



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT



DIET PLAN



WORKOUT PLAN



EXPERT GUIDE

Main Goal: Weight Gain

Time Per Workout: 60 Minutes

Training Level: Beginner

Target Gender: Male and Female

Program Duration: 8 Weeks

Trainer: Peter Roger

Days per Week: 4 Days

Result: 5 Kg of weight increase after the Program Completion

DIET PLAN

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	3 Eggs	Steak with Rice	Vegetable Salad	Almond Rice with Date	Fruit Salad with Honey	Fruit Salad with Honey	Milk Rice
	Red Rice	Oat Meal 80G	Protien Pancake	Toasted Bread	Oat Meal 80G	Oat Meal 80G	3 Green Apples
	2 cups of Youghurt	2 cups of Youghurt	Milk 180ml	2 cups of Youghurt	Milk 180ml	Milk 180ml	2 cups of Youghurt
Lunch	Rice with Beef 250G	Rice with Chicken 250G	Rice with Beef 250G	Rice with Beef 250G	Rice with Fish 140G	Rice with Fish 140G	Rice with Chicken 250G
Evening	2 Bananas	Sweet Potatoes 180G	Lemon Rice	2 Bananas	Sweet Potatoes 180G	Biscuits with Cheese	Sweet Potatoes 180G
	Protien Shake	Protien Shake	Protien Shake	Protien Shake	Protien Shake	Protien Shake	Protien Shake
Dinner	Rice with Beef 250G	Rice with Chicken 250G	Rice with Beef 250G	Rice with Beef 250G	Rice with Fish 140G	Rice with Fish 140G	Rice with Chicken 250G

WORKOUT PLAN

Reps and Sets	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12*3	Squats	Rest	Squats	Rest	Squats	Rest	Squats
12*3	Leg Press	Rest	Incline Bench Press	Rest	Leg Press	Rest	Bicep Curls
12*3	Bicep Curls	Rest	Decline Bench Press	Rest	Bicep Curls	Rest	Tricep Curls
12*3	Tricep Curls	Rest	Bench Press	Rest	Tricep Curls	Rest	Lateral Raise
12*3	Chest Press	Rest	Back Extension	Rest	Chest Press	Rest	Upright Row
12*3	Pull Ups	Rest	Lat Pull Down	Rest	Pull Ups	Rest	Seated Row
12*3	Shoulder Press	Rest	Chest Flys	Rest	Shoulder Press	Rest	Planks
12*3	Calves Raise	Rest	Abdominal Crunch	Rest	Calves Raise	Rest	Abdominal Crunch

EXPERT GUIDE

These terms will help you understand what is discussed throughout this manual and give you a better understanding of some of the common gym lingo.

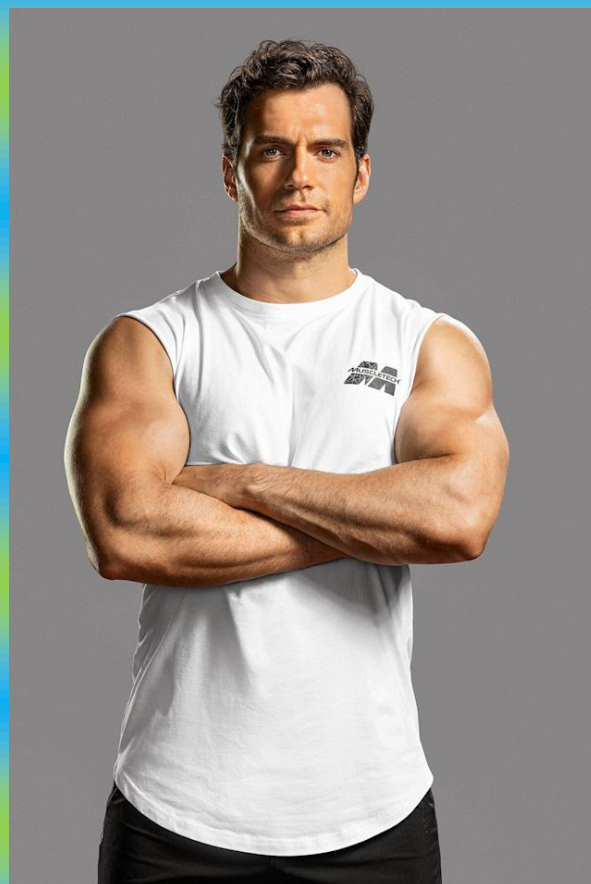
- 1. Abs, abdominals:** The muscle in the front of the stomach that form the six-pack when once body fat is fairly low. Their function is to draw the base of the ribcage and the hips towards each other, as occurs when performing crunches.
- 2. Aerobic:** Aerobic means requiring oxygen. When describing exercise, it refers to extended sustained levels of exertion during which metabolic processes that provide energy are dominated by the complete oxidation of nutrients.
- 3. Amino acids:** Basic building blocks of protein.
- 4. Body fat percentage:** The amount of fat in your body, generally expressed as a percentage.
- 5. Compound Exercise:** An exercise that targets a muscle group simultaneously; usually the movement involves flexing or extending at least two joints. Lat pull downs, squats, and bench press are all compound movements. Exercises like leg curls, leg extensions, and flyes are not compound movements.

6. Electrolytes: Minerals such as sodium, potassium, magnesium, and calcium used by cells in the creation and elimination of membrane potentials used to propagate nerve impulses and muscular contraction.

7. Failure: Lifting a weight until your muscles are so fatigued they cannot perform another repetition.

8. Forced rep: A repetition performed with assistance from a spotter after a lifter has reached the point of failure with a given weight.

11. One rep maximum: The greatest amount of weight that can be handled by a lifter for a single repetition in good form.



Peter Roger (PhD in Fitness and Personal Training)