

Your Workout Plan

Workout Plan for Moderate Intensity

Goal: Gain full body muscle

Target Weight: 58 kg

Time Commitment: 5 hours per week

Warm-up (5 minutes)

Jumping jacks

Arm circles

Knee raises

Workout (40 minutes)

Monday and Friday (Upper Body)

Barbell Bench Press: 3 sets of 8-12 repetitions

Dumbbell Rows: 3 sets of 10-15 repetitions per arm

Triceps Extensions: 3 sets of 12-15 repetitions

Bicep Curls: 3 sets of 10-15 repetitions

Tuesday and Thursday (Lower Body)

Squats: 3 sets of 8-12 repetitions

Leg Press: 3 sets of 10-15 repetitions

Hamstring Curls: 3 sets of 12-15 repetitions

Calf Raises: 3 sets of 20-25 repetitions

Wednesday (Rest)

Saturday (Core and Conditioning)

Plank: 3 sets of 30-60 seconds hold

Russian Twists: 3 sets of 20-30 repetitions

Burpees: 3 sets of 15-20 repetitions

Jump Rope: 10 minutes at moderate intensity

Cool-down (5 minutes)

Plan Generated by AI Workout Coach App Developed by Soham Soni



Credly

Stretching

Nutrition:

Consume a high-protein diet with 1.6-2.2 grams of protein per kilogram of body weight.
Include plenty of fruits, vegetables, and whole grains.
Stay hydrated by drinking 8-10 glasses of water per day.

Progression:

Gradually increase weight and sets over time as you get stronger.
If exercises become too easy, challenge yourself with variations or increase intensity.

Tips:

Maintain good form throughout the exercises.
Listen to your body and take rest days when needed.
Focus on compound exercises that work multiple muscle groups.
Consult with a healthcare professional or certified personal trainer if necessary.

Remember, consistency and dedication are key to achieving your fitness goals. Stay committed to your workout plan and make gradual adjustments as needed.

