

AI Fitness & Diet Report

User: Rahul Raj | Target: 655 kcal

Workout Routine

Day 1 - Upper

| Exercise | Sets | Reps |
|---------------------|----------|-----------|
| Pushups | 4-5 sets | 6-12 reps |
| Pike Pushups | 4-5 sets | 6-12 reps |
| Tricep Dips | 4-5 sets | 6-12 reps |
| Plank Shoulder Taps | 4-5 sets | 6-12 reps |

Day 2 - Lower

| Exercise | Sets | Reps |
|--------------|----------|-----------|
| Squats | 4-5 sets | 6-12 reps |
| Lunges | 4-5 sets | 6-12 reps |
| Glute Bridge | 4-5 sets | 6-12 reps |
| Calf Raises | 4-5 sets | 6-12 reps |

Day 3 - Upper

| Exercise | Sets | Reps |
|---------------------|----------|-----------|
| Pushups | 4-5 sets | 6-12 reps |
| Pike Pushups | 4-5 sets | 6-12 reps |
| Tricep Dips | 4-5 sets | 6-12 reps |
| Plank Shoulder Taps | 4-5 sets | 6-12 reps |

Day 4 - Lower

| Exercise | Sets | Reps |
|--------------|----------|-----------|
| Squats | 4-5 sets | 6-12 reps |
| Lunges | 4-5 sets | 6-12 reps |
| Glute Bridge | 4-5 sets | 6-12 reps |
| Calf Raises | 4-5 sets | 6-12 reps |

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Daily Nutrition Targets:

| Nutrient | Amount |
|-------------|--------|
| Protein (g) | 117g |
| Carbs (g) | 332g |
| Fats (g) | 67g |

| Meal | Recommended Food |
|-----------|----------------------------|
| Breakfast | Egg Omelette + Bread |
| Lunch | Rice + Chicken Curry + Veg |
| Snacks | Boiled Eggs, Protein Shake |
| Dinner | Grilled Chicken + Rice |