Schedules

Male

//sch 1

Height (Below 5 feet) && Weight (45-50)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 6reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

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// Sch 2

Height (5’ – 5’5”) && Weight (45-50)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 10reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Morning Oats with Milk (100g)</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

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// sch 3

Height (5’5”-5’10”) && Weight (45-50)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 10reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Morning Oats with Milk (100g)</li>

<li>Blend Peanut butter, Dates, Milk and Drink</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

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// sch 4=8

Height (above 5’10) && Weight (45-50)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 10reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Morning Oats with Milk (100g)</li>

<li>Blend Peanut butter, Dates, Milk and Drink</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

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// 5

Height (Below 5 feet) && Weight (51-55)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 6reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 200g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

// sch 6=2

Height (5’ – 5’5”) && Weight (51-55)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 10reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Morning Oats with Milk (100g)</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

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// sch 7 =3

Height (5’5”-5’10”) && Weight (51-55)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 10reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Morning Oats with Milk (100g)</li>

<li>Blend Peanut butter, Dates, Milk and Drink</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

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//8=4

Height (above 5’10) && Weight (51-55)

<li>Squats 8reps 3 sets</li>

<li>Lunges – 12 reps 3 sets</li>

<li>Push ups – 10reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Morning Oats with Milk (100g)</li>

<li>Blend Peanut butter, Dates, Milk and Drink</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

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Weight above 70

Height (above 5’10) && Weight (70+)

<li>Squats 14reps 3 sets</li>

<li>Lunges – 14 reps 3 sets</li>

<li>Push ups – 12reps 3 sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Morning Oats with Milk (100g)</li>

<li>Blend Peanut butter, Dates, Milk and Drink</li>

<li>At least 3 egg whites</li>

<li>300g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 300g (Oats, Rice)</li>

<li>Healthy fats (Cashews)</li>

Ladies

45-55 ( 5, 5-5)

<li>Squats 8reps 4sets</li>

<li>Lunges – 12reps 4 sets</li>

<li>Knee Push ups – 8reps 2sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 6 reps 3 sets</li>

<li>Star jumps – 6 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Plank 1 min sets (30 sec break)</li>

<li>Blend Peanut butter, Dates, Milk and Drink</li>

<li>Greens, Fruits, Vegetables</li>

<li>100g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 200g (Oats, Rice, Pasta)</li>

<li>Healthy fats (Cashews)</li>

55-65 ( 5, 5-5)

<li>Skipping 10mins</li>

<li>Squats 10reps 4sets</li>

<li>Lunges – 12reps 4 sets</li>

<li>Knee Push ups – 8reps 2sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 8 reps 3 sets</li>

<li>Star jumps – 8 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Plank 1 min sets (30 sec break)</li>

<li>Blend Peanut butter, Dates, Milk and Drink</li>

<li>Greens, Fruits, Vegetables</li>

<li>100g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Carbs 200g (Oats, Rice, Pasta)</li>

<li>Healthy fats (Cashews, Peanut-butter)</li>

65-70 (5’10” above)

<li>Skipping 10mins</li>

<li>Squats 10reps 4sets</li>

<li>Lunges – 12reps 4 sets</li>

<li>Knee Push ups – 8reps 2sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 8 reps 3 sets</li>

<li>Star jumps – 8 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Plank 1 min sets (30 sec break)</li>

<li>Morning Protein Shake (Any)</li>

<li>Oats meal with fresh milk</li>

<li>Greens, Fruits, Vegetables</li>

<li>100g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Healthy fats (Cashews, Peanut-butter)</li>

Above 70 (5’10” above)

<li>Skipping 15mins</li>

<li>Squats 10reps 4sets</li>

<li>Lunges – 12reps 4 sets</li>

<li>Knee Push ups – 8reps 2sets</li>

<li>Cycle abbs – 10reps 3 sets</li>

<li>Burpees – 8 reps 3 sets</li>

<li>Star jumps – 8 reps 3 sets </li>

<li>Sit-ups - 25</li>

<li>Plank 1 min sets (30 sec break)</li>

<li>Oats meal with fresh milk</li>

<li>Greens, Fruits, Vegetables</li>

<li>100g meat per day (Fish, Chicken, Mutton….etc)</li>

<li>Healthy fats (Cashews, Peanut-butter)</li>

<li>Do Not eat Fried Food</li>

<li>Fasting from 8.00 P.M to next day 12.00 P.M</li>