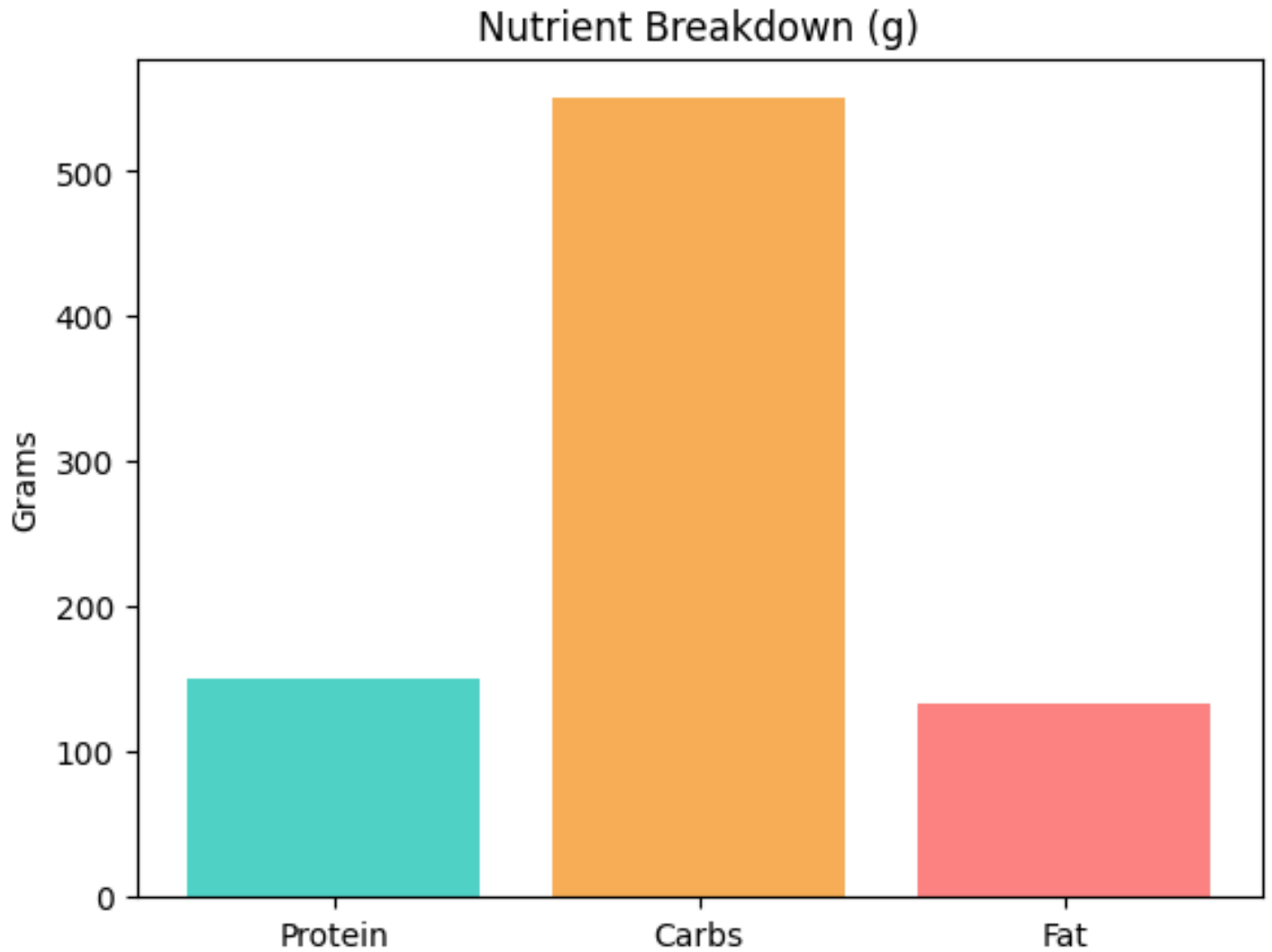


Your Personalized Health & Fitness Report

Diet Plan:

- Low_Carb

Nutrient Chart:



Recipe Suggestions:

- Chinese Bhel Recipe - No Onion No Garlic (Fusion)
- How To Make Indo-Chinese Spicy Schezuan Sauce At Home (Indo Chinese)
- Cauliflower Rice and Lentil Curry Recipe (Indian)
- Chinese Vegetable Dry Manchurian Balls Recipe (No Onion No Garlic) (Indo Chinese)
- Chinese Savoury Rice Porridge Recipe With Pumpkin (Chinese)

Fitness Routines:

- Band good morning-
- Band deadlift
- Paul Carter Romanian Deadlift
- TBS Good Morning
- TBS Romanian Deadlift
- Barbell deadlift-
- Deadlift - Gethin Variation
- Barbell good morning
- UP Conventional Deadlift
- FYR Sumo Deadlift High Pull
- Kettlebell deadlift
- Dumbbell skier
- TBS Dumbbell Romanian Deadlift
- Stiff-Legged Dumbbell Deadlift - Gethin Variation
- Dumbbell kickstand deadlift
- Single-leg stiff-legged deadlift to row
- Rack Pull - Gethin Variation
- Hex Bar Deadlift - Gethin Variation
- ACFT Low-handle trap bar deadlift
- Neutral-grip lat pull-down
- Seated cable deadlift
- Cable stiff-legged deadlift
- Single-leg cable stiff-legged deadlift
- Back extension
- TBS Back Extension

- Lower Back Stretch - Yates Variation
- Hyperextension - Gethin Variation
- Back Extension - Gethin Variation
- Superman-
- Weighted back extension
- Exercise ball rear delt fly
- Lying rear delt Y