

🏋️ AI Personalized 5-Day Workout Planner

Name: Bhavya

Gender: Female

Height (cm): 153

Weight (kg): 46

Fitness Goal: Build Muscle

Fitness Level: Beginner

Available Equipment: Dumbbells, Resistance Band

Your BMI: 19.65 (Normal Weight)

Creating your personalized workout plan...

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Your 5-Day Workout Plan

Here's a 5-day personalized dumbbell and resistance band workout plan for Bhavya, designed for beginner-friendly muscle-building while keeping intensity safe and progressive. Since her BMI is in the normal range (19.65), the focus will be on hypertrophy (muscle growth) with controlled volume, proper form, and progressive overload.

Key Notes for Bhavya:

 **Warm-up:** 5-10 mins of light cardio (jumping jacks, jogging in place) + dynamic stretches (arm circles, leg swings, bodyweight squats).  **Progressive Overload:** Increase weight (by 0.5-1 kg per week) or resistance when she can complete all sets/reps with good form and minimal fatigue.  **Rest:** 60-90 sec between sets (longer for heavy lifts).  **Reps/Tempo:** 3-4 sec eccentric (lowering phase) for all lifts to maximize muscle engagement.  **Nutrition Tip:** To build muscle, aim for ~1.6g protein/kg of body weight (~74g protein/day for Bhavya) and a small calorie surplus (200-300 kcal above maintenance).

Day 1: Upper Body (Push Focus – Chest, Shoulders, Triceps)

Equipment: Dumbbells, Resistance Band

Exercise	Sets x Reps	Rest	Notes
Warm-up	-	-	Arm circles, band pull-aparts, banded rows
Seated Dumbbell Shoulder Press	3 x 10-12	90 sec	Start with 3-5 kg (adjustable). Keep core tight.
Dumbbell Bench Press (Flat or Incline)	3 x 10-12	90 sec	5-8 kg per dumbbell. Feet planted for stability.
Resistance Band Chest Press	3 x 12-15	60 sec	Anchor band behind you (e.g., to a pole). Full stretch at bottom.

Resistance Band Chest Press	3 x 12-15	60 sec	stretch at bottom.
Dumbbell Lateral Raises	3 x 10-12	90 sec	3-5 kg, slow and controlled (avoid jerking).
Overhead Dumbbell Triceps Extension	3 x 10-12	60 sec	3-5 kg, keep elbows in, no swinging.
Triceps Dips (on Bench/Chair)	3 x 8-10	90 sec	Lean forward slightly to reduce shoulder strain.
Resistance Band Bicep Curls	3 x 12-15	60 sec	Stand on band for tension. Slow negatives.
Plank (on Floor or Incline)	3 x 20-30 sec	60 sec	Engage core; modify with knees if needed.

Total Work Time: ~45-50 mins **Optional Finisher:** 5 mins of **light calisthenics** (push-ups on knees, wall sit) or **banded shoulder dislocates** (1 x 10, easy pace).

Day 2: Lower Body (Quad & Glute Focus)

Equipment: Dumbbells, Resistance Band

Exercise	Sets x Reps	Rest	Notes
Warm-up	-	-	Bodyweight squats, lunges, glute bridges
Goblet Squat	3 x 10-12	90 sec	6-10 kg, feet shoulder-width apart. Keep knees aligned with toes.
Dumbbell Step-Ups (on Bench)	3 x 8-10 (each leg)	90 sec	5-8 kg, controlled movement. Focus on glute activation.
Resistance Band Glute Bridges	3 x 12-15	60 sec	Loop band above knees, squeeze glutes at the top.
Dumbbell Romanian Deadlifts	3 x 10-12	90 sec	4-6 kg, hinge at hips (not round back). Squeeze glutes at the top.

Dumbbell Step-Ups (on Bench)	3 x 8–10 (each leg)	90 sec	5–8 kg , controlled movement. Focus on glute activation.
Resistance Band Glute Bridges	3 x 12–15	60 sec	Loop band above knees, squeeze glutes at the top.
Dumbbell Romanian Deadlifts	3 x 10–12	90 sec	4–6 kg , hinge at hips (not round back). Squeeze glutes at the top.
Band-Assisted Bodyweight Squats	3 x 12–15	60 sec	Hold band in front of chest for light resistance.
Dumbbell Walking Lunges	3 x 8–10 (each leg)	90 sec	5 kg , slow step, keep torso upright.
Seated Leg Extensions (Dumbbell)	3 x 10–12	60 sec	6–8 kg , avoid locking knees.
Calf Raises (Bodyweight or Holding Dumbbells)	3 x 15	30 sec	Optional if calf growth is desired.

Total Work Time: ~45–50 mins **Optional Finisher:** 5 mins of light cardio (jogging, cycling) or banded clamshells (1 x 12 each side, for glute medius).

Day 3: Active Recovery / Core & Mobility

Equipment: Resistance Band (or none)

Exercise	Sets x Reps	Rest	Notes
Warm-up	-	-	Gentle yoga or stretching (focus on hips, shoulders, hamstrings).
Dead Bug (with Band or None)	3 x 10–12 (each side)	60 sec	Band under feet for resistance (optional). Maintain neutral spine.
Palloff Press (Banded Anti-Rotation)	3 x 8–10 (each side)	60 sec	Stand on band , press out and hold 2 sec. Rotate slowly.
Seated Russian Twists (Dumbbell)	3 x 12–15 (each side)	60 sec	3–5 kg , keep core engaged. Start with knees bent if needed.

Seated Russian Twists (Dumbbell)	3 x 12–15 (each side)	60 sec	3–5 kg, keep core engaged. Start with knees bent if needed.
Bird Dogs (Bodyweight or Banded)	3 x 10 (each leg)	60 sec	Slow and controlled; add band under knee for progression.
Standing Banded Woodchoppers	3 x 10 (each side)	60 sec	Start with 10–12 kg band (or none). Rotate from low to high.
Bodyweight Glute Bridge Hold	3 x 20–30 sec	60 sec	Squeeze glutes at the top; add band above knees later.
Light Cardio / Walk	20–30 mins	-	Optional: Brisk walk, cycling, or swimming.

Total Work Time: ~30–40 mins **Goal:** Improve mobility, activate core, and promote recovery.

Day 4: Upper Body (Pull Focus – Back, Biceps, Rear Delt)

Equipment: Dumbbells, Resistance Band

Exercise	Sets x Reps	Rest	Notes
Warm-up	-	-	Band pull-aparts, cat-cow stretch, arm swings.
Seated Dumbbell Rows	3 x 10–12	90 sec	5–8 kg, keep back flat, pull to waist.
Resistance Band Lat Pulldowns	3 x 12–15	60 sec	Anchor band high (e.g., door, pole). Control descent.
Dumbbell Reverse Flys (Bent-Over)	3 x 10–12	90 sec	3–5 kg, slight bend in knees. Squeeze shoulder blades.
Banded Face Pulls	3 x 12–15	60 sec	Anchor band at eye level , pull band to forehead.
Dumbbell Bicep Curls	3 x 10–12	60 sec	4–6 kg, avoid swinging.