

# Your Personalized Fitness Plan

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## Calisthenics 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: Push	Day 2: Pull	Day 3: Legs	Day 4: Push	Day 5: Pull	Day 6: Legs	Day 7: Rest
1	Dips 5x5	Pull Ups 5x5	Bulgarian Split Squats 4x10	Dips 4x8	Pull Ups 4x6	Jump Squats 4x12	—
2	Push Ups 4x15	Chin Ups 4x8	Walking Lunges 3x16	Decline Push Ups 4x12	Inverted Rows 4x12	Cossack Squats 3x10	—
3	Pike Push Ups 4x10	Inverted Rows 4x12	Bodyweight Squats 4x20	Pike Push Ups 4x10	Chin Ups 3x10	Reverse Lunges 3x16	—
4	Diamond Push Ups 3x12	Scapular Pull Ups 3x10	Step Ups 3x12	Diamond Push Ups 3x12	Scapular Pull Ups 3x10	Single Leg RDL 3x10	—
5	Decline Push Ups 3x12	Face Pulls 3x15	Single Leg Calf Raises 4x15	Tricep Bench Dips 3x15	Hanging Knee Raises 3x15	Glute Bridges 4x15	—
6	Plank 3x60s	Hanging Leg Raises 3x12	Reverse Crunches 3x15	Russian Twists 3x20	Side Plank 3x45s	Mountain Climbers 3x45s	—
7	—	—	—	—	—	—	—

# Sprint Training 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	Warm-up	5–10 min easy jog/walk + leg swings
2	Short sprints	6–10 rounds: 10–20 sec fast
3	Rest Walks	1–2 min walk between sprints
4	Cool down	5 min walk + light stretch
5	—	—

# Traditional American Diet

Edit literally any cell freely. Adjust meals, add or remove foods, include calories or macros per meal. Estimated Daily Calories: **3450 kcal** (Calculated based on information you entered).

Daily Macros: Protein: **216 g**, Carbs: **431 g**, Fat: **96 g**

Meal #	Possible Foods
1	<ul style="list-style-type: none"><li>- Eggs + toast + fruit</li><li>- Cereal + milk + banana</li><li>- Pancakes or waffles + eggs</li><li>- Bagel + cream cheese + yogurt</li><li>- Breakfast sandwich (egg + cheese + bacon or sausage)</li></ul>
2	<ul style="list-style-type: none"><li>- Sandwich + chips + fruit</li><li>- Burger + fries or side salad</li></ul>

	<ul style="list-style-type: none"> <li>- Chicken sandwich + fries or side salad</li> <li>- Ground beef tacos or burrito bowl</li> <li>- Rice bowl (chicken or beef + veggies)</li> <li>- Pizza slices + side salad</li> </ul>
3	<ul style="list-style-type: none"> <li>- Protein shake</li> <li>- Granola bar + fruit</li> <li>- Yogurt cup</li> <li>- Nuts or trail mix</li> <li>- PB&amp;J half sandwich</li> <li>- Dessert or treat (ice cream, cookies, pie)</li> </ul>
4	<ul style="list-style-type: none"> <li>- Grilled steak + potatoes + veggies</li> <li>- Grilled or roast chicken + potatoes + veggies</li> <li>- Chicken, rice, and broccoli</li> <li>- BBQ chicken or ribs + corn or potatoes</li> <li>- Fried chicken + classic sides</li> <li>- Salmon or baked fish + rice or potatoes</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.