

# KIPU FITNESS GUIDE

## Introduction by Kipu

Hey whatsapp Guy's!

Mera naam hai Kipu - aur main yeh guide bana raha hoon un sab ke liye jo apna body transform karna chahte hain.

Chahe aap weight gain karna chahte ho ya fat loss - sab kuch yahi milega, ekdum simple aur real plan ke sath.

Ready ho? Chal shuru karte hain!

## Weight Loss Diet Plan

Morning Morning (7-8 AM):

- 1 glass warm lemon water
- Green tea or black coffee (no sugar)
- Soaked almonds (4-5)

Breakfast Breakfast (9-10 AM):

- Oats + fruits
- 1 boiled egg or paneer/tofu

Lunch Lunch (1-2 PM):

- 1 chapati + sabzi + salad
- Curd or buttermilk

Evening Snack Evening Snack (5 PM):

- Makhana or fruits
- Green tea

Dinner Dinner (8 PM):

- 1 chapati + sabzi or grilled paneer/chicken + salad

Avoid Avoid: Sugar, fried food, cold drinks, white bread

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## Weight Gain Diet Plan

Morning Morning (7-8 AM):

- Banana shake with honey
- Boiled eggs or peanut butter toast

Breakfast Breakfast (9-10 AM):

- Paratha with curd
- Paneer or eggs

Lunch Lunch (1-2 PM):

- 2-3 chapatis + rice + dal + sabzi + salad
- Ghee (1 tsp)

Evening Shake Evening Snack (5 PM):

- Mass gainer shake (banana + milk + oats + peanut butter)
- Dry fruits

Dinner Dinner (8 PM):

- Rice + paneer/chicken curry
- Full cream milk before bed

Tips: High-calorie meals, rest, train hard

## Workout Plan

Home Workout Home Workout:

- 30 Pushups
- 30 Squats
- 20 Burpees
- 1 min Plank
- Repeat 3x

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Gym Workout Gym Plan (Split):

- Day 1: Chest + Triceps
- Day 2: Back + Biceps
- Day 3: Legs + Shoulders
- Day 4: Rest or Cardio

## Motivation

"Success doesn't come from what you do occasionally, it comes from what you do consistently."

"No Pain, No Gain."

"Body banao, duniya hila do - Kipu ke sath!"

## Unlock Instructions

Unlock Instructions:

Price: Rs. 99

Pay via UPI: Q259634761@ybl

Send screenshot to: @kripalsultania (Instagram)

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