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

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

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

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

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

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

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