Overweight:

BMI between 25 and 29.9

Individuals in this category have a BMI that is considered above the healthy range. Being overweight can be due to excess body fat, genetics, or a combination of both. Individuals who are overweight may be at increased risk for health problems such as high blood pressure, type 2 diabetes, and heart disease. Maintaining a healthy weight through regular physical activity and a balanced diet can reduce the risk of developing these health problems.

Losing weight involves creating a calorie deficit, which means consuming fewer calories than your body needs. Along with a balanced and nutritious diet, here are some tips on how to lose weight with foods:

1. Calorie control: Monitor your calorie intake by tracking your meals and snacks. Focus on consuming nutrient-dense foods that are lower in calories but high in vitamins, minerals, and fiber.
2. Portion control: Pay attention to portion sizes to avoid overeating. Use smaller plates and bowls, and be mindful of serving sizes recommended for each food group.
3. Balanced meals: Include a combination of lean protein, whole grains, fruits, vegetables, and healthy fats in your meals. This helps you feel satisfied and provides essential nutrients.
4. Reduce refined carbohydrates: Limit foods high in refined carbohydrates, such as white bread, pasta, sugary snacks, and processed foods. Instead, choose whole grains like quinoa, brown rice, and whole wheat products.
5. Increase fiber intake: Fiber-rich foods help you feel full for longer and support digestion. Include sources of fiber like fruits, vegetables, whole grains, legumes, and nuts in your meals.
6. Choose lean protein: Opt for lean protein sources like skinless poultry, fish, tofu, legumes, and low-fat dairy products. These provide essential nutrients without excess fat and calories.
7. Healthy fats: Include sources of healthy fats, such as avocados, nuts, seeds, and olive oil. These fats promote satiety and support overall health.
8. Stay hydrated: Drink plenty of water throughout the day. Water can help curb hunger, support digestion, and replace sugary drinks.
9. Mindful eating: Pay attention to your body's hunger and fullness cues. Eat slowly, savor each bite, and avoid distractions while eating.
10. Limit added sugars and processed foods: Reduce your consumption of sugary beverages, sweets, snacks, and processed foods, as these are often high in calories and low in nutrients.

**Meal Plan:**

**Breakfast:**

* Option 1: Champorado (chocolate rice porridge) made with whole grain brown rice, unsweetened cocoa powder, and low-fat milk. Serve with a side of hard-boiled egg.
* Option 2: Sinangag (garlic fried rice) made with brown rice, mixed with sautéed vegetables (e.g., carrots, bell peppers, green beans), and topped with a small serving of lean protein (e.g., diced chicken breast, shrimp, tofu).

**Mid-Morning Snack:**

* Option 1: Saba (boiled or steamed plantain banana).
* Option 2: Ginataang bao (young coconut) strips.

**Lunch:**

* Option 1: Grilled or baked chicken adobo (marinated in vinegar, soy sauce, garlic, and spices) served with a side of steamed vegetables and brown rice.
* Option 2: Sinigang (tamarind-based soup) with lean protein (e.g., fish, chicken, shrimp) and a variety of vegetables (e.g., kangkong, okra, radish, tomatoes) served with a small portion of white rice.

**Afternoon Snack:**

* Option 1: Ginisang bagoong (sautéed shrimp paste) with green mango slices or boiled vegetables.
* Option 2: Tokwa't baboy (fried tofu and pork) with a side of vinegar dipping sauce.

**Dinner:**

* Option 1: Grilled fish (e.g., bangus, tilapia) served with ensaladang talong (grilled eggplant salad) and a small portion of steamed brown rice.
* Option 2: Pinakbet (mixed vegetables cooked in shrimp paste) with lean protein (e.g., lean pork, shrimp) served with a small portion of white rice.

**Evening Snack:**

* Option 1: Halo-halo (a mixed dessert) made with crushed ice, mixed fruits, sweet beans, and a small portion of evaporated milk (use less sugar or opt for sugar-free versions).
* Option 2: Kamote cue (sweet potato skewers) roasted with a sprinkle of brown sugar.

**Fluid Intake:**

* Stay hydrated throughout the day by drinking plenty of water. You can also enjoy traditional Filipino beverages like sago't gulaman (sweetened tapioca and gelatin drink) or buko juice (coconut water).

**General Guidelines:**

* Focus on incorporating lean protein sources such as chicken, fish, shrimp, tofu, and lean cuts of pork.
* Opt for whole grains like brown rice or whole grain bread instead of white rice or refined grains.
* Include a variety of vegetables in your meals, both cooked and raw.
* Use healthier cooking methods like grilling, baking, steaming, or sautéing instead of deep-frying.
* Limit added sugars, sweetened beverages, processed snacks, and desserts.
* Be mindful of portion sizes and listen to your body's hunger and fullness cues.

Remember, this is a general sample plan, and it's important to personalize it based on your dietary preferences, nutritional needs, and any specific health considerations. Consulting with a registered dietitian or healthcare professional can provide further guidance and support.

**Meal Plan 2:**

**Breakfast:**

* Option 1: Arroz caldo (rice porridge) made with chicken, ginger, and garlic, topped with chopped spring onions and a squeeze of calamansi. Serve with a side of hard-boiled egg.
* Option 2: Banana turon (fried banana roll) made with sliced banana wrapped in lumpia wrapper and fried until golden brown.

**Mid-Morning Snack:**

* Option 1: Kamote (sweet potato) fries baked in the oven with a sprinkle of salt and spices.
* Option 2: Pancit canton (stir-fried noodles) made with whole wheat noodles, mixed vegetables, and lean protein (e.g., chicken breast, shrimp).

**Lunch:**

* Option 1: Grilled pork or chicken barbecue skewers with a side of atchara (pickled green papaya) and a small portion of steamed white rice.
* Option 2: Ginisang monggo (mung bean stew) cooked with lean pork, spinach, and other vegetables. Serve with a small portion of brown rice.

**Afternoon Snack:**

* Option 1: Bibingka (rice cake) made with coconut milk, rice flour, and a sprinkle of grated cheese.
* Option 2: Grilled corn on the cob with a light brushing of butter and a sprinkle of salt.

**Dinner:**

* Option 1: Kare-kare (oxtail and vegetable stew) made with a peanut sauce, served with steamed vegetables and a small portion of white rice.
* Option 2: Pinaputok na tilapia (stuffed grilled tilapia) with a mixture of tomatoes, onions, and spices. Serve with a side of ensaladang talong (grilled eggplant salad) and a small portion of brown rice.

**Evening Snack:**

* Option 1: Suman (sticky rice roll) with a small serving of mango slices.
* Option 2: Puto bumbong (purple rice cake) served with a sprinkle of grated coconut and a cup of warm salabat (ginger tea).

**Meal Plan 3:**

**Breakfast:**

* Option 1: Tapsilog (marinated beef slices) with garlic fried rice and a sunny-side-up egg.
* Option 2: Champorado made with whole grain brown rice and tablea (local chocolate), topped with a sprinkle of nuts and a dollop of yogurt.

**Mid-Morning Snack:**

* Option 1: Ginataang bilo-bilo (sticky rice balls in coconut milk) with mixed fruits.
* Option 2: Kutsinta (steamed rice cake) with a small serving of grated coconut.

**Lunch:**

* Option 1: Tinolang manok (chicken ginger soup) with a variety of vegetables (e.g., malunggay leaves, sayote, cabbage) and a small portion of white rice.
* Option 2: Beef sinigang (tamarind-based soup) with vegetables (e.g., kangkong, radish, string beans) and a small portion of brown rice.

**Afternoon Snack:**

* Option 1: Turon (banana spring rolls) made with sliced banana and jackfruit wrapped in lumpia wrapper and fried until golden brown.
* Option 2: Buko pandan salad made with fresh coconut meat, pandan-flavored gelatin, and a light coconut milk dressing.

**Dinner:**

* Option 1: Grilled chicken inasal with a side of ensaladang talong and a small portion of white rice.
* Option 2: Pininyahang manok (chicken in pineapple sauce) with mixed vegetables and a small portion of brown rice.

**Evening Snack:**

* Option 1: Nilagang saging (boiled bananas) served with a cup of warm salabat (ginger tea).
* Option 2: Mais con yelo (sweet corn with crushed ice and milk) with a sprinkle of grated cheese.

**Week 1:**

**Monday:**

* Breakfast: Champorado (chocolate rice porridge) with a side of hard-boiled egg.
* Snack: Kamote fries.
* Lunch: Grilled pork or chicken barbecue skewers with a side of atchara and a small portion of steamed white rice.
* Snack: Bibingka (rice cake).
* Dinner: Kare-kare (oxtail and vegetable stew) with a small portion of white rice.
* Snack: Suman with mango slices.

**Tuesday:**

* Breakfast: Tapsilog (marinated beef slices) with garlic fried rice and a sunny-side-up egg.
* Snack: Ginataang bilo-bilo.
* Lunch: Tinolang manok (chicken ginger soup) with a small portion of white rice.
* Snack: Turon.
* Dinner: Grilled chicken inasal with a side of ensaladang talong and a small portion of white rice.
* Snack: Nilagang saging.

**Wednesday:**

* Breakfast: Arroz caldo (rice porridge) with a side of hard-boiled egg.
* Snack: Pancit canton.
* Lunch: Grilled pork or chicken barbecue skewers with a side of atchara and a small portion of steamed white rice.
* Snack: Ginisang bagoong with green mango slices.
* Dinner: Pinaputok na tilapia with ensaladang talong and a small portion of brown rice.
* Snack: Puto bumbong with warm salabat.

**Thursday:**

* Breakfast: Champorado with a side of hard-boiled egg.
* Snack: Kamote fries.
* Lunch: Sinigang (tamarind-based soup) with lean protein and a small portion of brown rice.
* Snack: Ginisang monggo.
* Dinner: Beef sinigang with a small portion of brown rice.
* Snack: Buko pandan salad.

**Friday:**

* Breakfast: Tapsilog with garlic fried rice and a sunny-side-up egg.
* Snack: Ginataang bilo-bilo.
* Lunch: Grilled pork or chicken barbecue skewers with a side of atchara and a small portion of steamed white rice.
* Snack: Bibingka.
* Dinner: Kare-kare with a small portion of white rice.
* Snack: Suman with mango slices.

**Saturday:**

* Breakfast: Arroz caldo with a side of hard-boiled egg.
* Snack: Pancit canton.
* Lunch: Tinolang manok with a small portion of white rice.
* Snack: Turon.
* Dinner: Grilled chicken inasal with a side of ensaladang talong and a small portion of white rice.
* Snack: Nilagang saging.

**Sunday:**

* Breakfast: Champorado with a side of hard-boiled egg.
* Snack: Kamote fries.
* Lunch: Sinigang with lean protein and a small portion of brown rice.
* Snack: Ginisang bagoong with green mango slices.
* Dinner: Beef sinigang with a small portion of brown rice.
* Snack: Buko pandan salad.

**Week 2:**

**Monday:**

* Breakfast: Sinangag (garlic fried rice) with mixed sautéed vegetables and a small portion of lean protein (e.g., chicken, shrimp, tofu).
* Snack: Ginataang bao (young coconut) strips.
* Lunch: Grilled fish (e.g., bangus, tilapia) with a side of ensaladang talong and a small portion of steamed brown rice.
* Snack: Kamote cue (sweet potato skewers) with a sprinkle of brown sugar.
* Dinner: Pinakbet (mixed vegetables cooked in shrimp paste) with lean protein (e.g., lean pork, shrimp) and a small portion of white rice.
* Snack: Halo-halo (mixed dessert) with crushed ice, mixed fruits, and a small portion of evaporated milk.

**Tuesday:**

* Breakfast: Tapsilog with garlic fried rice and a sunny-side-up egg.
* Snack: Saba (boiled or steamed plantain banana).
* Lunch: Chicken adobo (marinated in vinegar, soy sauce, garlic, and spices) served with a side of steamed vegetables and brown rice.
* Snack: Ginisang bagoong with green mango slices.
* Dinner: Grilled pork or chicken barbecue skewers with a side of atchara and a small portion of steamed white rice.
* Snack: Suman with a small serving of mango slices.

**Wednesday:**

* Breakfast: Champorado made with whole grain brown rice and tablea, topped with a sprinkle of nuts and a dollop of yogurt.
* Snack: Kamote fries.
* Lunch: Sinigang (tamarind-based soup) with lean protein (e.g., fish, chicken, shrimp) and a variety of vegetables, served with a small portion of white rice.
* Snack: Bibingka.
* Dinner: Beef stir-fry with mixed vegetables and a small portion of brown rice.
* Snack: Buko pandan salad made with fresh coconut meat, pandan-flavored gelatin, and a light coconut milk dressing.

**Thursday:**

* Breakfast: Arroz caldo with a side of hard-boiled egg.
* Snack: Pancit canton.
* Lunch: Grilled chicken inasal with a side of ensaladang talong and a small portion of white rice.
* Snack: Ginataang bilo-bilo.
* Dinner: Kare-kare with a small portion of white rice.
* Snack: Nilagang saging.

**Friday:**

* Breakfast: Tuna omelet made with canned tuna, onions, tomatoes, and eggs, served with a small portion of steamed white rice.
* Snack: Ginataang bao (young coconut) strips.
* Lunch: Grilled fish (e.g., bangus, tilapia) with a side of ensaladang talong and a small portion of steamed brown rice.
* Snack: Turon.
* Dinner: Pinakbet (mixed vegetables cooked in shrimp paste) with lean protein (e.g., lean pork, shrimp) and a small portion of white rice.
* Snack: Halo-halo with crushed ice, mixed fruits, and a small portion of evaporated milk.

**Saturday:**

* Breakfast: Sinangag (garlic fried rice) with mixed sautéed vegetables and a small portion of lean protein (e.g., chicken, shrimp, tofu).
* Snack: Saba (boiled or steamed plantain banana).
* Lunch: Chicken adobo (marinated in vinegar, soy sauce, garlic, and spices) served with a side of steamed vegetables and brown rice.
* Snack: Kamote cue with a sprinkle of brown sugar.
* Dinner: Grilled pork or chicken barbecue skewers with a side of atchara and a small portion of steamed white rice.
* Snack: Suman with a small serving of mango slices.

**Sunday:**

* Breakfast: Champorado made with whole grain brown rice and tablea, topped with a sprinkle of nuts and a dollop of yogurt.
* Snack: Kamote fries.
* Lunch: Sinigang (tamarind-based soup) with lean protein (e.g., fish, chicken, shrimp) and a variety of vegetables, served with a small portion of white rice.
* Snack: Bibingka.
* Dinner: Beef stir-fry with mixed vegetables and a small portion of brown rice.
* Snack: Buko pandan salad made with fresh coconut meat, pandan-flavored gelatin, and a light coconut milk dressing.

**Week 3:**

**Monday:**

* Breakfast: Chicken tocino (marinated chicken) with garlic fried rice and a sunny-side-up egg.
* Snack: Ginataang bao (young coconut) strips.
* Lunch: Grilled fish (e.g., bangus, tilapia) with a side of ensaladang talong and a small portion of steamed brown rice.
* Snack: Kamote cue (sweet potato skewers) with a sprinkle of brown sugar.
* Dinner: Pinakbet (mixed vegetables cooked in shrimp paste) with lean protein (e.g., lean pork, shrimp) and a small portion of white rice.
* Snack: Halo-halo (mixed dessert) with crushed ice, mixed fruits, and a small portion of evaporated milk.

**Tuesday:**

* Breakfast: Tuna omelet made with canned tuna, onions, tomatoes, and eggs, served with a small portion of steamed white rice.
* Snack: Ginataang bilo-bilo.
* Lunch: Chicken adobo (marinated in vinegar, soy sauce, garlic, and spices) served with a side of steamed vegetables and brown rice.
* Snack: Ginisang bagoong with green mango slices.
* Dinner: Grilled pork or chicken barbecue skewers with a side of atchara and a small portion of steamed white rice.
* Snack: Suman with a small serving of mango slices.

**Wednesday:**

* Breakfast: Arroz caldo with a side of hard-boiled egg.
* Snack: Pancit canton.
* Lunch: Sinigang (tamarind-based soup) with lean protein (e.g., fish, chicken, shrimp) and a variety of vegetables, served with a small portion of white rice.
* Snack: Bibingka.
* Dinner: Beef stir-fry with mixed vegetables and a small portion of brown rice.
* Snack: Buko pandan salad made with fresh coconut meat, pandan-flavored gelatin, and a light coconut milk dressing.

**Thursday:**

* Breakfast: Champorado made with whole grain brown rice and tablea, topped with a sprinkle of nuts and a dollop of yogurt.
* Snack: Kamote fries.
* Lunch: Grilled chicken inasal with a side of ensaladang talong and a small portion of white rice.
* Snack: Ginataang bilo-bilo.
* Dinner: Kare-kare with a small portion of white rice.
* Snack: Nilagang saging.

**Friday:**

* Breakfast: Sinangag (garlic fried rice) with mixed sautéed vegetables and a small portion of lean protein (e.g., chicken, shrimp, tofu).
* Snack: Saba (boiled or steamed plantain banana).
* Lunch: Grilled fish (e.g., bangus, tilapia) with a side of ensaladang talong and a small portion of steamed brown rice.
* Snack: Turon.
* Dinner: Pinakbet (mixed vegetables cooked in shrimp paste) with lean protein (e.g., lean pork, shrimp) and a small portion of white rice.
* Snack: Halo-halo with crushed ice, mixed fruits, and a small portion of evaporated milk.

**Saturday:**

* Breakfast: Chicken tocino with garlic fried rice and a sunny-side-up egg.
* Snack: Ginataang bao (young coconut) strips.
* Lunch: Sinigang with lean protein (e.g., fish, chicken, shrimp) and a small portion of brown rice.
* Snack: Kamote cue with a sprinkle of brown sugar.
* Dinner: Grilled pork or chicken barbecue skewers with a side of atchara and a small portion of steamed white rice.
* Snack: Suman with a small serving of mango slices.

**Sunday:**

* Breakfast: Tuna omelet made with canned tuna, onions, tomatoes, and eggs, served with a small portion of steamed white rice.
* Snack: Ginataang bilo-bilo.
* Lunch: Chicken adobo served with a side of steamed vegetables and brown rice.
* Snack: Ginisang bagoong with green mango slices.
* Dinner: Beef stir-fry with mixed vegetables and a small portion of brown rice.
* Snack: Buko pandan salad made with fresh coconut meat, pandan-flavored gelatin, and a light coconut milk dressing.

Remember to adjust the portion sizes based on your individual needs, listen to your body's hunger and fullness cues, and consult with a healthcare professional or registered dietitian for personalized guidance.

***Workout plan***

**Week 1:**

*Monday:*

* Warm-up: 5-10 minutes of brisk walking or jogging.
* Strength training: 3 sets of 12-15 reps of squats, lunges, push-ups, and bent-over rows.
* Cardiovascular exercise: 30 minutes of moderate-intensity aerobic activity (e.g., brisk walking, cycling, swimming).

*Tuesday:*

* Rest day or light stretching and yoga.

*Wednesday:*

* Warm-up: 5-10 minutes of jumping jacks or jump rope.
* HIIT (High-Intensity Interval Training): Perform 4 rounds of 30 seconds of high-intensity exercises (e.g., burpees, mountain climbers, high knees) followed by 30 seconds of rest.
* Core workout: 3 sets of 12-15 reps of planks, Russian twists, and bicycle crunches.

*Thursday:*

* Rest day or light stretching and yoga.

*Friday:*

* Warm-up: 5-10 minutes of jogging or stationary cycling.
* Strength training: 3 sets of 12-15 reps of dumbbell chest press, shoulder press, tricep dips, and bicep curls.
* Cardiovascular exercise: 30 minutes of moderate-intensity aerobic activity (e.g., elliptical machine, rowing, dancing).

*Saturday:*

* Rest day or light stretching and yoga.

*Sunday:*

* Active rest day: Engage in low-impact activities such as walking, hiking, or leisurely biking.

**Week 2:**

*Monday:*

* Warm-up: 5-10 minutes of dynamic stretching (e.g., arm circles, leg swings).
* Circuit training: Perform 3 rounds of 10-12 reps of bodyweight squats, push-ups, walking lunges, bench dips, and plank holds.
* Cardiovascular exercise: 30 minutes of interval training (alternating between high-intensity bursts and active recovery periods).

*Tuesday:*

* Rest day or light stretching and yoga.

*Wednesday:*

* Warm-up: 5-10 minutes of jumping jacks or jump rope.
* Strength training: 3 sets of 12-15 reps of dumbbell step-ups, bent-over rows, shoulder press, and tricep kickbacks.
* HIIT: Perform 4 rounds of 30 seconds of high-intensity exercises (e.g., squat jumps, burpees, mountain climbers) followed by 30 seconds of rest.

*Thursday:*

* Rest day or light stretching and yoga.

*Friday:*

* Warm-up: 5-10 minutes of jogging or stationary cycling.
* Cardiovascular exercise: 45 minutes of steady-state aerobic activity (e.g., running, swimming, cycling) at a moderate intensity.

*Saturday:*

* Rest day or light stretching and yoga.

*Sunday:*

* Active rest day: Engage in low-impact activities such as walking, hiking, or leisurely biking.

**Week 3:**

*Monday:*

* Warm-up: 5-10 minutes of dynamic stretching.
* Strength training: 3 sets of 12-15 reps of goblet squats, dumbbell chest press, bent-over rows, and overhead tricep extensions.
* Cardiovascular exercise: 30 minutes of interval training (alternating between high-intensity bursts and active recovery periods).

*Tuesday:*

* Rest day or light stretching and yoga.

*Wednesday:*

* Warm-up: 5-10 minutes of jumping jacks or jump rope.
* Circuit training: Perform 3 rounds of 10-12 reps of reverse lunges, push-ups, dumbbell shoulder press, tricep dips, and Russian twists.
* HIIT: Perform 4 rounds of 30 seconds of high-intensity exercises (e.g., squat jumps, burpees, mountain climbers) followed by 30 seconds of rest.

*Thursday:*

* Rest day or light stretching and yoga.

*Friday:*

* Warm-up: 5-10 minutes of jogging or stationary cycling.
* Cardiovascular exercise: 45 minutes of steady-state aerobic activity at a moderate intensity.

*Saturday:*

* Rest day or light stretching and yoga.

*Sunday:*

* Active rest day: Engage in low-impact activities such as walking, hiking, or leisurely biking.

Day 1: Upper Body Workout

1. Bench Press - 3 sets x 8-10 reps

2. Seated Dumbbell Shoulder Press

- 3 sets x 8-10 reps

3. Seated Cable Rows

3 sets x 8-10 reps

4. Bicep Curls - 3 sets x 8-10 reps

Day 2: Rest

Day 3: Lower Body Workout

1. Squats - 3 sets x 8-10 reps
2. Romanian Deadlifts - 3 sets x 8-10 reps
3. Walking Lunges - 3 sets x 12-15 reps (each leg)
4. Leg Press - 3 sets x 8-10 reps
5. Calf Raises - 3 sets x 12-15 reps

Day 4: Rest

Day 5: Full-Body Circuit Perform each exercise back-to-back without rest, then rest for 1-2 minutes between circuits. Complete 3-4 circuits.

1. Push-Ups - 12-15 reps
2. Goblet Squats - 12-15 reps
3. Bent-Over Rows - 12-15 reps
4. Shoulder Press - 12-15 reps
5. Step-Ups - 12-15 reps (each leg)
6. Plank - Hold for 30-45 seconds

Day 6: Rest

Day 7: Cardiovascular Exercise Choose any cardio activity you enjoy, such as brisk walking, jogging, cycling, or using the elliptical machine. Aim for 30-45 minutes of moderate-intensity cardio.

**Week 2:**

Day 1: Upper Body Workout

1. Incline Bench Press - 3 sets x 8-10 reps
2. Arnold Dumbbell Press - 3 sets x 8-10 reps
3. Lat Pulldowns - 3 sets x 8-10 reps
4. Hammer Curls - 3 sets x 8-10 reps

Day 2: Rest

Day 3: Lower Body Workout

1. Front Squats - 3 sets x 8-10 reps
2. Romanian Deadlifts - 3 sets x 8-10 reps
3. Walking Lunges with Dumbbells - 3 sets x 12-15 reps (each leg)
4. Leg Press - 3 sets x 8-10 reps
5. Standing Calf Raises - 3 sets x 12-15 reps

Day 4: Rest

Day 5: Full-Body Circuit Perform each exercise back-to-back without rest, then rest for 1-2 minutes between circuits. Complete 3-4 circuits.

1. Push-Ups - 12-15 reps
2. Goblet Squats - 12-15 reps
3. Bent-Over Rows - 12-15 reps
4. Shoulder Press - 12-15 reps
5. Step-Ups with Dumbbells - 12-15 reps (each leg)
6. Plank - Hold for 30-45 seconds

Day 6: Rest

Day 7: Cardiovascular Exercise Choose any cardio activity you enjoy, such as brisk walking, jogging, cycling, or using the elliptical machine. Aim for 30-45 minutes of moderate-intensity cardio.

**Week 3:**

Day 1: Upper Body Workout

1. Dumbbell Bench Press - 3 sets x 8-10 reps
2. Seated Arnold Press - 3 sets x 8-10 reps
3. T-Bar Rows - 3 sets x 8-10 reps
4. Hammer Curls - 3 sets x 8-10 reps

Day 2: Rest

Day 3: Lower Body Workout

1. Back Squats - 3 sets x 8-10 reps
2. Stiff-Legged Deadlifts - 3 sets x 8-10 reps
3. Bulgarian Split Squats - 3 sets x 12-15 reps (each leg)
4. Leg Press - 3 sets x 8-10 reps
5. Standing Calf Raises - 3 sets x 12-15 reps

Day 4: Rest

Day 5: Full-Body Circuit Perform each exercise back-to-back without rest, then rest for 1-2 minutes between circuits. Complete 3-4 circuits.

1. Push-Ups - 12-15 reps
2. Goblet Squats - 12-15 reps
3. Bent-Over Rows - 12-15 reps
4. Shoulder Press - 12-15 reps
5. Step-Ups with Dumbbells - 12-15 reps (each leg)
6. Plank - Hold for 30-45 seconds

Day 6: Rest

Day 7: Cardiovascular Exercise Choose any cardio activity you enjoy, such as brisk walking, jogging, cycling, or using the elliptical machine. Aim for 30-45 minutes of moderate-intensity cardio.