

## Meal and Workout Plan

Name: Christine Cure

Age: 28

Plan Type: Weight Loss

<b>Meal Plan</b>
Chicken Breast with Potato and Cucumber, optional dessert: Apple
Salmon with Rice and Spinach, optional dessert: Kiwi

<b>Workout #1</b>
Cardio:
- Swimming - 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
<b>Workout #2</b>
Cardio:
- Cycling - 60 min
Weight Lifting Exercises:
- Shoulders Lateral Raise - 15 reps / 4 sets - 10 pounds
- Chest Pushup - 15 reps / 4 sets - 10 pounds
- Biceps Curl - 15 reps / 4 sets - 10 pounds
Gym Machine Exercises:
- Triceps Pushdown - 15 reps/4 sets - 10 pounds
- Shoulder Press - 15 reps/4 sets - 10 pounds
- Back Pulldown - 15 reps/4 sets - 10 pounds