

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