

■■■■■ Personalized Fitness Plan ■■■■■

7-Day Workout Plan for Muscle Gain with Diabetes

Required Equipment:

- * Treadmill or running shoes
- * Dumbbells (optional)

Workout Plan:

Day 1: Cardio and Lower Body

- * Treadmill: 30 minutes moderate-intensity run
- * Dumbbell squats: 3 sets of 12-15 repetitions
- * Dumbbell lunges: 3 sets of 12-15 repetitions per leg
- * Hamstring curls: 3 sets of 12-15 repetitions

Day 2: Rest

Day 3: Cardio and Upper Body

- * Treadmill: 30 minutes moderate-intensity run
- * Push-ups: 3 sets of 12-15 repetitions
- * Dumbbell rows: 3 sets of 12-15 repetitions per arm
- * Overhead press: 3 sets of 12-15 repetitions

Day 4: Rest

Day 5: Cardio and Core

- * Treadmill: 30 minutes moderate-intensity run
- * Plank: 3 sets of 30-second hold
- * Side plank: 3 sets of 30-second hold per side
- * Russian twists: 3 sets of 20-25 repetitions

Day 6: Rest

Day 7: Cardio and Rest

- * Treadmill: 30 minutes easy-pace walk
- * Dynamic stretching: 15-20 minutes

Diet Plan:

- * Focus on whole, unprocessed foods such as fruits, vegetables, lean protein, and whole grains.
- * Limit processed foods, sugary drinks, and unhealthy fats.
- * Follow a personalized meal plan that meets your individual dietary needs and diabetes management plan.
- * Work with a registered dietitian or healthcare professional for guidance.

Recovery Tips:

- * **Hydrate well:** Drink plenty of water before, during, and after workouts.
- * **Get enough sleep:** Aim for 7-9 hours of restful sleep each night.