

Your Personalized Fitness Plan

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Powerlifting 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: Full Body	Day 4: Rest	Day 5: Full Body	Day 6: Rest	Day 7: Rest
1	Back Squat 5x5	—	Deadlift 4x4	—	Front Squat 4x6	—	—
2	Bench Press 5x5	—	Overhead Press 4x6	—	Incline Bench Press 4x6	—	—
3	Barbell Rows 4x8	—	Pull Ups 4x8	—	Cable Rows 3x10	—	—
4	Leg Extensions 3x12	—	Romanian Deadlift 3x8	—	Hamstring Curls 3x12	—	—
5	Tricep Pushdowns 3x12	—	Barbell Curls 3x10	—	Lateral Raises 3x15	—	—
6	Plank 3x60s	—	Hanging Leg Raises 3x12	—	Calf Raises 4x12	—	—
7	—	—	—	—	—	—	—

Mobility & Flexibility 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 mobility	5–10 min (leg swings, arm circles, gentle twists)
2	Easy yoga / stretch flow	10–20 min
3	Hold stretches	5–10 min (hips, hamstrings, calves)
4	Cool down	2–5 min slow relaxed breathing
5	—	—

Keto Diet

Edit literally any cell freely. Adjust meals, add or remove foods, include calories or macros per meal. Estimated Daily Calories: **1850 kcal** (Calculated based on information you entered).

Daily Macros: Protein: **139 g**, Carbs: **23 g**, Fat: **134 g**

Meal #	Possible Foods
1	<ul style="list-style-type: none">- Eggs + avocado + bacon or sausage- Omelet with cheese + spinach + mushrooms- Plain Greek yogurt (unsweetened) + nuts- Chia pudding (unsweetened) + small berries- Eggs + ground beef + cheese bowl
2	<ul style="list-style-type: none">- Chicken salad (mayo or olive oil) + greens- Bunless burger + cheese + side salad- Steak + broccoli + butter- Salmon + asparagus + olive oil

	- Tuna salad lettuce wraps
3	<ul style="list-style-type: none"> - Cheese + nuts - Hard-boiled eggs - Beef jerky (low sugar) - Olives + cheese - Avocado + salt
4	<ul style="list-style-type: none"> - Chicken thighs + cauliflower rice + veggies - Ground beef bowl + cheese + salsa (no rice/beans) - Pork chops + green beans + butter - Salmon + zucchini noodles - Egg-based dinner (frittata + salad)

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.