

Personalized Recommendation PDF

Home Workouts:

1. Jumping Jacks: Stand with feet together and arms at sides. Jump with feet apart and arms overhead, then return to starting position. Repeat for 30 seconds.
2. High Knees: Stand with feet shoulder-width apart. Bring right knee towards chest, then lower and repeat with left knee. Continue alternating for 30 seconds.
3. Plank: Start in a push-up position, with forearms on the ground and body in a straight line from head to heels. Hold for 30 seconds.
4. Squats: Stand with feet shoulder-width apart. Lower hips towards the ground, keeping chest up and knees behind toes. Return to starting position. Repeat for 30 seconds.
5. Push-Ups: Start in a plank position. Lower chest towards the ground by bending elbows, then push back up to starting position. Repeat for 30 seconds.
6. Burpees: Stand with feet shoulder-width apart. Squat down, place hands on the ground, and jump feet back into a plank position. Lower chest towards the ground, then push back up and jump feet forward to return to starting position. Repeat for 30 seconds.

Breakfast Ideas:

1. Oatmeal with berries and nuts: 1 cup cooked oatmeal (130 calories), 1/2 cup berries (50 calories), 1/4 cup nuts (150 calories). Total: 330 calories
2. Whole-wheat toast with avocado and eggs: 2 slices whole-wheat toast (120 calories), 1/2 avocado (160 calories), 2 eggs (140 calories). Total: 420 calories
3. Smoothie with yogurt, fruit, and spinach: 1 cup Greek yogurt (150 calories), 1/2 cup fruit (50 calories), 1/2 cup spinach (10 calories). Total: 210 calories
4. Scrambled tofu with vegetables: 1/2 block tofu (100 calories), 1/2 cup vegetables (50 calories), 1

tbsp olive oil (120 calories). Total: 270 calories

5. Whole-grain cereal with milk and fruit: 1 cup whole-grain cereal (110 calories), 1 cup milk (120 calories), 1/2 cup fruit (50 calories). Total: 280 calories

6. Cottage cheese with fruit and granola: 1 cup cottage cheese (160 calories), 1/2 cup fruit (50 calories), 1/4 cup granola (100 calories). Total: 310 calories

Dinner Options:

1. Baked salmon with roasted vegetables: 4 ounces baked salmon (200 calories), 1 cup roasted vegetables (100 calories), 1/2 cup brown rice (100 calories). Total: 400 calories

2. Vegetarian chili with cornbread: 1 cup vegetarian chili (250 calories), 1 piece cornbread (150 calories). Total: 400 calories

3. Lentil soup with whole-wheat bread: 1 bowl lentil soup (200 calories), 2 slices whole-wheat bread (120 calories). Total: 320 calories

4. Grilled tofu with quinoa and broccoli: 4 ounces grilled tofu (150 calories), 1 cup cooked quinoa (120 calories), 1 cup broccoli (50 calories). Total: 320 calories

5. Pasta with marinara sauce and vegetables: 1 cup whole-wheat pasta (200 calories), 1 cup marinara sauce (100 calories), 1 cup vegetables (50 calories). Total: 350 calories

Gym Workout Plans:

Monday:

Barbell bench press: 3 sets of 8-12 reps

Incline dumbbell press: 3 sets of 8-12 reps

Triceps pushdowns: 3 sets of 10-15 reps

Dumbbell flyes: 3 sets of 10-15 reps

Tuesday:

Barbell back squat: 3 sets of 8-12 reps

Leg press: 3 sets of 8-12 reps

Hamstring curls: 3 sets of 10-15 reps

Calf raises: 3 sets of 15-20 reps

Wednesday:

Rest

Thursday:

Overhead press: 3 sets of 8-12 reps

Lateral raises: 3 sets of 10-15 reps

Bicep curls: 3 sets of 10-15 reps

Triceps extensions: 3 sets of 10-15 reps

Friday:

Deadlift: 3 sets of 8-12 reps

Romanian deadlifts: 3 sets of 10-15 reps

Glute bridges: 3 sets of 10-15 reps

Hamstring curls: 3 sets of 10-15 reps

Saturday:

Cardio: 30 minutes of running or cycling

Core exercises: 3 sets of 10-15 reps each

Sunday:

Rest