

# Comprehensive Routine: Gym, Daily Schedule, and Diet Plan

## 1. Gym Routine (Weekly Schedule)

### **\*\*Monday (Chest & Triceps):\*\***

- Chest Press (4 sets, 12 reps)
- Push-Ups (4 sets, 15-20 reps)
- Tricep Dips (4 sets, 12 reps)
- Cable Tricep Pushdowns (4 sets, 12 reps)
- Dumbbell Chest Flyes (4 sets, 12 reps)

### **\*\*Tuesday (Back & Biceps):\*\***

- Deadlifts (4 sets, 10-12 reps)
- Bent Over Rows (4 sets, 12 reps)
- Lat Pulldown (4 sets, 12 reps)
- Barbell Curl (4 sets, 12 reps)
- Hammer Curl (4 sets, 12 reps)

### **\*\*Wednesday (Leg Day):\*\***

- Squats (4 sets, 12 reps)
- Lunges (4 sets, 12 reps)
- Leg Press (4 sets, 12 reps)
- Calf Raises (4 sets, 20 reps)

### **\*\*Thursday (Shoulders & Abs):\*\***

- Shoulder Press (4 sets, 12 reps)

- Lateral Raise (4 sets, 12 reps)
- Front Raise (4 sets, 12 reps)
- Plank (3 sets, 30 seconds)
- Russian Twists (4 sets, 20 reps)

**\*\*Friday (Full Body):\*\***

- Deadlift (4 sets, 10 reps)
- Bench Press (4 sets, 10 reps)
- Pull-Ups (3 sets, as many as possible)
- Squats (3 sets, 12 reps)

**\*\*Saturday (Active Recovery):\*\***

- Light cardio (30 minutes)
- Stretching or Yoga (20 minutes)

## 2. Daily Routine with Gym, Communication Skills, Hobbies, Skin Care, and Girlfriend Time

**\*\*Early Morning (6:00 AM - 6:30 AM):\*\***

- Warm water with lemon + Soaked almonds and walnuts
- Hydrate and set goals for the day

**\*\*Breakfast (6:30 AM - 7:00 AM):\*\***

- Oats Upma with boiled egg or Moong Dal Chilla with buttermilk

**\*\*Pre-Workout Snack (4:30 PM - 5:00 PM):\*\***

- Banana with peanut butter or Greek Yogurt with honey and flax seeds

**\*\*Post-Workout (7:00 PM):\*\***

- Protein Shake, boiled eggs (2), fruit

**\*\*Dinner (8:00 PM - 9:00 PM):\*\***

- Grilled Chicken with steamed veggies and quinoa or Palak Tofu Curry with chapati

**\*\*Bedtime Snack (9:30 PM):\*\***

- Cottage cheese (Paneer) or Warm Milk with turmeric

**\*\*Free Time for Girlfriend (9:00 PM - 9:30 PM):\*\***

- Quality time together (movies, walk, conversations)

**\*\*Skin Care (9:00 PM - 9:30 PM):\*\***

- Moisturize, apply sunscreen

### 3. Diet Plan with Timing and Nutritional Breakdown

**\*\*Early Morning (6:00 AM - 6:30 AM):\*\***

- Warm Water with Lemon + Soaked Almonds and Walnuts
- Nutritional Benefits: Helps digestion, metabolism boost, healthy fats

**\*\*Breakfast (6:30 AM - 7:00 AM):\*\***

- Option 1: Oats Upma with boiled egg
- Option 2: Moong Dal Chilla with Buttermilk
- Nutritional Benefits: High protein, fiber, good carbs

**\*\*Pre-Workout Snack (4:30 PM - 5:00 PM):\*\***

- Banana with Peanut Butter or Greek Yogurt with Honey and Flaxseeds
- Nutritional Benefits: Quick energy and healthy fats

**\*\*Post-Workout (7:00 PM):\*\***

- Protein Shake + Boiled Eggs (2) or Paneer + Fruit
- Nutritional Benefits: Muscle recovery, protein, vitamins

**\*\*Dinner (8:00 PM - 9:00 PM):\*\***

- Option 1: Grilled Chicken + Steamed Veggies + Brown Rice
- Option 2: Palak Tofu Curry + Chapati
- Option 3: Chana Masala + Brown Rice
- Nutritional Benefits: Protein-packed meals, complex carbs for recovery

**\*\*Bedtime Snack (9:30 PM - 10:00 PM):\*\***

- Cottage Cheese (Paneer) or Warm Milk with Turmeric
- Nutritional Benefits: Casein protein, muscle recovery

**\*\*Hydration:\*\***

- Drink 3-4 liters of water daily to stay hydrated and support muscle function.

| Meal          | Calories | Protein | Carbs |
|---------------|----------|---------|-------|
| Early Morning | 100      | 3g      | 10g   |
| Breakfast     | 400      | 20g     | 50g   |
| Pre-Workout   | 200      | 6g      | 30g   |
| Post-Workout  | 350      | 25g     | 40g   |

|               |     |     |     |
|---------------|-----|-----|-----|
| Dinner        | 500 | 35g | 40g |
| Bedtime Snack | 200 | 15g | 15g |