

Continue

Provide More Details to Personalize Your Plan

Gender:

Select your gender Male Female Other

Age:

Weight:

kg lbs

Height:

cm ft

Fitness Goal:

Select your fitness goal Lose Weight Gain Weight  
Gain Muscle Maintain Weight

Target Weight:

Workout Type:

Select workout type Bodyweight Home Gym

Generate Workout

Your Personalized Workout Plan

	Week 1	Week 2	Week 3	Week 4	Week 5
--	--------	--------	--------	--------	--------

MON	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5
-----	---	---	---	---	---



TUE	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5
-----	---	---	---	---	---



WED	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5
-----	---	---	---	---	---



THU	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5
-----	---	---	---	---	---





FRI	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5
-----	---	---	---	---	---



SAT	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5
-----	---	---	---	---	---



SUN	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5	Based on the provided details, here is a personalized bodyweight workout plan for you to help you lose weight and reach your goal weight of 71 kg: Day 1: Full Body Workout 1. Warm-up: 5 minutes of jumping jacks 2. Squats: 3 sets of 12 reps 3. Push-ups: 3 sets of 10 reps 4. Lunges: 3 sets of 12 reps (each leg) 5. Plank: 3 sets of 30 seconds 6. Mountain climbers: 3 sets of 20 reps 7. Cool down: 5
-----	---	---	---	---	---

