

Phase 1 : Goal To Reach 68Kg From 74kg

Daily Workout Plan :

5 min running + 1 min rest × 6rep

30 sec sprint + 1 min rest × 6 reps

Full Body Workout From App

Daily diet for fat loose :

Mung dal | (Moong Khichdi)

Soya chunks | (salad or sabhaji)

Chana | (Salad with boiled chana)

Drink Every Day :

Lemon + ginger + black salt = drink with warm water