

Meal and Workout Plan

Name: Edgar Cure

Age: 25

Plan Type: Weight Loss

Meal Plan

Chicken Breast with Quinoa and Cucumber, optional dessert: Grapefruit

Beef with Potato and Bell Pepper, optional dessert: Passion Fruit

Salmon with Rice and Spinach, optional dessert: Apple

Workout #1

Cardio:

- Running - 60 min

Weight Lifting Exercises:

- Squat - 15 reps / 4 sets - 10 pounds

- Chest Fly - 15 reps / 4 sets - 10 pounds

- Dead Lift - 15 reps / 4 sets - 10 pounds

Gym Machine Exercises:

- Leg Press - 15 reps/4 sets - 10 pounds

- Leg Curl - 15 reps/4 sets - 10 pounds

- Chest Bench Press - 15 reps/4 sets - 10 pounds

Workout #2

Cardio:

- Swimming - 60 min

Weight Lifting Exercises:

- Dead Lift - 15 reps / 4 sets - 10 pounds

- Biceps Curl - 15 reps / 4 sets - 10 pounds

- Chest Pushup - 15 reps / 4 sets - 10 pounds

Gym Machine Exercises:

- Chest Bench Press - 15 reps/4 sets - 10 pounds

- Back Pulldown - 15 reps/4 sets - 10 pounds

- Shoulder Press - 15 reps/4 sets - 10 pounds

Workout #3

Cardio:

- Cycling - 60 min

Weight Lifting Exercises:

- Squat - 15 reps / 4 sets - 10 pounds

- Chest Fly - 15 reps / 4 sets - 10 pounds

- Chest Pushup - 15 reps / 4 sets - 10 pounds

Gym Machine Exercises:

- Back Pulldown - 15 reps/4 sets - 10 pounds

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| - Shoulder Press - 15 reps/4 sets - 10 pounds |
| - Triceps Pushdown - 15 reps/4 sets - 10 pounds |