

weight loss

EXERCISES WITH DIET PLAN

[Under 15-30 Age Group]

Workout Day 1

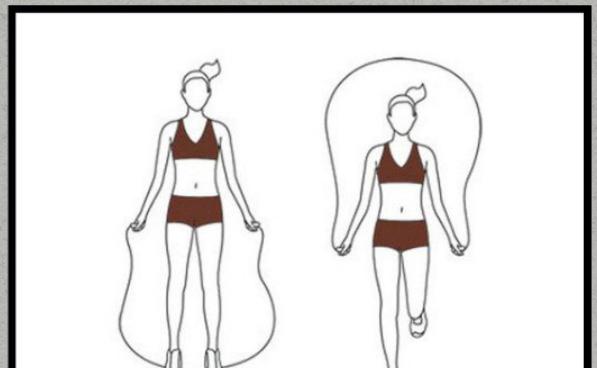
Jogging



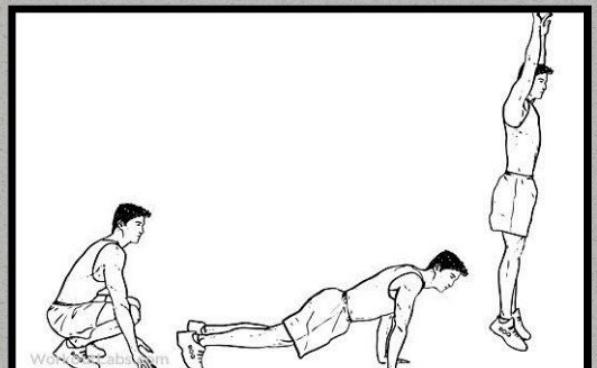
cycling



Jumping rope



burpees



Pushups



Veit Day 1

Breakfast



Oatmeal with fruits and nuts

Lunch



Grilled chicken salad with mixed greens and vinaigrette

Dinner



Baked fish with roasted vegetables

Snacks



Greek yogurt or a piece of fruit



Carrot sticks with hummus

Workout Day 2

squats



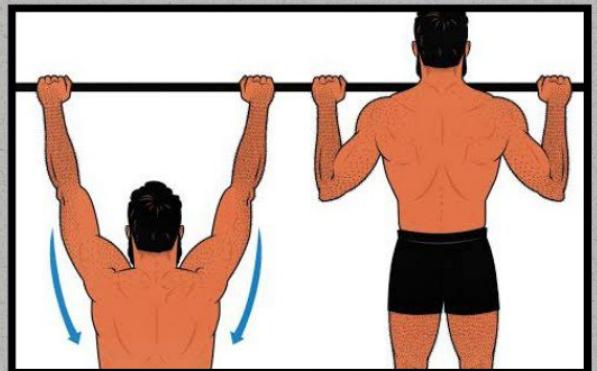
lunges



Pushups



pull-ups



planks



Veit Day 2

Breakfast



Whole grain toast with avocado and eggs

Lunch



Quinoa and vegetable stir-fry

Dinner



Turkey chili with beans and a side salad

Snacks



trail mix



Apple slices with peanut butter

Workout Day 3

Walking



Hurdler



Seated Forward Bend



Sukhasana



Kneeling Quad Stretch



Veit Day 3

Breakfast



Smoothie with spinach, banana, berries, and protein powder

Lunch



Whole grain wrap with grilled vegetables and lean turkey slices

Snacks



Cottage cheese or a handful of mixed berries



Air-popped popcorn

Dinner



Grilled tofu with steamed broccoli and brown rice

Workout Day 4

battle ropes



high plank leg lift



Crunches



speed and agility cone drills



toe touch crunch



Veit Day 4

Breakfast



Greek yogurt parfait with granola and sliced fruits

Lunch



Lentil soup with a side of whole grain bread

Dinner



Grilled shrimp skewers with quinoa and roasted vegetables

Snacks



Rice cakes with almond butter



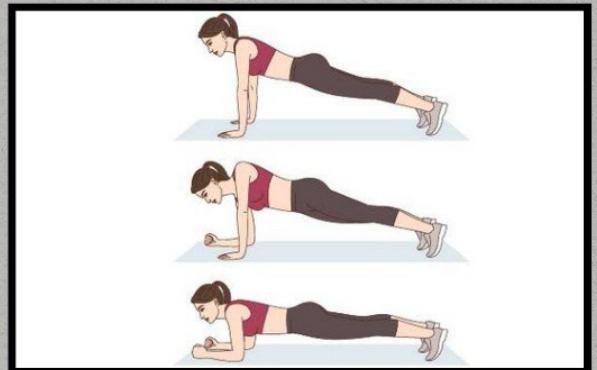
Edamame beans

Workout Day 5

Push-up shuffle



Plank Up-and-Downs



Bird Dog



Bicycle Crunches



Mountain Climbers



Veit Day 5

Breakfast



Whole grain cereal with almond milk and sliced bananas

Lunch

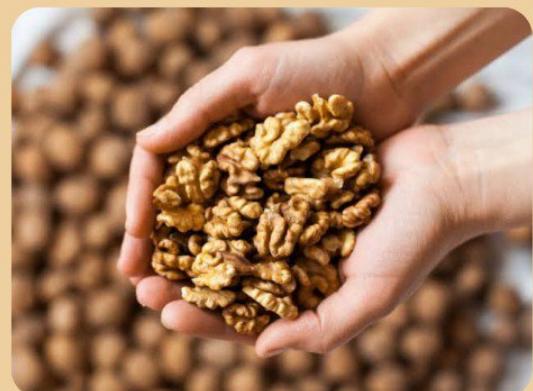


Chicken Caesar salad with lots of veggies

Snacks



Hummus with cucumber slices



A handful of walnuts

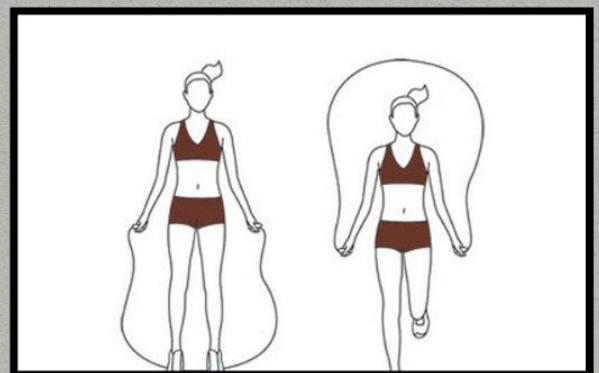
Dinner



Veggie stir-fry with tofu or chicken and brown rice

Workout Day 6

jumping rope



dancing



Swimming



Triceps Dip



Side Plank



Veit Day 6

Breakfast



Whole grain pancakes with berries and a drizzle of honey

Lunch



Tuna salad with mixed greens and whole grain crackers

Dinner



Baked salmon with quinoa and steamed asparagus

Snacks



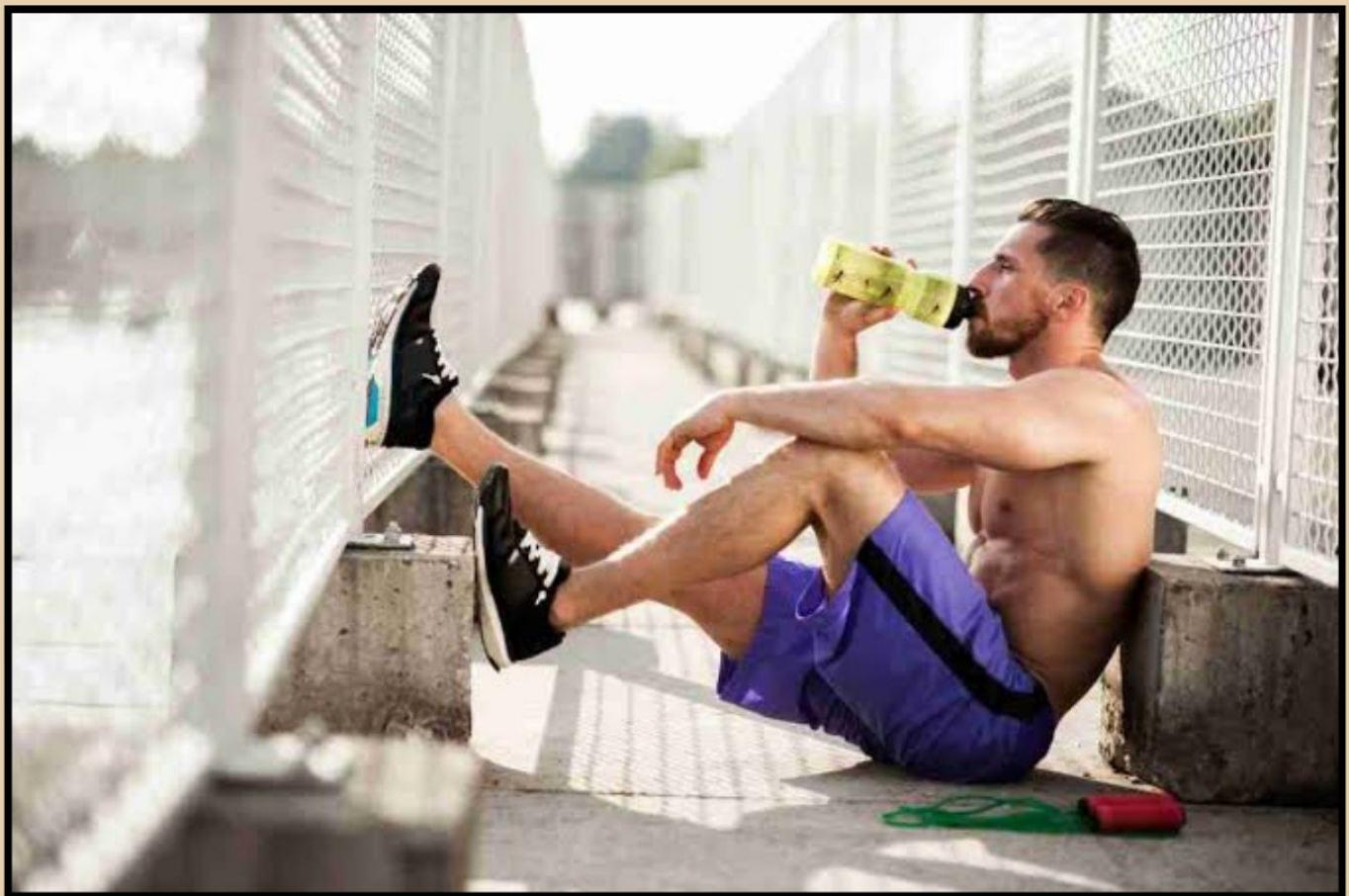
A piece of fruit or a small serving of low-fat cheese



Celery sticks with almond butter

Workout Day 7

**Allow your body to
recover fully**



Veit Day 7

Breakfast



Oatmeal with fruits and nuts

Lunch



Grilled chicken salad with mixed greens and vinaigrette

Dinner



Baked fish with roasted vegetables

Snacks



Greek yogurt or a piece of fruit



Carrot sticks with hummus