

Personalized Fitness & Nutrition Plan

Client Profile:

- Age: 26
- Height: 5'4" (162.6 cm)
- Weight: 60 kg
- Neck: 15"
- Waist: 35"
- Hips: 34"
- Arms: 10.5"

Goal: Reduce belly fat while building muscle in arms, chest, and legs.

Nutrition Plan

- Estimated BMR: ~1,400 kcal/day
- Recommended intake for fat loss (moderate deficit): ~1,700-1,800 kcal/day
- Macronutrient split:
 - Protein: 110-130g/day
 - Carbs: 150-180g/day
 - Fats: 50-60g/day

Workout Plan (5-Day Split)

Day 1: Upper Body (Push)

- Bench Press (Machine or Barbell): 4x10
- Shoulder Press: 3x12
- Triceps Pushdown: 3x15
- Incline Dumbbell Press: 3x10
- Lateral Raises: 3x12

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Day 2: Lower Body

- Leg Press: 4x12
- Walking Lunges: 3x10 each leg
- Romanian Deadlifts (Dumbbells): 3x10
- Leg Extensions: 3x12
- Standing Calf Raises: 3x15

Day 3: Core + Cardio

- Plank: 3x30 sec
- Cable Crunches: 3x15
- Russian Twists (with weight): 3x20
- 25 min Stairmaster or HIIT Treadmill

Day 4: Upper Body (Pull)

- Lat Pulldown: 4x10
- Seated Row: 3x12
- Face Pulls: 3x15
- Dumbbell Bicep Curl: 3x12
- Hammer Curl: 3x12

Day 5: Total Body Circuit

- Kettlebell Swings: 3x20
- Battle Ropes: 3x30 sec
- Jump Squats: 3x15
- Dumbbell Snatch or Clean: 3x8 each arm

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Rest Days: Light walking, stretching, or yoga encouraged.