

### ### 1. Overview Summary

At 23 years old, 175 cm tall, and weighing 72 kg, you're in a good position to achieve recomp simultaneously building muscle and losing fat. Your age offers a metabolic advantage, allowing for efficient recovery and muscle growth. A recomp approach is ideal because it focuses on body composition changes rather than solely focusing on weight loss or gain, which can be more sustainable and holistic. This plan will combine resistance training with a calorie-controlled diet to maximize muscle protein synthesis while creating a slight caloric deficit for fat loss.

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### ### 2. Customized Weekly Workout Plan (Push-Pull-Legs Split)

**\*\*Sunday:\*\* Rest**

**\*\*Monday (Push):\*\***

- \* **Bench Press:** 3 sets of 8-12 reps (approx. 250-300 calories burned)
- \* **Overhead Press:** 3 sets of 8-12 reps (approx. 150-200 calories burned)
- \* **Incline Dumbbell Press:** 3 sets of 10-15 reps (approx. 150-200 calories burned)
- \* **Triceps Pushdowns:** 3 sets of 12-15 reps (approx. 100-150 calories burned)
- \* **Dumbbell Lateral Raises:** 3 sets of 12-15 reps (approx. 50-100 calories burned)

**\*\*Tuesday (Pull):\*\***

- \* **Pull-ups (or Lat Pulldowns):** 3 sets of as many reps as possible (AMRAP) (approx. 200-300 calories burned)
- \* **Barbell Rows:** 3 sets of 8-12 reps (approx. 200-250 calories burned)
- \* **Seated Cable Rows:** 3 sets of 10-15 reps (approx. 150-200 calories burned)

\* \*\*Face Pulls:\*\* 3 sets of 15-20 reps (approx. 100-150 calories burned)

\* \*\*Bicep Curls:\*\* 3 sets of 12-15 reps (approx. 100-150 calories burned)

\*\*Wednesday (Legs):\*\*

\* \*\*Barbell Squats:\*\* 3 sets of 8-12 reps (approx. 300-400 calories burned)

\* \*\*Romanian Deadlifts:\*\* 3 sets of 10-15 reps (approx. 200-250 calories burned)

\* \*\*Leg Press:\*\* 3 sets of 12-15 reps (approx. 200-250 calories burned)

\* \*\*Hamstring Curls:\*\* 3 sets of 12-15 reps (approx. 100-150 calories burned)

\* \*\*Calf Raises:\*\* 3 sets of 15-20 reps (approx. 50-100 calories burned)

\*\*Thursday:\*\* Active Rest (light cardio like a brisk walk for 30 minutes, approx. 200 calories burned)

\*\*Friday (Push):\*\* Focus on variations of Monday's exercises with slightly lower weight and higher reps (e.g., incline dumbbell press replaced with dumbbell shoulder press). Aim for similar calorie burn.

\*\*Saturday (Pull):\*\* Focus on variations of Tuesday's exercises with slightly lower weight and higher reps. Aim for similar calorie burn.

\*\*Note:\*\* Calorie burn estimates are approximate and vary based on individual factors. Adjust weights to challenge yourself while maintaining proper form.

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### ### 3. Daily Nutrition Guidelines

\*\*Daily Macro Targets:\*\* 1800-2000 calories; 150-170g protein; 150-180g carbohydrates; 50-60g

fats.

**\*\*Breakfast (approx. 400-500 calories):\*\***

\* **\*\*Vegetarian:\*\*** Oats with milk/yogurt, nuts, and fruit; Besan Chilla with vegetables.

\* **\*\*Non-vegetarian:\*\*** Eggs (omelette or scrambled) with whole-wheat toast and avocado; Chicken breast with brown rice.

**\*\*Lunch (approx. 600-700 calories):\*\***

\* **\*\*Vegetarian:\*\*** Dal (lentil soup), brown rice, vegetables (palak paneer, chana masala, etc.); Salad with quinoa or brown rice.

\* **\*\*Non-vegetarian:\*\*** Chicken breast/fish with brown rice and vegetables (saag paneer, vegetable curry); Lentil soup with chicken.

**\*\*Dinner (approx. 500-600 calories):\*\***

\* **\*\*Vegetarian:\*\*** Vegetable curry with roti/chapati; Paneer tikka with brown rice; Vegetable stir-fry with brown rice.

\* **\*\*Non-vegetarian:\*\*** Chicken stir-fry with brown rice; Fish curry with brown rice and vegetables; Lean beef with vegetables and sweet potato.

**\*\*Snacks (approx. 300-400 calories total):\*\*** Fruits (apple, banana, berries), nuts (almonds, walnuts), Greek yogurt, protein shake.

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#### ### 4. Supplement Recommendations (Optional)

Creatine monohydrate can help increase strength and power output. A whey protein shake (or

plant-based protein if vegetarian/vegan) can assist with meeting daily protein goals. Consult a doctor or registered dietitian before starting any new supplements.

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### ### 5. Lifestyle & Safety Recommendations

Prioritize proper form during all exercises to avoid injuries. Start with lighter weights and gradually increase as you get stronger. Warm-up before each workout with 5-10 minutes of light cardio and dynamic stretching. Cool down with static stretches, holding each for 30 seconds. Listen to your body and rest when needed. Aim for 7-9 hours of quality sleep per night. Stay consistently hydrated throughout the day. Maintain good posture while sitting and standing. Avoid overtraining by incorporating rest days into your schedule. If you experience any pain, stop the exercise and consult a healthcare professional.