

Workout Plan (75-Minute Time Limit)

Day	Workout	Timing
Monday	Chest & Abs	
	Warm-Up: Dynamic stretching/cardio	5–7 minutes
	Flat Bench Press (4x8–10)	12 minutes (90 sec rest)
	Incline Dumbbell Press (3x10–12)	9 minutes (60 sec rest)
	Chest Fly (3x12–15)	8 minutes (45 sec rest)
	Push-Ups (3 sets, max reps)	5 minutes (45 sec rest)
	Abs: Plank (30–60 seconds) + Russian Twists (3x20 twists)	8 minutes
Tuesday	Back & Cardio	
	Warm-Up: Dynamic stretching/cardio	5–7 minutes
	Pull-Ups/Chin-Ups (4x8–10)	12 minutes (90 sec rest)
	Barbell/Dumbbell Rows (3x8–10)	9 minutes (60 sec rest)
	Lat Pulldown (3x10–12)	8 minutes (45 sec rest)
	Deadlift (3x8–10)	12 minutes (90 sec rest)
	HIIT Cardio (e.g., sprints): 30 seconds sprint, 1-minute walk	15 minutes
Wednesday	Legs & Abs	
	Warm-Up: Dynamic stretching	5–7 minutes
	Squats (4x8–10)	12 minutes (90 sec rest)
	Lunges (3x12 per leg)	9 minutes (60 sec rest)
	Leg Press (3x10–12)	8 minutes (45 sec rest)
	Romanian Deadlift (3x8–10)	10 minutes (60 sec rest)
	Abs: Hanging Leg Raises + Mountain Climbers (3 sets each)	10 minutes
Thursday	Shoulders & Cardio	
	Warm-Up: Dynamic stretching/cardio	5–7 minutes
	Overhead Press (4x8–10)	12 minutes (90 sec rest)
	Lateral Raises (3x12–15)	8 minutes (45 sec rest)
	Front Raises (3x12–15)	8 minutes (45 sec rest)

Day	Workout	Timing
	Face Pulls (3x12–15)	8 minutes (45 sec rest)
	Steady-State Cardio (cycling/brisk walking)	15 minutes
Friday	Arms & Abs	
	Warm-Up: Dynamic stretching/cardio	5–7 minutes
	Bicep Curls (3x10–12)	8 minutes (45 sec rest)
	Hammer Curls (3x10–12)	8 minutes (45 sec rest)
	Tricep Dips (3 sets, max reps)	5 minutes (45 sec rest)
	Tricep Pushdowns (3x12–15)	8 minutes (45 sec rest)
	Abs: Side Plank + Bicycle Crunches (3 sets each)	10 minutes
Saturday	Full Body/Functional	
	Circuit Training (3 rounds, 10 reps each): Push-Ups, Pull-Ups, Dumbbell Deadlifts, Goblet Squats, Dumbbell Rows	45 minutes
	Cool-down: Stretching or yoga	10 minutes
Sunday	Active Recovery	
	Light activities (walking, yoga, swimming)	30–45 minutes

Diet Plan for Protein Optimization

Meal	Food	Protein (g)	Notes
Breakfast	Oats (50g) + Milk (200ml) + 1 tbsp peanut butter + 1 boiled egg	~18g	Add nuts for extra protein if needed.
Mid-Morning	Handful of mixed nuts/seeds + a glass of buttermilk or curd	~8–10g	Excellent for mid-morning energy.
Lunch	Rice (150g cooked) + Dal (1 cup) + 1 roti + vegetable curry + curd (150g)	~20–25g	Focus on lentils and curd for protein.
Evening Snack	3 whole boiled eggs + fruit (banana or apple)	~18g	Use eggs daily for consistent protein.
Dinner	Rice (100g cooked) + Sabzi + Dal or Curd (150g) + 1 roti	~15–18g	Keep portions balanced.
Optional	Warm milk (200ml) + pinch of turmeric or small handful of nuts	~7g	Great for recovery before sleep.

Total Daily Protein: ~90–100g (matches your available food options and workout needs).

Tips:

- Stick to the timing structure and diet portions consistently.
- Adjust rest intervals if needed to stay within the time limit.
- Incorporate seasonal vegetables to enhance micronutrient intake.