

# KIPU FITNESS GUIDE BOOK

By Kipu Yadav | Instagram: @kripalsultania

## Introduction

Welcome to Kipu Fitness - your personal path to a better body and a stronger mind.

## Benefits of Fitness

- Boosts confidence
- Controls weight
- Improves strength & stamina
- Reduces stress
- Builds discipline

## Weight Gain Plan

Diet Tips:

- High-protein meals
- Eat every 2-3 hours
- Add peanut butter, paneer, banana, milk

Sample Day:

Breakfast: Oats + Banana + Peanut Butter

Lunch: Rice + Dal + Paneer

Snacks: Dry Fruits + Banana Shake

Dinner: Roti + Veggies + Curd

## Weight Loss Plan

Diet Tips:

- Avoid sugar & junk food
- High-fiber veggies
- Hydration is key

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Sample Day:

Breakfast: Sprouts + Boiled Egg

Lunch: Brown Rice + Veggies

Snacks: Green Tea + Fruits

Dinner: Light Soup + Salad

## Home Workouts

Day 1: Jumping Jacks 3x30, Pushups 3x10

Day 2: Squats 3x15, Plank 3x30 sec

Day 3: Rest or Stretch

Day 4: Mountain Climbers 3x20, Lunges 3x10 each

Day 5: High Knees 3x30 sec, Sit-ups 3x15

Day 6: Full Body Flow Yoga 20 mins

Day 7: Rest

## Gym Workouts

Day 1 - Chest: Bench Press, Incline DB Press, Push-ups

Day 2 - Back: Lat Pulldown, Deadlifts, Seated Rows

Day 3 - Shoulders: Overhead Press, Lateral Raise, Shrugs

Day 4 - Legs: Squats, Leg Press, Calf Raises

Day 5 - Arms: Bicep Curls, Tricep Pushdowns, Hammer Curls

Day 6 - Core + Cardio: Plank, Leg Raises, Treadmill 20 min

Day 7 - Rest

## Diet Plans

~~Unlock exclusive weight gain & weight loss meal plans (PDF) after payment.~~

~~Payment UPI ID: Q259634761@ybl~~

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## Tips & Tricks

- Sleep 7-8 hrs daily
- Stay hydrated (3-4 L water)
- Be consistent - no magic pill!
- Track your progress weekly

## Motivation Boost

"Fitness is not about being better than someone else. It's about being better than you used to be." - Kipu

## Contact & Support

Email: kipufitness@gmail.com

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~~Website: <https://kipuyadav.github.io/Kipu-Fitness>~~

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