

## **Strength Building Course & Meal Plan**

### **Week 1–4: Foundation Strength**

#### **Exercises:**

1. Squats – 4 sets, 10 reps
2. Push-ups – 4 sets, 12 reps
3. Dumbbell Rows – 3 sets, 10 reps each side
4. Plank – 3 sets, hold 45 sec
5. Lunges – 3 sets, 12 reps each leg

**Rest:** 60–90 sec between sets

**Frequency:** 4 days/week

### **Week 5–8: Progressive Overload**

#### **Exercises:**

1. Barbell Squats – 5 sets, 5 reps
2. Bench Press – 5 sets, 5 reps
3. Deadlift – 4 sets, 5 reps
4. Shoulder Press – 4 sets, 6 reps
5. Pull-ups – 3 sets, max reps

**Rest:** 90–120 sec between sets

**Frequency:** 5 days/week

## **Week 9–12: Advanced Strength**

### **Exercises:**

1. Front Squats – 5 sets, 3–5 reps
2. Barbell Deadlifts – 5 sets, 3–5 reps
3. Push Press – 4 sets, 5 reps
4. Bent-over Row – 4 sets, 6 reps
5. Core circuit (Plank, Hanging Leg Raise, Russian Twist) – 3 rounds

**Rest:** 120 sec between sets

**Frequency:** 5 days/week

### **Nutrition Plan:**

#### **Daily Macronutrient Targets:**

Protein: 1.6–2.2g per kg bodyweight

Carbs: Moderate to high (200–350g depending on activity)

Fats: 60–80g

#### **Meal Plan Example:**

##### **Breakfast:**

- Oats with banana, almonds, honey
- 2 boiled eggs

##### **Lunch:**

- Brown rice or chapati
- Chicken breast or paneer
- Vegetables

**Pre-Workout:**

- Banana or peanut butter sandwich

**Post-Workout:**

- Whey protein shake or yogurt + fruit

**Dinner:**

- Grilled fish/chicken or dal
- Mixed veggies

**Snacks:**

- Nuts, fruits, Greek yogurt

**Hydration:**

- 3–4 L water/day

**Recovery Guidelines:**

- Sleep 7–9 hours
- Stretching after workout
- One full rest day each week