesday■6:00 PM■Bodyweight Circuit■Squats (12 reps, 3 sets), Incline Push-ups (as many as possible)

Thursday■6:00 PM■Rest or Light Cardio (e.g., 30 min walk)■N/A■100g■Needs personalized plan

Friday■6:00 PM■Bodyweight Circuit■Squats (10 reps, 3 sets), Push-ups (as many as possible)

Saturday■Rest or Active Recovery (e.g., yoga)■N/A■N/A■100g■Needs personalized plan based on dietary needs

Sunday■Rest■N/A■N/A■100g■Needs personalized plan based on dietary needs

`` Remember: This is a SAMPLE only. Consult with a doctor or registered dietitian before starting