

Ai Fitness Plan

Summary: This fitness plan is designed for a 23-year-old male weighing 72kg, focusing on fat loss with a standard Sri Lankan budget. The workout plan emphasizes calorie-burning exercises, while the meal plan focuses on high-protein, low-sugar, and healthy fat options. The caloric strategy aims for a moderate deficit to promote sustainable fat loss, with budget-friendly meal options that align with local dietary habits.



Workout Plan - 8 weeks

Cardio Exercises

Exercise	Sets	Reps	Rest	Benefits	Execution
Running	1	30	5 mins	Improves cardiovascular health and burns calories.	Run at a moderate pace on a treadmill or outdoors for 30 minutes.
Jump Rope	3	100	1 min	Enhances coordination and burns calories.	Jump continuously for 100 reps maintaining proper form.
Cycling	1	45	5 mins	Increases endurance and burns calories.	Cycle at a steady pace for 45 minutes.
Burpees	4	15	1 min	Full-body workout that burns calories.	Perform a full burpee, jumping explosively at the end.

Strength_training Exercises

Exercise	Sets	Reps	Rest	Benefits	Execution
Push-ups	4	12	1 min	Builds upper body strength.	Perform a standard push-up, maintaining a straight back.
Squats	4	15	1 min	Strengthens lower body muscles.	Perform a bodyweight squat with a straight back.
Plank	3	30-60 seconds	1 min	Improves core stability.	Hold a plank position on forearms and toes, keeping the body straight.
Dumbbell Rows	3	12	1 min	Strengthens back muscles.	Bend forward with a dumbbell in each hand, pulling them towards your waist.



Meal Plan

Breakfast

Category	Examples
High-Protein Foods	Scrambled eggs with spinach, Oats with milk and banana

Lunch

Category	Examples
Balanced Meals	Grilled chicken with brown rice and vegetables, Lentil curry with quinoa

Dinner

Category	Examples
Low-Sugar Options	Fish curry with sweet potatoes, Tofu stir-fry with mixed vegetables

Snacks

Category	Examples
Healthy Fats	Almonds, Greek yogurt with honey



Caloric Deficit Strategy

Target Daily Calories	2000 kcal
Weight Projection(monthly)	Lose 2-3 kg
Fat Loss Prediction(weekly)	0.5-0.75 kg per week
Recommended Macros	Protein: 158.4g, Carbs: 250g, Fats: 56g



Budget-Friendly Meal Options

Protein Options

Meal	Protein	Carbs	Fats	Calories
Chicken Breast	31g	0g	3.6g	165 kcal
Tofu	8g	2g	4.8g	76 kcal

Lentils	9g	20g	0.4g	116 kcal
Eggs	13g	1.1g	10g	155 kcal

Carbs Options

Meal	Protein	Carbs	Fats	Calories
Brown Rice	2.6g	23g	0.9g	111 kcal
Oats	11g	66g	6.9g	389 kcal
Sweet Potatoes	1.6g	20g	0.1g	86 kcal
Quinoa	4.1g	21g	1.9g	120 kcal

Fats Options

Meal	Protein	Carbs	Fats	Calories
Avocado	2g	9g	15g	160 kcal
Peanut Butter	25g	20g	50g	588 kcal
Olive Oil	0g	0g	100g	884 kcal
Almonds	21g	22g	49g	576 kcal

