

Weight Gain Exercises with Diet Plan

[Under 30-40 Age Group]

Workout Day 1

Squats



Deadlifts



Bench Press



Pull-Ups



Overhead Press



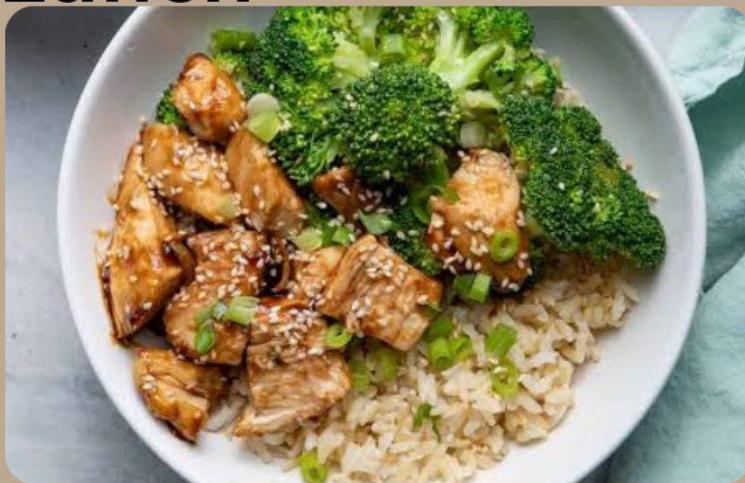
Veit Day 1

Breakfast



whole eggs scrambled,
Whole grain toast & glass of milk

Lunch



Grilled chicken breast Quinoa, brown
rice Steamed broccoli and carrots

Snacks



Protein shake with
banana and almond
butter

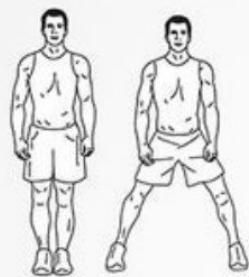
Dinner



Baked salmon, Sweet potato
Mixed green salad with
avocado and olive oil dressing

Workout Day 2

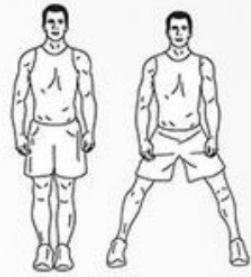
Light Cardio Mix



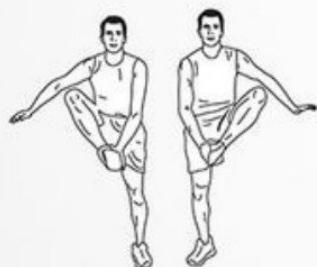
10 half jacks



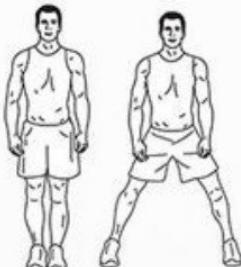
4 jump squats



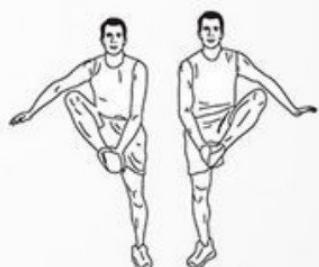
10 half jacks



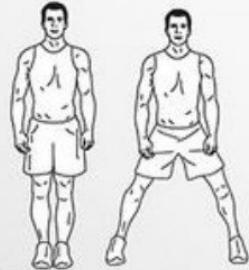
4 toe tap hops



10 half jacks



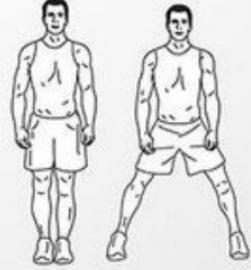
4 toe tap hops



10 half jacks



4 jump squats



10 half jacks

Veit Day 2

Breakfast



Oatmeal with berries and nuts
with almond milk

Lunch



tempeh wrap with vegetables
Brown rice cakes

Snacks



Greek yogurt with
mixed nuts

Dinner



Beef stir-fry with mixed
vegetables Quinoa

Workout Day 3

Barbell Rows



Incline Bench Press



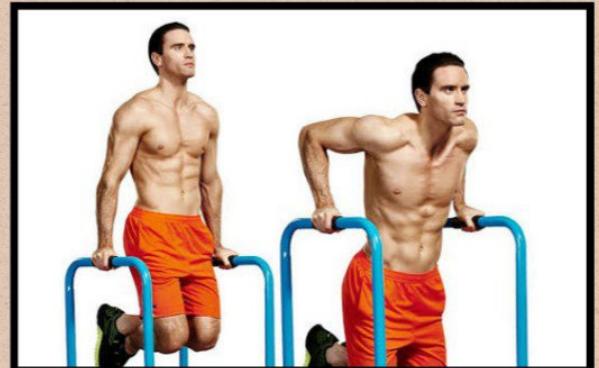
Bench Press



Dumbbell Shoulder Press



Tricep Dips



Veit Day 3

Breakfast



Whole grain pancakes with maple syrup , Cottage cheese

Lunch



Lentil soup with whole grain bread

Snacks



Apple slices with peanut butter

Dinner



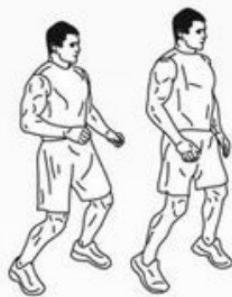
Grilled pork chops, Roasted potatoes, Spinach salad with vinaigrette

Workout Day 4

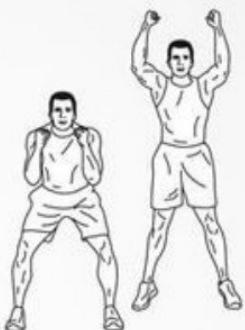
Light Cardio Mix



20 jumping jacks



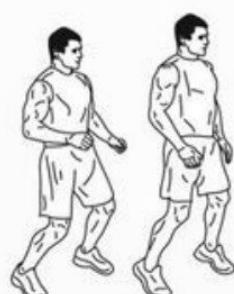
20 bounces



10 jumps



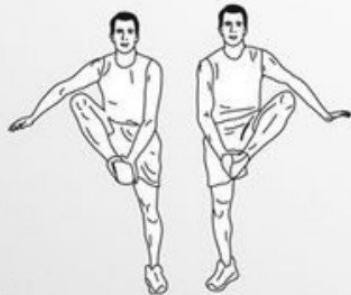
20 twist jacks



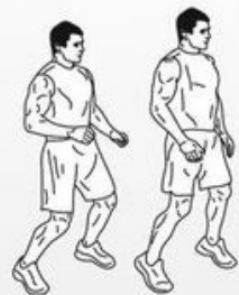
20 bounces



10 jumps



20 toe tap hops



20 bounces



10 jumps

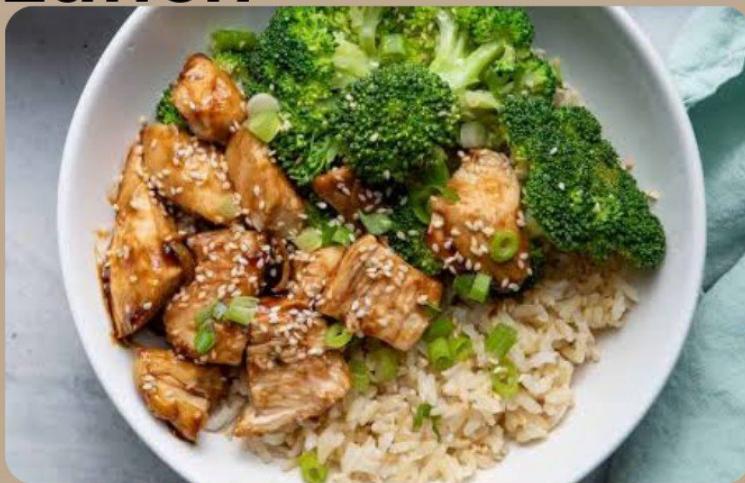
Veit Day 4

Breakfast



whole eggs scrambled,
Whole grain toast & glass of milk

Lunch



Grilled chicken breast Quinoa, brown
rice Steamed broccoli and carrots

Snacks



Protein shake with
banana and almond
butter

Dinner



Baked salmon, Sweet potato
Mixed green salad with
avocado and olive oil dressing

Workout Day 5

Front Squats



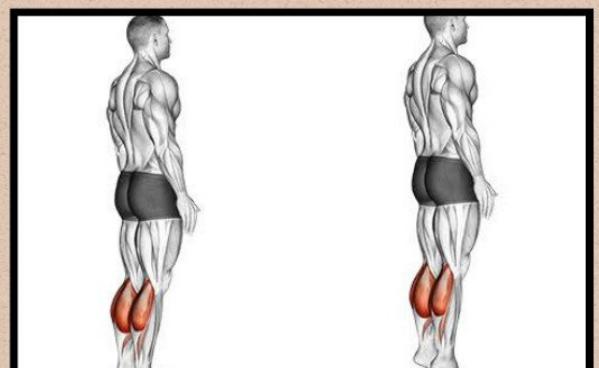
Romanian Deadlifts



Leg Press



Calf Raises



Planks



Veit Day 5

Breakfast



Oatmeal with berries and nuts
with almond milk

Lunch



tempeh wrap with vegetables
Brown rice cakes

Snacks



Greek yogurt with
mixed nuts

Dinner



Beef stir-fry with mixed
vegetables Quinoa

Workout Day 6

Pull-Ups



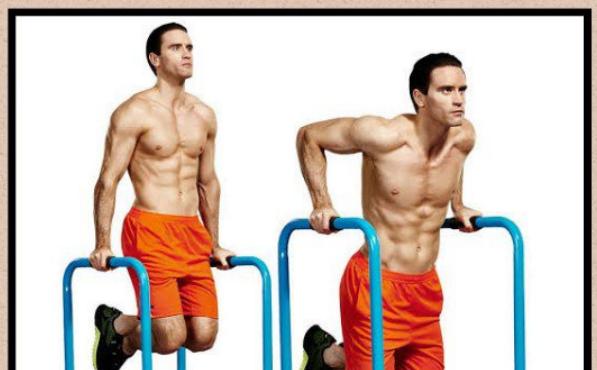
Squats



Planks



Tricep Dips



Deadlifts



Veit Day 6

Breakfast



Whole grain pancakes with maple syrup , Cottage cheese

Lunch



Lentil soup with whole grain bread

Snacks



Apple slices with peanut butter

Dinner



Grilled pork chops, Roasted potatoes, Spinach salad with vinaigrette

Workout Day 7

Rest & Light Cardio



10 squats **x 4 sets**



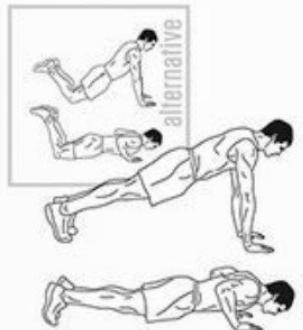
10 lunges **x 4 sets**



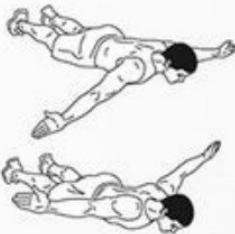
10 calf raises **x 4 sets**



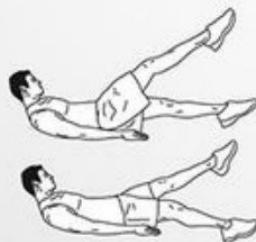
20 shoulder taps
x 4 sets



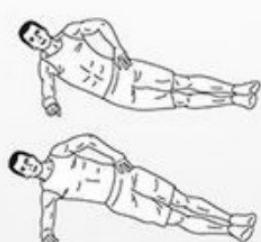
5 push-ups
x 4 sets



10 prone reverse flys
x 4 sets



20 flutter kicks
x 4 sets



10 side bridges
x 4 sets



40 side leg raises
x 2 sets

Veit Day 7

Breakfast



Whole eggs scrambled, whole grain toast & glass of milk

Lunch



Temph wrap with vegetables & brown rice cakes

Snacks



Protein shake with banana and almond butter

Dinner



Oatmeal with berries and nuts with almond milk