

AI Fitness & Diet Report

User: Mohan pal | Target: 1220 kcal

Workout Routine

Day 1 - Upper

Exercise	Sets	Reps
Bench Press	3-4 sets	10-15 reps
Shoulder Press	3-4 sets	10-15 reps
Lat Pulldown	3-4 sets	10-15 reps
Cable Fly	3-4 sets	10-15 reps
Tricep Pushdown	3-4 sets	10-15 reps

Day 2 - Lower

Exercise	Sets	Reps
Squats	3-4 sets	10-15 reps
Leg Extension	3-4 sets	10-15 reps
Hamstring Curl	3-4 sets	10-15 reps
Leg Press	3-4 sets	10-15 reps
Calf Raises	3-4 sets	10-15 reps

Day 3 - Upper

Exercise	Sets	Reps
Bench Press	3-4 sets	10-15 reps
Shoulder Press	3-4 sets	10-15 reps
Lat Pulldown	3-4 sets	10-15 reps
Cable Fly	3-4 sets	10-15 reps
Tricep Pushdown	3-4 sets	10-15 reps

Day 4 - Lower

Exercise	Sets	Reps
Squats	3-4 sets	10-15 reps
Leg Extension	3-4 sets	10-15 reps
Hamstring Curl	3-4 sets	10-15 reps

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Leg Press	3–4 sets	10–15 reps
Calf Raises	3–4 sets	10–15 reps

Nutrition & Diet Plan

Daily Nutrition Targets:

Nutrient	Amount
Protein (g)	133g
Carbs (g)	318g
Fats (g)	67g

Meal	Recommended Food
Breakfast	Oats + Almond Milk
Lunch	Rice + Dal + Veg Curry
Snacks	Fruits, Soy Milk Shake, Nuts
Dinner	Quinoa + Veg Stir Fry

Coach Advice

Diet Advice

- **Hydrate adequately**: Drink at least 3 liters of water throughout the day to maintain muscle function and overall health.
- **Balance your macronutrients**: Aim for approximately 15% of calories from protein, 25% from fat, and 60% from complex carbohydrates to support your high activity level.
- **Eat frequent meals**: Divide your daily calories into 5-6 meals, including 2-3 main meals, 2-3 snacks, and 1 pre-bed snack to maintain stable energy levels.

Workout Suggestion

- **Cardio exercises**: Incorporate high-intensity interval training (HIIT) 3-4 times a week, such as sprint intervals or burpees, to enhance cardiovascular endurance and burn excess calories.
- **Resistance training**: Engage in resistance exercises 3-4 times a week, focusing on compound exercises like squats, deadlifts, and bench press, to build muscle mass and support overall health.
- **Flexibility and stretching**: Allocate time for stretching and flexibility exercises 2-3 times a week to improve flexibility and reduce muscle soreness.

Motivation

- **Celebrate small victories**: Focus on the progress you make each day, rather than getting discouraged by setbacks. Every small step counts towards your long-term fitness goals.
- **Consistency is key**: Stick to your workout and diet plan consistently, even on days

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