Fitness

📊 Your Profile

- **Age**: 19

- **Height**: 5'11" (~180 cm)

- **Goal**: Weight loss (fat loss, keep lean muscle)

- **Activity**: Remote job (sedentary)

- **Equipment**: None (home workouts only)

- **Time**: 6 days/week available

🏋️ Workout Plan (6 Days – Bodyweight Only)

👉 **Structure**:

- **3 Days Strength + HIIT** (burn fat + build lean muscle)

- **3 Days Cardio/Active Recovery** (walking, stretching, yoga, mobility)

🔥 Strength + HIIT (Mon, Wed, Fri)

Do this circuit **3–4 rounds** (30s work, 15s rest). Rest 1–2 min after each round.

1. Jumping Jacks – 30 sec

2. Push-ups – 10–15 reps

3. Squats – 15–20 reps

4. Mountain Climbers – 20 each leg

5. Plank – 30–45 sec

6. Burpees – 8–12 reps

🏃 Cardio / Active Recovery (Tue, Thu, Sat)

- Brisk walking/jogging – 20–30 mins **OR**

- Skipping rope (if you can get one, it's cheap & effective) – 5 rounds of 1 min skip, 1 min rest

- Yoga/stretching – 15–20 mins

🌙 Sunday = Full Rest

🍽️ Nutrition Plan (Simple & Cheap)

Golden rule for fat loss:

👉 Eat in a **calorie deficit** (burn more than you eat).

👉 High protein, moderate carbs, low sugar & junk.

✅ Eat More Of:

- Eggs, chicken, fish, lentils, beans

- Vegetables (spinach, broccoli, carrots, cucumber, etc.)

- Fruits (apple, banana, orange, berries)

- Whole grains (brown rice, oats, whole wheat roti)

- Nuts (almonds, walnuts – small handful daily)

❌ Avoid / Limit:

- Sugary drinks (cola, juices, energy drinks)

- Junk food (burgers, fries, pizza)

- Too much bread/white rice

- Late night snacking

📌 **Meal Example (Cheap & Easy):**

- Breakfast: 2 boiled eggs + oats/banana

- Lunch: Grilled chicken / lentils + salad + 1 roti

- Snack: Apple + handful of almonds

- Dinner: Chicken/fish/beans + veggies

- Water: At least 2–3 liters per day

🎯 Extra Fat-Loss Boost

- **Walk at least 8,000–10,000 steps daily** (use your phone pedometer).

- **Sleep 7–8 hours** — bad sleep = fat gain.

- **Intermittent fasting (16:8)** works great for fat loss at your age (skip breakfast, eat between 12pm–8pm).

⚡ With this plan, you can **drop 1–2 kg per week** safely if you stay consistent. In 3 months, you'll look *much leaner and sharper*.

Do you want me to **make you a daily workout schedule (Day 1 → Day 6)** so you know *exactly what to do each day*?