

Personalized Recommendation PDF

Sumit,

Here are some home workout recommendations along with diet suggestions and a weekly gym workout plan to help you meet your fitness goals:

Home Workouts:

1. Bodyweight Circuit Training:

- 15-20 Squats
- 10 Push-ups
- 15 Lunges (8 reps per leg)
- 10 Plank Raises (alternating)
- Repeat the circuit 2-3 times.

2. Yoga Sun Salutations:

- Start in Mountain Pose (standing tall)
- Inhale, then downward-facing dog (upward motion)
- Exhale, then Cobra Pose (stretching out)
 - Repeat this cycle slowly for 10 rounds, trying to synchronize your breathing with your movements.

3. Chair dips:

- Find a stable chair or bench. Place your hands on the chair's edges, and position your feet in front of you, with your knees bent.
- Slowly lower yourself down, then push back up until your arms are straight. Aim for 10-15 reps.

4. Cardio Bursts:

- 30 seconds of Jumping Jacks
- 30 seconds of High Knees
- 30 seconds of Mountain Climbers (slow pace)
- 30 seconds of Ski Jumps
- Repeat this cycle for an intense 20-minute workout.

5. Resistance Band Routine:

- Loop a resistance band around your feet (or tie it to a fixed point if you have one)

Serve as an anchor.

- Do 10-12 reps of:
 - Bicep Curls
 - Overhead Presses
 - Resistance Squats
 - Deadlifts
 - Lying Chest Flyes
- Aim for 3 sets in total.

6. Jumping Jacks with Weights:

- Grab some light weights (2-3 lbs.)
- Do traditional Jumping Jacks, but with arms bent at 90 degrees, holding the weights

Breakfast Ideas:

1. Veg Breakfast Burrito (400 calories)

- 2 scrambled eggs, 1 whole wheat tortilla, 1/2 cup cooked spinach and mushrooms, 1/4 cup grated cheese, and 1 tomato slice.

2. Overnight Oats (250 calories)

- Mix 1/2 cup oats with 1/2 cup almond milk, 1/4 cup Greek yogurt, 1/2 banana, and 1/2 cup berries. Leave in the fridge overnight.

3. Smoothie Bowl (350 calories)

- Blend 1 cup frozen berries, 1/2 banana, 1/2 cup milk, and 2 tablespoons plain yogurt. Pour into a bowl and add toppings like chia seeds, flax seeds, or granola.

4. Veg Breakfast Sandwich (300 calories)

- 2 slices whole wheat toast, 1 egg scrambled with vegetables, 1 slice cheese, and 1 tablespoon tomato relish.

5. Veg Quinoa Breakfast Bowl (350 calories)

- Cook 1/2 cup quinoa with 1 cup almond milk, 1/4 cup raisins, 1/2 banana, and 1/4 teaspoon cinnamon. Top with nuts or seeds.

6. Veg Bagel Breakfast Stack (400 calories)

- 1 toasted veg bagel, 1 tablespoon hummus, 1/4 cup roasted veggies, 1/4 cup grated cheese, and 1 fried egg.

Dinner Options:

1. Grilled Veg Skewers (170 calories)

- Alternate pieces of bell pepper, zucchini, mushroom, and onion on a skewer. Grill, brushing with a little olive oil and garlic powder. Serve with rice.

2. Veg Chow Mein (300 calories)

- Stir-fry veggies like cabbage, bell peppers, mushrooms, and bean sprouts in 1 teaspoon of sesame oil. Add in cooked noodles and a splash of soy sauce and vinegar.

3. Roasted Veggie Lasagna (350 calories)

- Alternate layers of lasagna sheets, roasted veggies like eggplant, zucchini, and bell peppers, and a lite ricotta cheese mix (part-skim mozzarella, parmesan, and herbs).

4. Veg Quinoa Burger (400 calories)

- Mix cooked quinoa with grated carrot, onions, garlic, and spices like cumin and chili powder. Form into patties and grill or fry until crisp. Serve in whole wheat buns with toppings.

5. Spicy Veg Curry (250 calories)

- Cook vegetables like cauliflower, sweet potato, and peas in a saucepan with a blend of coconut milk, tomato paste, and spices like turmeric and cayenne. Serve over rice.

6. Veg Pasta Bake (350 calories)

- Cook pasta according to package instructions. Mix with roasted veggies like broccoli, zucchini, and peppers. Sprinkle with Parmesan and bake until crispy.

Weekly Gym Workout Plan:

Monday:

- Warm up: Static stretches and light cardio (e.g., treadmill or stationary cycling)
- Strength training: Focus on upper body with weights (e.g., bench press, dumbbell curls, and shoulder presses)
- Cardio: Follow your strength training with 20 minutes of moderate cardio (e.g., brisk walking or

jogging)

Tuesday:

- Warm up: Dynamic stretches and stationary cycling
- Strength training: Focus on lower body with weights (e.g., squats, lunges, and leg press)
- Cardio: 20 minutes of moderate cardio (brisk walking or jogging)

Wednesday:

- Warm up: Static stretches and treadmill walk
- Strength training: Focus on core and legs (e.g., squats, deadlifts, and various abdominal exercises)
- Cardio: Finish with 20 minutes of cardio (elliptical or brisk walking)

Thursday:

- Warm up: Dynamic stretches and rowing machine
- Strength training: Upper body focus (e.g., shoulder presses, pull-ups, and chest presses)
- Cardio: 20 minutes of moderate cardio (treadmill or stationary cycling)

Friday:

- Warm up: Static stretches and light cardio
- Strength training: Full-body circuit training (e.g., squats, bench press, dumbbell rows, and tricep dips)
- Cardio: 20 minutes of moderate cardio (brisk walking or jogging)

Saturday:

- Warm up: Dynamic stretches and stationary cycling
- High-intensity interval training (HIIT): Alternating between full-body exercises and short bursts of cardio (e.g., burpees, jumping jacks, and sprint intervals)

Sunday:

- Warm up: Static stretches and light cardio
- Yoga or Pilates: Focus on stretching, flexibility, and core strengthening

Sumit, this is a tailored plan to accommodate your dietary preferences and fitness goals. Remember to adjust eating amounts and workout intensity as your fitness and stamina increase. It's also recommended to vary your workouts over time.

Best wishes on your fitness journey!