

Your AI-Generated Fitness Plan

It's impossible to create a fitness plan that guarantees a specific weight (not exceeding 80kg) with

Beginner Vegan Fitness Plan (70kg, 170cm)

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

Monday■7:00 AM■Cardio■30 minutes brisk walking/jogging■40g■Breakfast: Oatmeal with berries

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

Tuesday■7:00 AM■Cardio■30 minutes cycling or swimming■40g■Breakfast: Vegan yogurt with granola

Tuesday■6:00 PM■Flexibility & Core■Yoga or Pilates (30 minutes), Plank (hold for 30 seconds),

Wednesday■REST■-■-■30g■Breakfast: Smoothie with protein powder, banana, and spinach, Lunch

Thursday■7:00 AM■Cardio■30 minutes brisk walking/jogging■40g■Breakfast: Oatmeal with berries

Thursday■6:00 PM■Strength Training■Squats (12 reps, 3 sets), Push-ups (as many as possible),

Friday■7:00 AM■Cardio■30 minutes cycling or swimming■40g■Breakfast: Vegan yogurt with granola

Friday■6:00 PM■Flexibility & Core■Yoga or Pilates (30 minutes), Plank (hold for 45 seconds), 3

Saturday■REST■-■-■30g■-

Sunday■REST■-■-■30g■-

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