



# **Weight Gain Exercises with Diet Plan**

[Under 15-30 Age Group]

# Workout Day 1

## Bench Press



## Incline Dumbbell Press



## Chest Dips



## Tricep Pushdowns



## Overhead Dumbbell Extension



# Veit Day 1

## Breakfast



Oatmeal with nuts and berries

## Lunch



Grilled chicken breast with quinoa and mixed vegetables

## Dinner

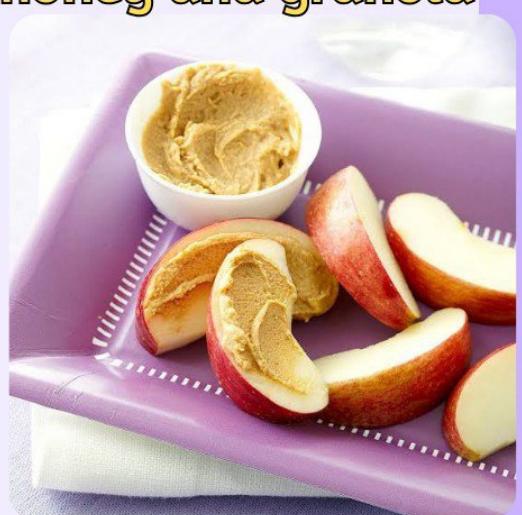


Baked salmon with sweet potato and steamed broccoli

## Snacks



Greek yogurt with honey and granola



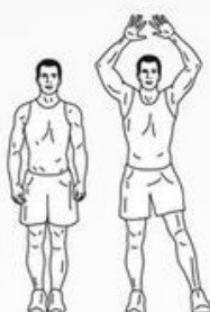
Apple slices with peanut butter

# Workout Day 2

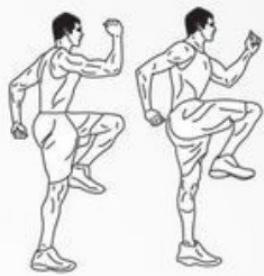
## Light Cardio Mix



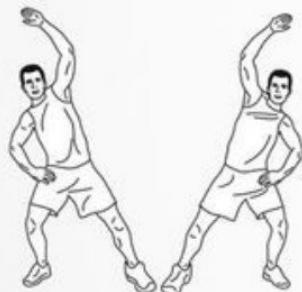
10 march steps



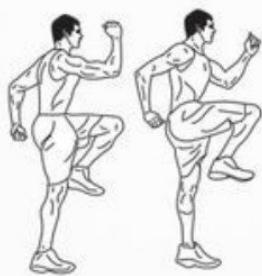
10 step jacks



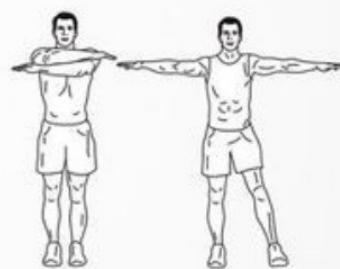
10 march steps



10 side jacks



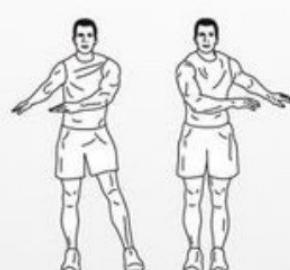
10 march steps



10 scissor steps



10 march steps



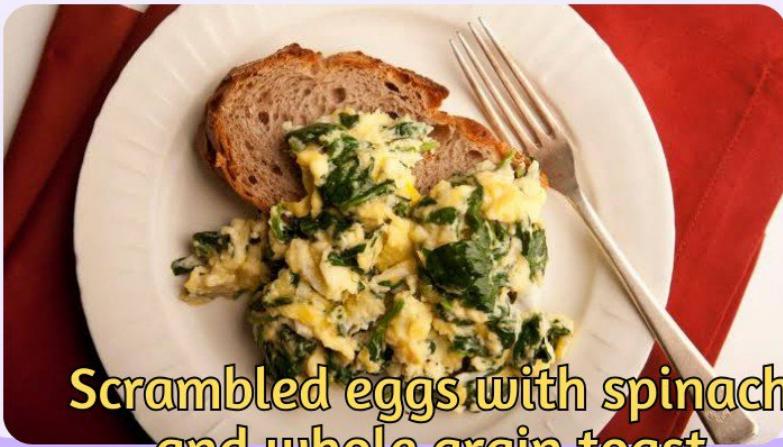
10 side-to-side steps



10 march steps

# Veit Day 2

## Breakfast



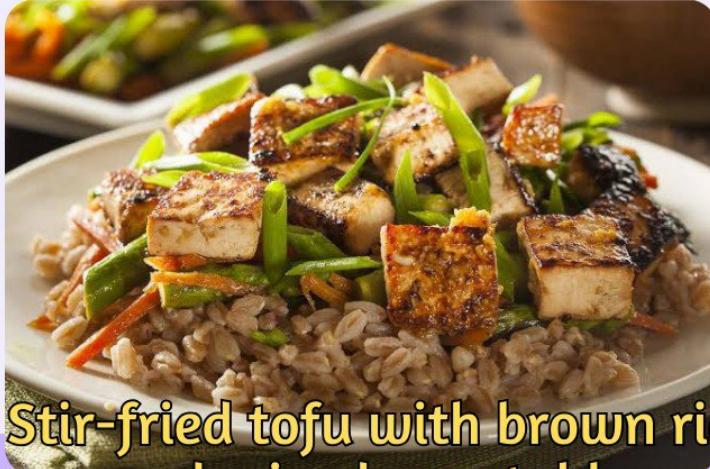
Scrambled eggs with spinach and whole grain toast

## Lunch



Turkey sandwich with whole grain bread, mixed greens salad

## Dinner



Stir-fried tofu with brown rice and mixed vegetables

## Snacks



Handful of almonds and a banana



Cottage cheese with pineapple chunks

# Diet Day 3

Deadlifts



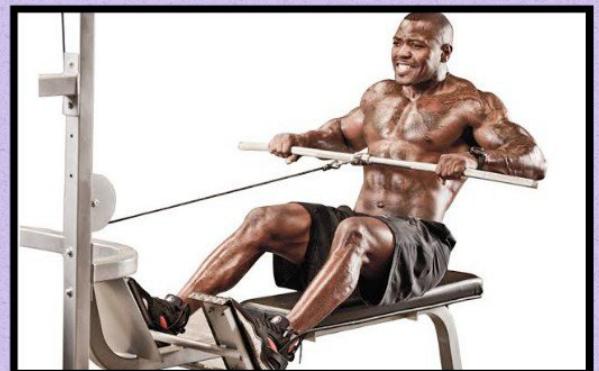
Pull-Ups



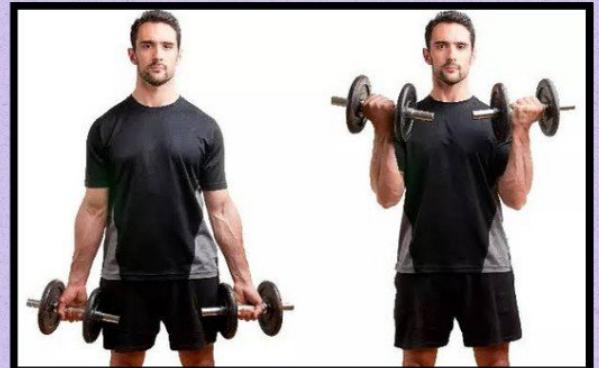
Barbell Rows



Seated Cable Rows



Bicep Curls



# Veit Day 3

## Breakfast



Protein smoothie with spinach, banana, protein powder, and almond milk

## Lunch



Grilled steak with quinoa and roasted vegetables

## Dinner

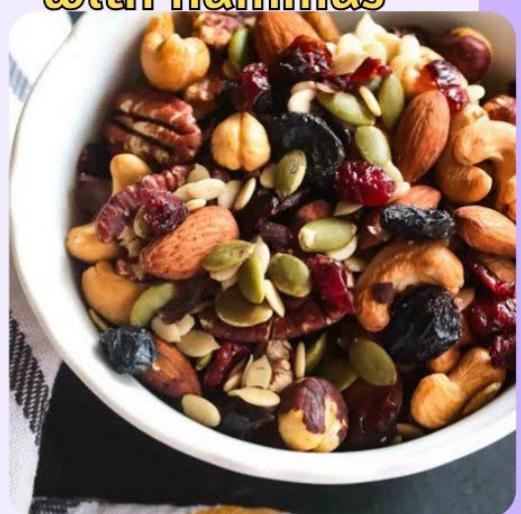


Stir-fried tofu with brown rice and mixed vegetables

## Snacks



Whole grain crackers with hummus



Mixed nuts and dried fruits

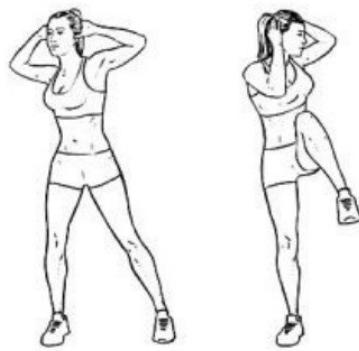
# Workout Day 4

## Light Cardio Mix



**Cardio Cross Trainer**

6 min



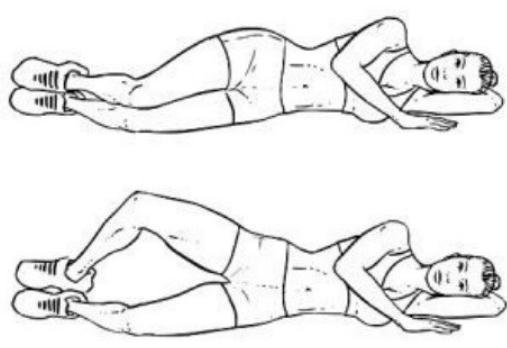
**Standing Cross-body Crunches**

3 sets · 45 secs · 45 sec rest



**Cardio Stationary Bike**

6 min



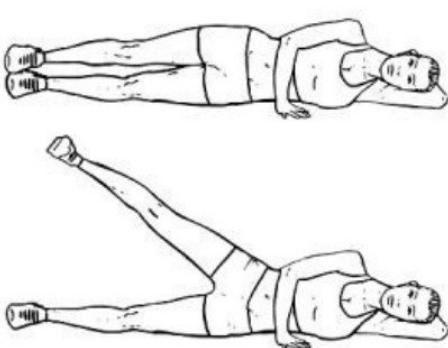
**Clamshells**

4 sets · 12 reps · 45 sec rest



**Adductor Knee Raises**

2 sets · 24 reps · 45 sec rest



**Lying Side Leg Lifts**

4 sets · 12 reps · 45 sec rest

# Veit Day 4

## Breakfast



Whole grain pancakes with Greek yogurt and berries

## Lunch



Grilled fish tacos with whole grain tortillas and avocado

## Dinner



Lean beef stir-fry with noodles and mixed vegetables

## Snacks



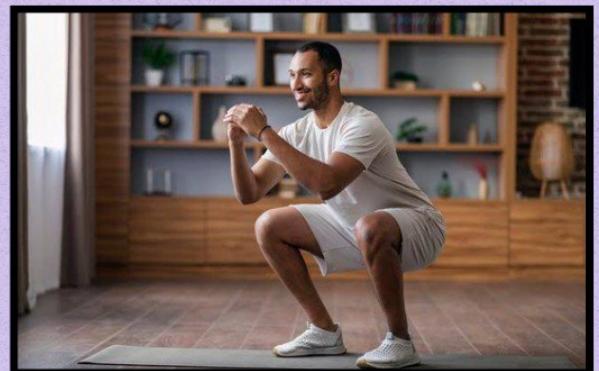
Apple slices with almond butter



Protein bar

# Diet Day 5

Squats



Leg Press



Dumbbell Lunges



Shoulder Press



Lateral Raises



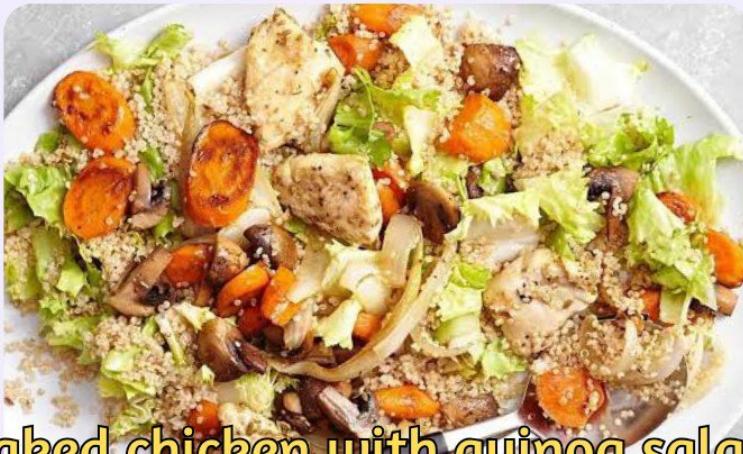
# Veit Day 5

## Breakfast



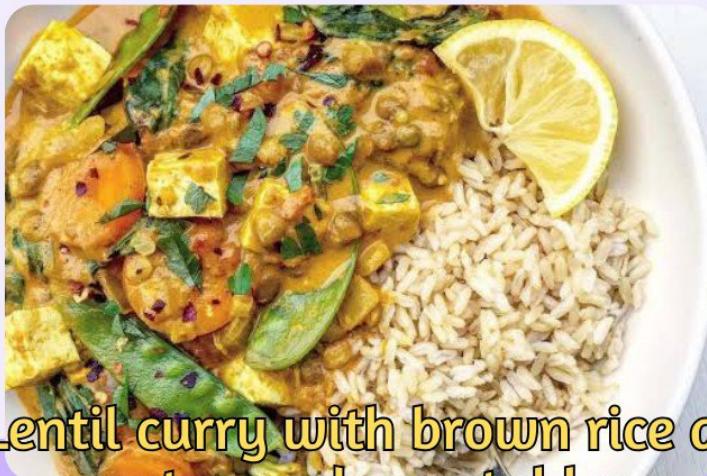
Smoothie bowl with fruits, nuts, and seeds

## Lunch



Baked chicken with quinoa salad

## Dinner



Lentil curry with brown rice and steamed vegetables

## Snacks



Cottage cheese with sliced peaches



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Whole grain crackers with cheese

# Diet Day 6

Barbell Rows:



Leg Press



Chest Dips



Shoulder Press



Bench Press



# Veit Day 6

## Breakfast



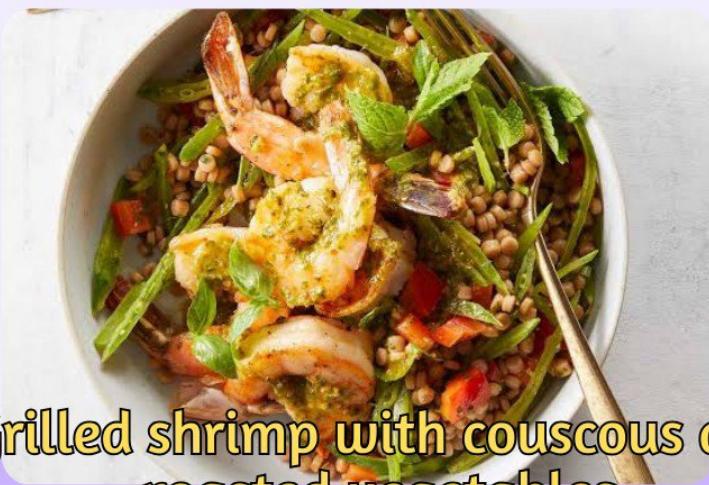
Veggie omelet with whole grain toast

## Lunch



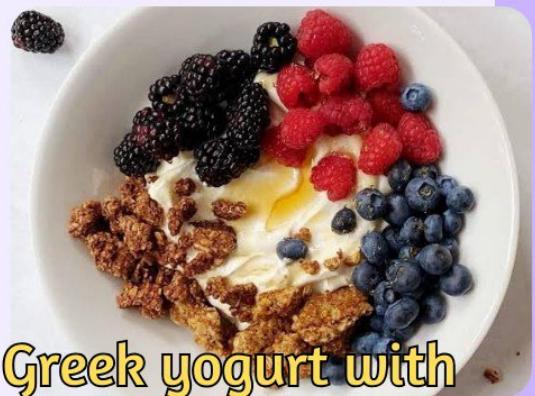
Turkey or veggie burger with sweet potato fries

## Dinner



Grilled shrimp with couscous and roasted vegetables

## Snacks



Greek yogurt with granola and mixed berries



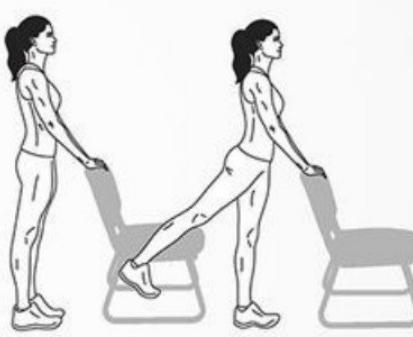
Whole grain crackers with cheese Trail mix

# Workout Day 7

## Rest & Repair



20 side leg raises



20 backward leg raises



10 glute flex



10 half wipers



10 clamshells

# Veit Day 7

## Breakfast



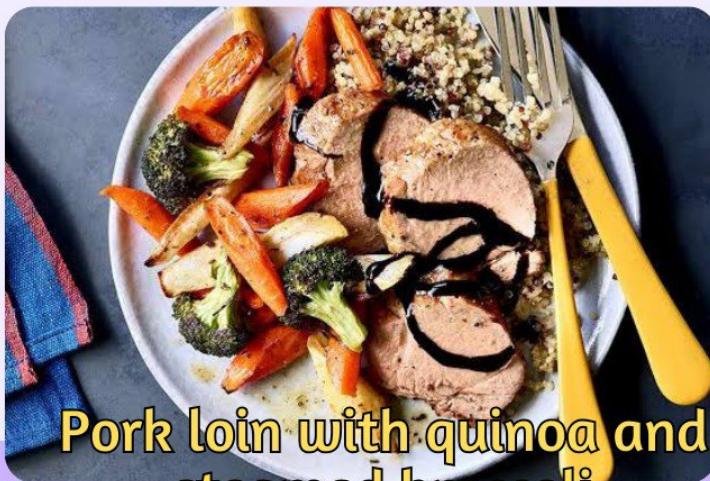
Protein-rich overnight oats  
with fruits and nuts

## Lunch



Tuna salad sandwich on whole grain  
bread, side salad

## Dinner



Pork loin with quinoa and  
steamed broccoli

## Snacks



Hummus with carrot and  
cucumber sticks



Rice cakes with  
almond butter