

# Your Personalized Fitness Plan

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## Glute Focus

Edit literally any cell freely. Available: ~7 exercise slots per day (adjust as you like). NOTE: You can also change/delete this sentence or any other sentence/title!

Exercise #	Day 1: Full Body	Day 2: Rest	Day 3: Rest	Day 4: Full Body	Day 5: Rest	Day 6: Rest	Day 7: Rest
1	Hip Thrust 5x8	—	—	Sumo Deadlift 4x6	—	—	—
2	Back Squat 4x8	—	—	Leg Press 4x10	—	—	—
3	Romanian Deadlift 4x10	—	—	Walking Lunges 3x12	—	—	—
4	Bulgarian Split Squats 3x10	—	—	Hamstring Curls 3x12	—	—	—
5	Cable Kickbacks 3x15	—	—	Glute Bridge 4x12	—	—	—
6	Hip Abductions 4x15	—	—	Cable Kickbacks 3x15	—	—	—
7	Calf Raises 4x12	—	—	Hip Abductions 4x15	—	—	—

## Cardio + Mobility Focus

Edit literally any cell freely. Put your post primary workout cardio/mobility/Conditioning session here. Add duration, intensity, or notes.

Exercise #	Activity	Duration / Notes
1	Easy cardio	10–20 min (walk, bike, or jog)
2	Warm-up mobility	5–10 min (leg swings, arm circles, gentle twists)
3	Stretching	5–10 min (hips + legs + shoulders)
4	Cool down	2–5 min slow relaxed breathing
5	—	—

## Mediterranean Diet

Edit literally any cell freely. Adjust meals, add or remove foods, include calories or macros per meal. Estimated Daily Calories: **2075 kcal** (Calculated based on information you entered).

Daily Macros: Protein: **156 g**, Carbs: **208 g**, Fat: **69 g**

Meal #	Possible Foods
1	<ul style="list-style-type: none"> <li>- Greek yogurt + honey + nuts + berries</li> <li>- Eggs + whole-grain toast + olive oil drizzle</li> <li>- Oats + fruit + nuts</li> <li>- Smoked salmon toast + tomato + cucumber</li> <li>- Cottage cheese + fruit + nuts</li> </ul>
2	<ul style="list-style-type: none"> <li>- Chicken or gyro-style bowl: rice + salad + tzatziki</li> <li>- Tuna salad + olive oil + bread + veggies</li> <li>- Lentil salad + feta + olive oil</li> <li>- Salmon + quinoa + greens</li> <li>- Hummus bowl + pita + veggies + protein</li> </ul>

3	<ul style="list-style-type: none"> <li>- Fruit + nuts</li> <li>- Greek yogurt</li> <li>- Hummus + veggies</li> <li>- Olives + feta</li> <li>- Whole-grain toast + olive oil</li> </ul>
4	<ul style="list-style-type: none"> <li>- Salmon + roasted veggies + rice</li> <li>- Chicken + potatoes + salad</li> <li>- Shrimp + pasta + olive oil + garlic</li> <li>- Beef or lamb + veggies + couscous</li> <li>- Chickpea stew + bread</li> </ul>

## Recovery Basics

- Sleep: Aim for 7–9 hours per night. Don't stress if it's not perfect every day.
- Hydration: Drink water consistently throughout the day.
- Rest: Take rest days seriously; reduce volume if fatigue builds up.
- De-load/rest if joints ache or performance drops or any other personal reason, rest days are when you grow!
- Light cardio/steps or your secondary focus on rest days as needed to stay active.
- Optional pre/post-workout nutrition, caffeine, supplements (creatine, omega-3s, multivitamin) can be useful.
- For diet consider also: Dessert/flexible calories, eating out / social meals, protein shake, fruit, extra carbs.