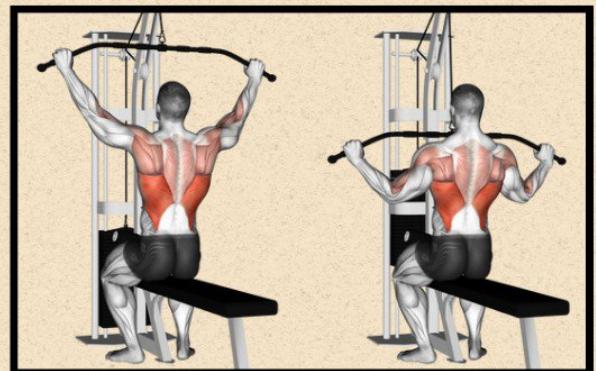


# **Weight Gain Exercises with Diet Plan**

[Under 40-50+ Age Group]

# Workout Day 1

Lat Pulldowns



Squats



Bench Press



Overhead Press



Deadlifts



# Veit Day 1

## Breakfast



Oatmeal with nuts and berries,  
Greek yogurt, Whole grain toast

## Lunch



Grilled chicken breast or fish, Quinoa or  
brown rice, Steamed vegetables

## Snacks



Protein shake with almond  
milk and banana

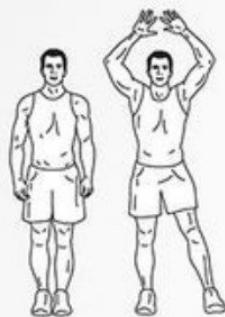
## Dinner



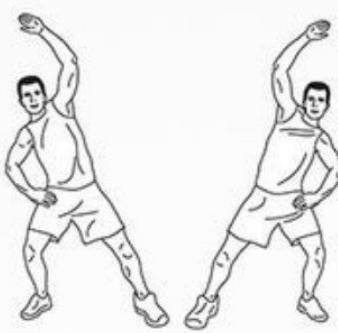
tofu tempeh Sweet potato or  
whole grain pasta, mixed salad  
with olive oil dressing

# Workout Day 2

## Light Cardio Mix



**10** step jacks



**10** side step jacks



**10** raised arm circles



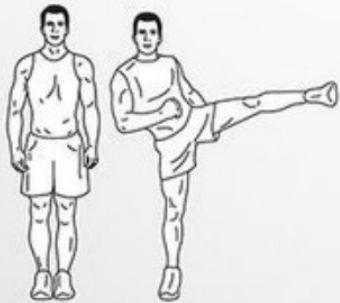
**10** march steps



**10** step back + knee up



**10** raised arm circles



**10** side-to-side leg raises



**10** side leg swings



**10** raised arm circles

# Veit Day 2

## Breakfast



Whole grain pancakes with maple syrup with Cottage cheese

## Lunch



Tofu/tempeh wrap with vegetables,  
Brown rice cakes

## Snacks



Greek yogurt with mixed nuts

## Dinner



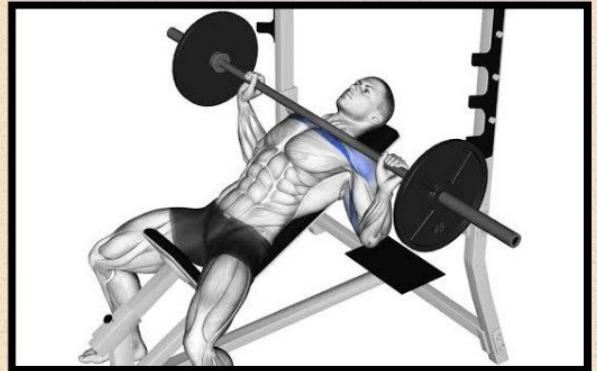
Baked salmon, Quinoa,  
Steamed asparagus

# Workout Day 3

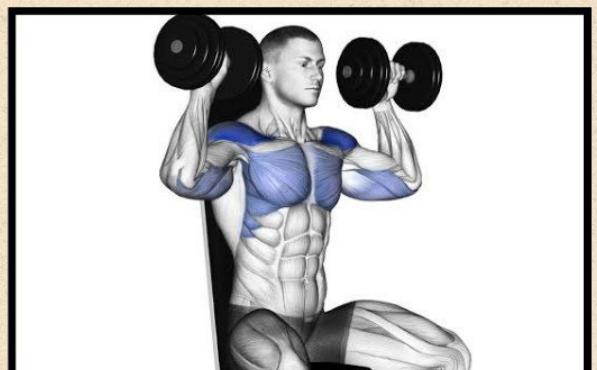
Seated Rows



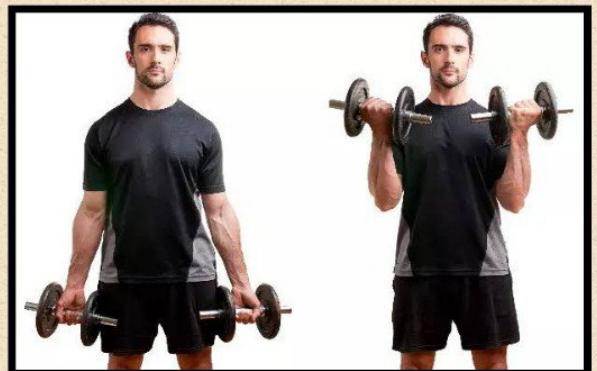
Incline Bench Press



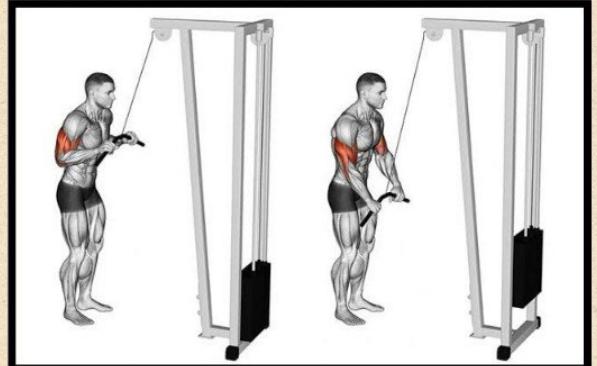
Dumbbell Shoulder Press



Bicep Curls



Tricep Pushdowns



# Veit Day 3

## Breakfast



Scrambled eggs, hole grain toast  
Greek yogurt with honey

## Lunch



Lentil soup with Whole grain bread

## Snacks



Apple slices with  
peanut butter

## Dinner



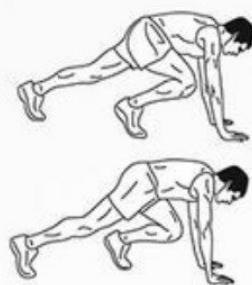
Grilled pork chops, Roasted  
potatoes, Spinach salad  
with vinaigrette

# Workout Day 4

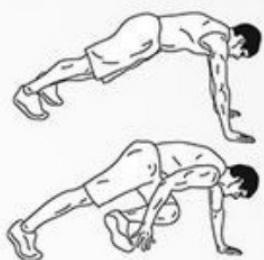
## Light Cardio Mix



**60** high knees



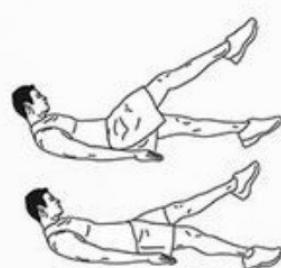
**10** climbers



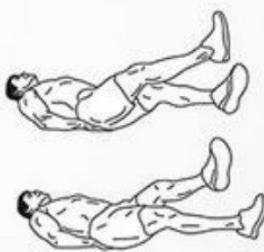
**10** climber taps



**60** high knees



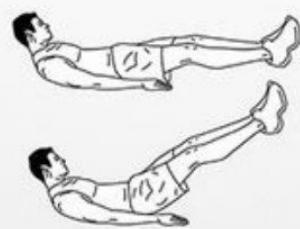
**10** flutter kicks



**10** scissors



**60** high knees



**10** leg raises



**10** raised leg circles

# Veit Day 4

## Breakfast



Oatmeal with nuts and berries,  
Greek yogurt, Whole grain toast

## Lunch



Grilled chicken breast or fish, Quinoa or  
brown rice, Steamed vegetables

## Snacks



Protein shake with almond  
milk and banana

## Dinner



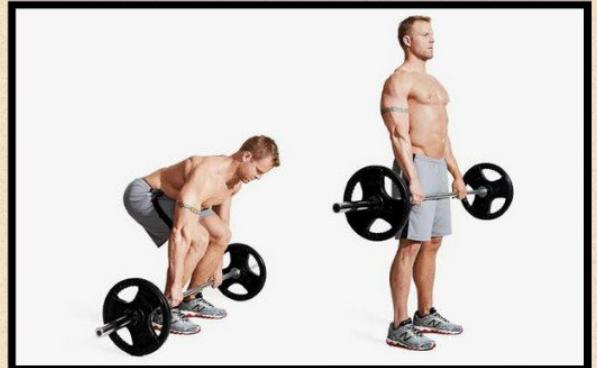
tofu tempeh Sweet potato or  
whole grain pasta, mixed salad  
with olive oil dressing

# Workout Day 5

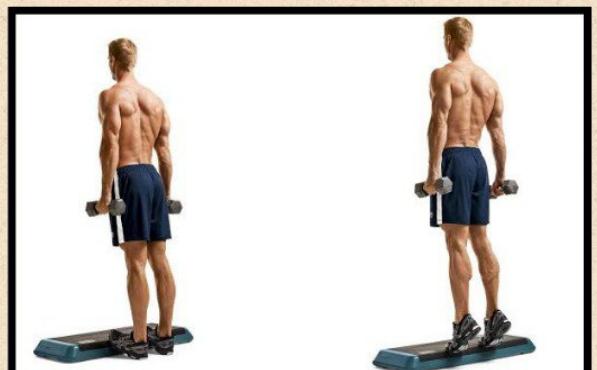
Leg Press



Romanian Deadlifts



Calf Raises



Lunges



Planks



# Veit Day 5

## Breakfast



Whole grain pancakes with maple syrup with Cottage cheese

## Lunch



Tofu/tempeh wrap with vegetables,  
Brown rice cakes

## Snacks



Greek yogurt with mixed nuts

## Dinner



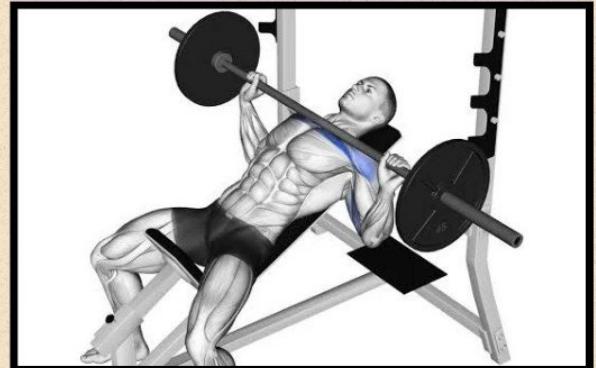
Baked salmon, Quinoa,  
Steamed asparagus

# Workout Day 6

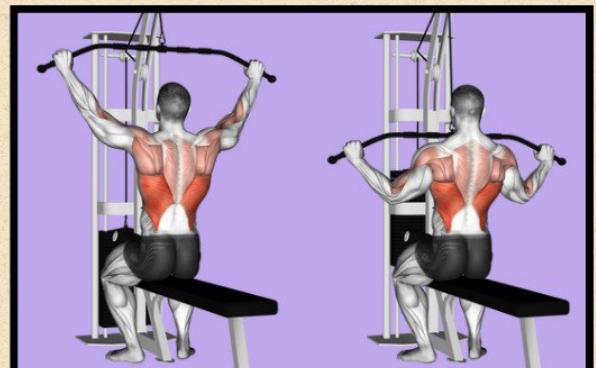
Bench Press



Incline Bench Press



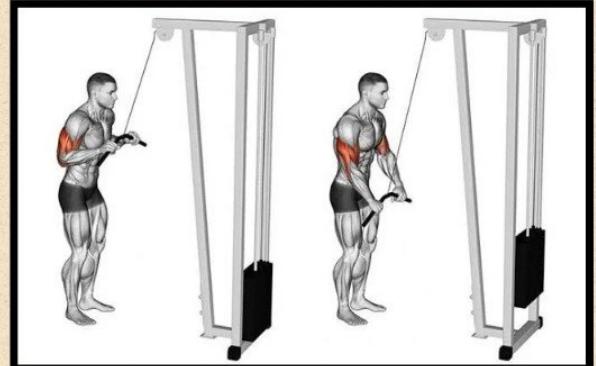
Lat Pulldowns



Squats



Tricep Pushdowns



# Veit Day 6

## Breakfast



Scrambled eggs, hole grain toast  
Greek yogurt with honey

## 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 or Light Activity



Shoulder Rotation



March



Sit to Stand



Hip Rotation



Biceps Curl

# Diet Day 7

## Breakfast



Whole grain pancakes with maple syrup with Cottage cheese

## Lunch



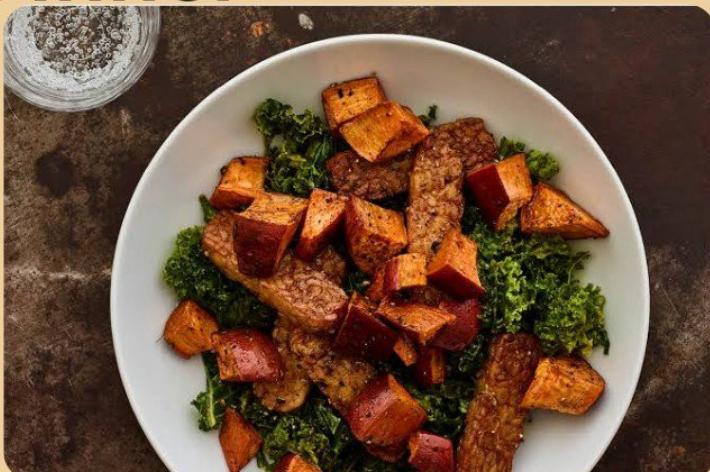
Baked salmon, Quinoa  
Steamed asparagus

## Snacks



Protein shake with almond milk and banana

## Dinner



tofu/tempeh Sweet potato or whole grain pasta, Mixed salad with olive oil dressing