

My age is 23. My body weight is 64kg. My BMI is 22.1. I want a chiseled body with well-defined abs, biceps, and thigh muscles. Prepare a diet and workout plan

At 23 years old with a body weight of 64kg and a BMI of 22.1, you're starting from an excellent foundation to develop a more defined physique. Your current metrics indicate you're in a healthy weight range, which provides an optimal starting point for both muscle development and definition. This comprehensive plan focuses on achieving your specific goals: well-defined abs, biceps, and thigh muscles through a strategic combination of targeted nutrition and specialized training.

Nutritional Strategy for Muscle Definition

Achieving a chiseled physique requires a carefully planned nutritional approach that balances muscle preservation with fat reduction. The foundation of your nutrition plan will focus on creating a slight caloric deficit while maintaining adequate protein intake to support muscle growth and recovery.

Caloric and Macronutrient Targets

For someone at your weight looking to get lean while preserving muscle, you'll need to implement a strategic approach to calorie management. The trick to getting ripped quickly is to cut calories primarily from carbohydrates while increasing protein intake. This approach safeguards your muscle mass during the fat-reduction process. It's important not to reduce calories too drastically, as this can trigger your body's starvation response, causing it to conserve and store energy rather than burn fat efficiently^[1].

Your daily caloric intake should create a modest deficit of approximately 300-500 calories below maintenance level. Based on your stats, this would be approximately 2000-2200 calories on training days and 1800-2000 calories on rest days. Your macronutrient breakdown should prioritize protein with approximately 2g per kg of body weight (around 128g daily), moderate fat intake of 0.8g per kg (about 51g), with the remainder coming from quality carbohydrates strategically timed around your workouts^[1].

Strategic Meal Timing and Frequency

Eating more frequently throughout the day helps maintain energy levels, stabilizes blood sugar, and controls portion sizes naturally. Aim for 5-6 smaller meals rather than 3 larger ones^[2]. This approach provides a steady stream of nutrients to your muscles while preventing the energy crashes that can lead to unhealthy food choices.

Carbohydrate timing is particularly important when pursuing a defined physique. On training days, consume most of your carbohydrates early in the morning and immediately before and after your workouts. This provides energy when you need it most and supports post-workout recovery^[1]. On rest days, reduce your carbohydrate intake and focus more on protein and healthy fats to support recovery without excess calories.

Sample Daily Meal Plan for Training Days

Breakfast (7:00 AM):

A protein-rich breakfast with 4 egg whites (scrambled or as an omelet), 2 slices of wholegrain bread, and 50g of oats with low-fat milk provides a balanced start to the day with a mix of proteins and complex carbohydrates^[1].

Mid-Morning Snack (10:00 AM):

A serving of hummus with oatcakes and 2 apples delivers a combination of protein, healthy fats, and natural sugars to maintain energy levels through the morning^[1].

Lunch (1:00 PM):

150g of lean turkey with Swiss cheese and mixed greens on wholegrain bread offers substantial protein with moderate carbohydrates to fuel afternoon activities^[1].

Pre-Workout Snack (3:30 PM):

A protein shake combined with a piece of fruit provides rapidly digestible nutrients to fuel your training session. Black coffee can be added as a natural performance enhancer^[1].

Post-Workout Meal (6:00 PM):

A balanced dinner consisting of 150g of stir-fried chicken, 150g of broccoli, and 150g of brown rice replenishes glycogen stores and delivers essential protein for muscle recovery^[1].

Evening Snack (8:30 PM):

200ml of Greek yogurt with a small serving of berries and a protein shake supports overnight recovery and muscle protein synthesis^[1].

Foods to Emphasize and Avoid

Successful body transformation requires eliminating counterproductive food choices while emphasizing nutrients that support your goals. Cut out junk food and sugary beverages completely, replacing them with nutrient-dense whole foods. Water should become your primary beverage, with a target of 3-4 liters daily. Dramatically reduce or eliminate alcohol consumption, as it provides empty calories and can inhibit muscle recovery and fat loss^{[2] [3]}.

Focus on high-quality protein sources like chicken breast, turkey, lean beef, eggs, fish, and plant-based options such as legumes and tofu. Complement these with complex carbohydrates from whole grains, vegetables, and fruits, while obtaining healthy fats from avocados, nuts, seeds, and olive oil.

Comprehensive Workout Strategy

Creating a chiseled physique requires a strategic training approach that combines resistance training with appropriate cardiovascular exercise. Your workout plan will focus on developing the specific areas you've highlighted (abs, biceps, and thighs) while ensuring balanced overall development.

Training Split Overview

A five-day training split provides optimal frequency for both muscle stimulation and recovery. This approach allows you to target specific muscle groups with sufficient volume while providing adequate recovery time^[4].

Resistance Training Framework

Day 1: Lower Body Focus (Quadriceps Emphasis)

Begin with compound movements that target the thighs comprehensively. Barbell squats should form the foundation of this workout, as they effectively stimulate the quadriceps, hamstrings, and glutes simultaneously. Perform 4 sets of 8-12 repetitions, progressively increasing weight while maintaining proper form^[5].

Follow with Bulgarian split squats, alternating between standard form and the "sprinter lunge" position to maximize thigh development. This exercise creates a deep stretch and demand on the muscles, particularly when leaning forward in the sprinter variation. Perform 3 sets of 10-12 repetitions per leg^[5].

Complete the workout with leg extensions, walking lunges, and leg press to fully fatigue the quadriceps and ensure comprehensive development of your thigh muscles.

Day 2: Upper Body Push (Chest, Shoulders, Triceps)

Focus on compound pushing movements like bench press, overhead press, and dips, followed by isolation exercises for complete development of the pushing muscles.

Day 3: Lower Body Focus (Hamstrings and Glutes Emphasis)

Emphasize the posterior chain with exercises like barbell hip thrusts, which specifically target glute development. Starting with your upper body and feet flat on the floor, position the barbell across your hips and drive upward by contracting your glutes and hamstrings. Perform 4 sets of 10-12 repetitions with appropriate weight^[5].

Complete the workout with Romanian deadlifts, lying leg curls, and glute bridges to ensure full development of the posterior thigh muscles.

Day 4: Upper Body Pull (Back and Biceps)

This day specifically targets your biceps goal through a combination of compound and isolation

exercises. Begin with chin-ups if possible, as they work both the back and biceps effectively. Move to barbell curls with a shoulder-width grip to work both heads of the biceps simultaneously. This exercise allows you to move maximum weight, stimulating greater muscle development^[6].

For peak bicep development, include incline dumbbell curls, which particularly stretch and develop the long head of the biceps. Follow with concentration curls and hammer curls to target all aspects of bicep development. For each exercise, perform 3-4 sets of 8-12 repetitions, taking each set to near muscle failure to maximize hypertrophy^[6].

Day 5: Core and Abs Focus

Dedicate this session specifically to developing the well-defined abs you're seeking. Include compound core exercises like hanging leg raises, cable crunches, and planks alongside more targeted movements like bicycle crunches and Russian twists.

Cardio Integration Strategy

To achieve the definition you're seeking, strategic cardiovascular training is essential. Implement Zone 2 cardio (moderate intensity where you can still maintain a conversation) three times weekly for 30 minutes. This approach efficiently burns fat while preserving muscle mass^[3].

On two non-consecutive days, add 15-20 minutes of high-intensity interval training (HIIT) following your resistance training. This can include sprint intervals, battle ropes, or cycling sprints (30 seconds of maximum effort followed by 90 seconds of recovery, repeated 8-10 times).

Progressive Overload and Training Principles

For continued development of a chiseled physique, progressive overload is essential. Each week, aim to increase either the weight, repetitions, or sets performed for each exercise. This constant challenge forces your muscles to continually adapt and grow.

Implement various training techniques to maximize muscle development:

For bicep development, use the pyramid training method on exercises like EZ-bar curls, increasing weight on each set while decreasing repetitions. This allows you to both build strength and stimulate hypertrophy in the same workout^[6].

For thigh development, incorporate supersets by pairing complementary exercises like squats with leg extensions or lunges with leg curls, performing them back-to-back with minimal rest to increase metabolic stress and muscle growth stimulus.

For abdominal definition, use circuit training with minimal rest between exercises to increase caloric expenditure while simultaneously building muscle endurance and definition.

Supplementation and Recovery Strategy

While nutrition and training form the foundation of your transformation, strategic supplementation can provide additional support. Consider a high-quality whey protein supplement to ensure adequate protein intake, particularly around workouts. Creatine monohydrate has extensive research supporting its efficacy for increasing strength and muscle development^[2].

Recovery is equally important as the training itself. Ensure you're getting 7-9 hours of quality sleep nightly, as this is when much of your muscle repair and growth occurs. Implement active recovery techniques such as light stretching, foam rolling, or swimming on rest days to promote blood flow and reduce muscle soreness.

Weekly Implementation Schedule

Monday:

- Morning: Lower Body Workout (Quadriceps Focus)
- Nutrition: Higher carbohydrate day timed around workout
- Evening: 30 minutes Zone 2 cardio

Tuesday:

- Morning: Upper Body Push Workout
- Nutrition: Moderate carbohydrate day
- Evening: Core/Abs workout (20 minutes)

Wednesday:

- Morning: Active Recovery (30 minutes walking)
- Nutrition: Lower carbohydrate day
- Evening: 20 minutes HIIT session

Thursday:

- Morning: Lower Body Workout (Hamstrings/Glutes Focus)
- Nutrition: Higher carbohydrate day timed around workout
- Evening: Core/Abs workout (20 minutes)

Friday:

- Morning: Upper Body Pull Workout (Biceps Focus)
- Nutrition: Moderate carbohydrate day
- Evening: 30 minutes Zone 2 cardio

Saturday:

- Morning: Full Core/Abs Focus Workout
- Nutrition: Lower carbohydrate day

- Evening: 20 minutes HIIT session

Sunday:

- Complete Rest Day
- Nutrition: Lowest carbohydrate day, focus on protein and healthy fats
- Meal preparation for the upcoming week

Monitoring Progress and Adjustments

Track your progress using multiple metrics rather than relying solely on the scale. Take weekly photos in consistent lighting and positions to visually assess changes in muscle definition. Measure key body parts (waist, thighs, arms) every two weeks to track changes in composition.

Adjust your plan based on results. If definition isn't improving after 3-4 weeks, further reduce carbohydrate intake on non-training days. If strength gains stall, consider increasing calories slightly on training days or implementing a one-week maintenance phase before continuing with the deficit.

Long-term Sustainability and Progression

This plan is designed to be sustainable while producing consistent results. After 10-12 weeks, evaluate your progress and consider implementing a 2-week maintenance phase at caloric balance before deciding whether to continue cutting for more definition or enter a lean gaining phase to build additional muscle.

The key to long-term success is consistency with both nutrition and training. Rather than viewing this as a temporary program, approach it as a lifestyle shift that can be maintained and adjusted based on your evolving goals. The principles of protein prioritization, strategic carbohydrate timing, and progressive resistance training will serve you well regardless of whether your future goals involve further definition, increased muscle mass, or simply maintaining your newly chiseled physique.

Conclusion

Achieving a chiseled physique with well-defined abs, biceps, and thigh muscles requires a synchronized approach to both nutrition and training. The plan outlined here provides you with all the necessary components to transform your physique over the coming months. Your current metrics indicate you're in an ideal position to implement these strategies successfully.

Remember that consistency is far more important than perfection. Focus on adhering to the core principles of this plan: maintaining a modest caloric deficit, prioritizing protein intake, implementing progressive resistance training with emphasis on your target areas, and allowing adequate recovery. By systematically following this approach while monitoring your progress and making evidence-based adjustments, you'll develop the defined, muscular physique you're seeking.

1. <https://www.menshealth.com/uk/nutrition/a745471/eat-to-get-ripped-144983/>
2. <https://athleanx.com/articles/abs-for-men/diet-plan-for-a-6-pack-follow-this>
3. <https://www.youtube.com/watch?v=ZLmUDtbe1O8>
4. <https://www.zumub.com/blog/en/muscle-definition-workout-plan-advanced-level/>
5. <https://athleanx.com/articles/legs-for-men/leg-workouts>
6. <https://shop.bodybuilding.com/blogs/training/arm-workouts-for-men-to-build-bigger-biceps>