

Weekly Bodybuilding Workout & Diet Plan (Vegetarian, Indian, Budget-Friendly)

Workout Plan (PPLULR Split)

Monday - Push (Chest, Shoulders, Triceps)

- Barbell Bench Press: 4×6-8
- Overhead Barbell Press: 4×6-8
- Incline Dumbbell Press: 3×8-10
- Cable Triceps Extension: 3×10-12
- Lateral Raises: 3×12-15

Tuesday - Pull (Back, Biceps)

- Deadlift: 4×5
- Pull-Ups / Lat Pulldown: 4×8-10
- Barbell Row: 3×8-10
- Dumbbell Curl: 3×10-12
- Face Pulls: 3×15

Wednesday - Legs (Quads, Glutes, Hamstrings)

- Barbell Squats: 4×6-8
- Leg Press: 3×10
- Romanian Deadlifts: 3×10
- Calf Raises: 4×15
- Leg Curls: 3×12

Thursday - Rest

Friday - Upper Body (Hypertrophy)

- Dumbbell Bench Press: 4×10-12
- Arnold Press: 4×10
- One-Arm Row: 3×10
- Cable Pushdowns: 3×12-15

Weekly Bodybuilding Workout & Diet Plan (Vegetarian, Indian, Budget-Friendly)

- EZ Bar Curl: 3×12
- Rear Delt Fly: 3×15

Saturday - Rest

Sunday - Lower Body (Hypertrophy)

- Bulgarian Split Squat: 4×10/leg
- Leg Extension: 3×12
- Seated Leg Curl: 3×12
- Sumo Deadlift: 3×8
- Standing Calf Raise: 4×15-20

Daily Diet Plan (~105-110g Protein, Rs.120-160/day)

7:30 AM - Water + Creatine (5g)

8:00 AM - Breakfast (20g): Poha + Soy Chunks + Peanuts

11:00 AM - Snack (10g): Milk + Roasted Chana

1:30 PM - Lunch (25g): Roti + Rice + Dal + Paneer + Salad

4:30 PM - Pre-Workout (15g): Banana + Soy Chunks + Black Coffee

7:00 PM - Dinner (25g): Roti + Chole + Curd

9:00 PM - Bedtime (10g): Milk + Peanut Laddu

Tips

- Track your lifts weekly and apply progressive overload.
- Sleep at least 7.5-8.5 hours daily.
- Stay hydrated: 3-4L water daily, especially with creatine.
- Use cheap protein: soy, dal, paneer, chana.
- Deload every 6-8 weeks.

Weekly Bodybuilding Workout & Diet Plan (Vegetarian, Indian, Budget-Friendly)

Weekly Progress Log

Day	Body Part	Main Lift	Weight Used	Reps	Notes
Mon					
Tue					
Wed					
Fri					
Sun					