

WEIGHT LOSS

EXERCISES WITH DIET PLAN

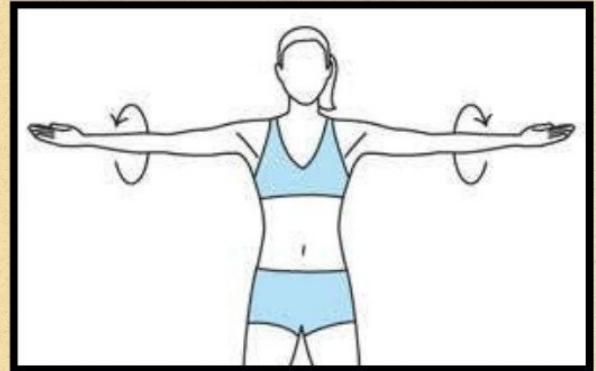
[Under 30-40 Age Group]

Workout Day 1

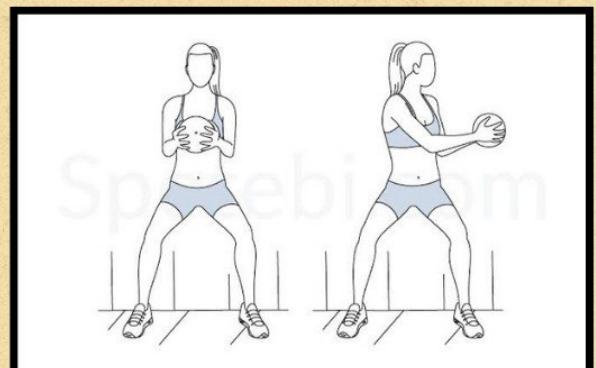
Marching in place



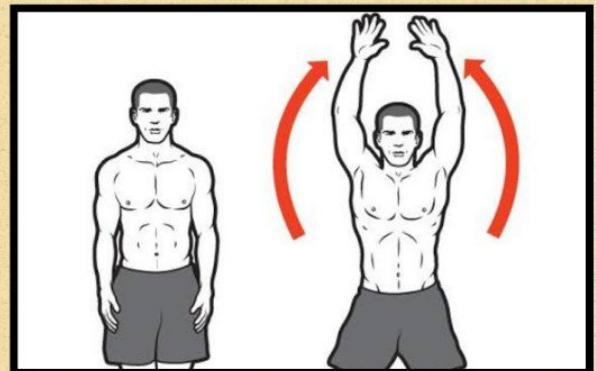
Arm circles



Wall sit rotation



Jumping jacks



Stair climb



Diet Day 1

Breakfast



Greek yogurt with berries and a sprinkle of nuts/seeds.

Lunch



Grilled chicken salad with mixed greens, vegetables, and vinaigrette.

Dinner



Baked salmon with quinoa and steamed broccoli.

Snacks



Carrot sticks with hummus

Workout Day 2

Swing Kettlebell



Bicycle With Weave



Resistance band squats



chin-ups



barbell squats



Veit Day 2

Breakfast



Oatmeal topped with sliced bananas and almonds

Lunch



Whole grain wrap filled with turkey, avocado, lettuce, and tomato

Snacks



Apple slices with peanut butter

Dinner



Fried lean beef with mixed veggies and brown rice

Workout Day 3

ROLL UP



ROLL OVER



LEG CIRCLES



DOUBLE-LEG STRETCH



CORKSCREW



Veit Day 3

Breakfast



Whole grain toast with smashed avocado and poached eggs

Lunch



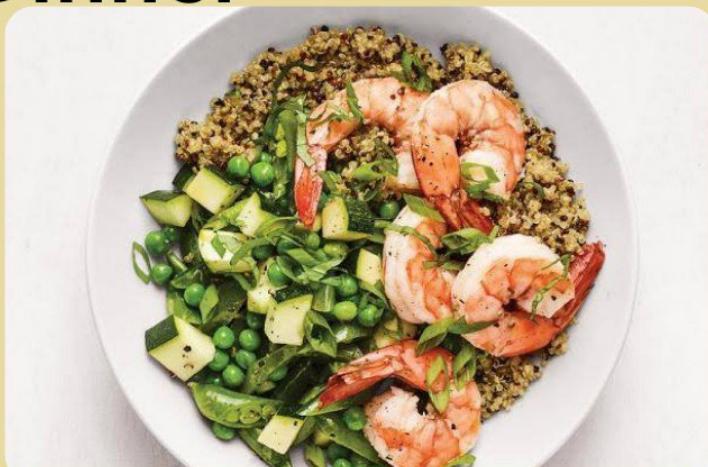
Lentil soup with a side of whole grain bread

Snacks



Mixed berries smoothie with spinach and almond milk

Dinner



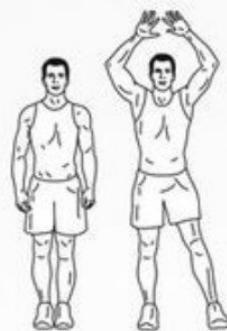
Grilled shrimp with quinoa and roasted vegetables

Workout Day 4

Light Cardio workout



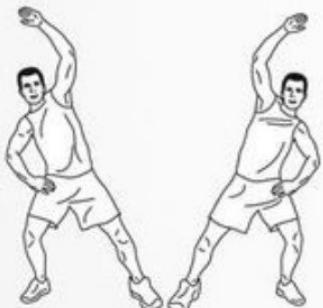
10 march steps



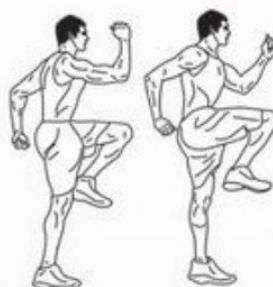
10 step jacks



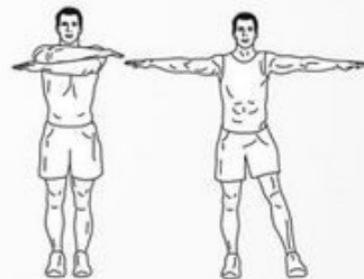
10 march steps



10 side jacks



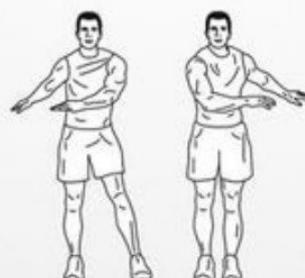
10 march steps



10 scissor steps



10 march steps



10 side-to-side steps



10 march steps

Veit Day 4

Breakfast



Greek yogurt parfait with granola and fresh fruit

Lunch



Whole grain pasta with marinara sauce and a side salad

Dinner



Baked chicken breast with sweet potato and steamed asparagus

Snacks



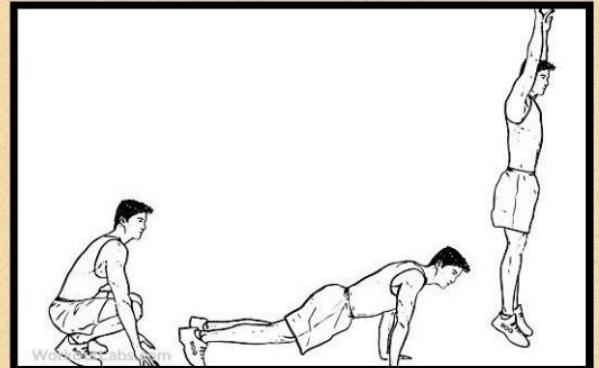
Cottage cheese with pineapple chunks

Workout Day 5

High knees



burpees



bicycle crunches



Russian twists



planks



Veit Day 5

Breakfast



Smoothie with spinach, banana, protein powder, and almond milk

Lunch



Turkey and vegetable kebabs with quinoa

Snacks



Dinner



Grilled fish with roasted Brussels sprouts and a mixed green salad

Workout Day 6

hiking



biking



Stretching



Walking

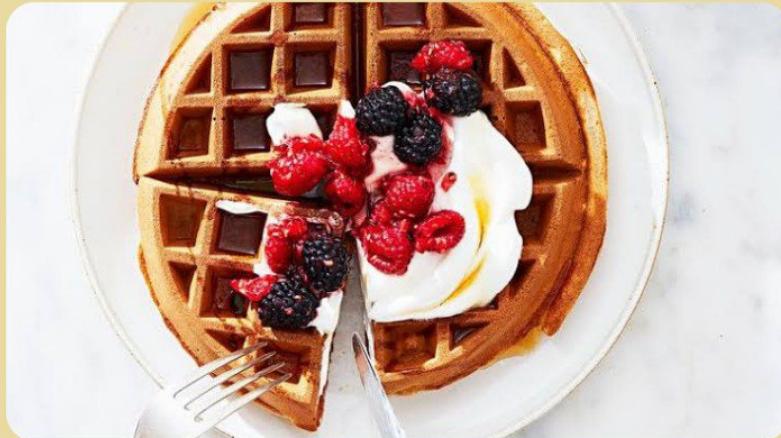


Meditation



Veit Day 6

Breakfast



Whole grain waffles with Greek yogurt and mixed berries

Lunch



Tuna salad stuffed in whole grain pita pockets with cucumber slice

Dinner



Veggie stir-fry with tofu or lean beef served over brown rice

Snacks



Celery sticks with almond butter.

Workout Day 7

Light Cardio workout



10 squats



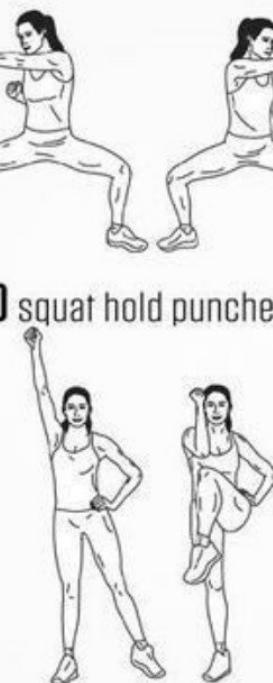
10 squat hold punches



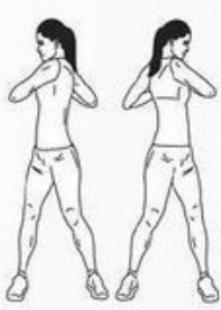
10 step back + knee-ups



10 squats



10 knee-to-elbows



10 torso rotations



10 squats



10 single leg squats



10 back kicks

Veit Day 7

Breakfast



Scrambled eggs with spinach and tomatoes on whole grain toast.

Lunch



Quinoa salad with chickpeas, cucumbers, and feta cheese

Dinner



Grilled vegetables with a small portion of lean steak

Snacks



Sliced pear with a handful of walnuts