

Exercise and Diet Plan

Trainee_ID:-.....

Trainer_ID:-.....

Requirments_ID:-.....

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest	Lat	Biceps	Shoulder	Triceps	Leg	Rest

Monday

Body part	Exercises in order	Reps	Links
chest	Barbell bench press	3	
	Pec deck	2	
	Bent forward cable crossover	3	
	Chest press	3	
	Inclined dumbbell flies	3	
	Dips	5	
	Pushups	5	

Tuesday

Body part	Exercises in order	Reps	Links
Lat	<u>Pull-up</u>	3	
	Lat pull-down	2	
	Medicine ball slam	3	
	Reverse-grip barbell bent-over row	3	
	Dumbbell pull-over	3	

Wednesday

Body part	Exercises in order	Reps	Links
Triceps	Cable Rope Tricep Pushdown.	3	
	Lying Triceps Extension	2	
	Tricep Dips	3	
	Bench Dip	3	
	One-Arm Overhead Extension	3	

Thursday

Body part	Exercises in order	Reps	Links
Shoulder	Barbell Overhead Shoulder Press	3	
	Seated Dumbbell Shoulder Press	2	
	Front Raise	3	
	Reverse Pec Deck Fly	3	
	Reverse Cable Crossover	3	

Friday

Body part	Exercises in order	Reps	Links
Biceps	Alternating Incline Dumbbell Curl	3	
	Seated Alternating Hammer Curl	2	
	Standing Reverse Barbell Curl	3	
	Seated Alternating Dumbbell Curl	3	
	Standing Cable Curl	3	

Note:-

Take 1.5 minutes rest between each exercises.....

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Diet plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Scrambled eggs with mushrooms and oatmeal	Basta	Scrambled eggs with mushrooms and oatmeal	Basta	Scrambled eggs	Scrambled eggs	Basta
Lunch	Venison burger, white rice and broccoli.	Venison burger, white rice and broccoli.	Chicken burger, white rice and broccoli.	Chicken burger, white rice and broccoli.	Chicken burger, white rice and broccoli.	Chicken burger, white rice and broccoli.	Venison burger, white rice and broccoli.
Dinner	Salmon, quinoa and asparagus	Protein shake and a banana	Protein shake and a banana	Salmon, quinoa and asparagus	Protein shake and a banana	Protein shake and a banana	Salmon, quinoa and asparagus

Note:-Diet plan for 28 Days