**Personal Fitness & Nutrition Plan**  
*Tailored for: Samrin*

**Overall Goals:**

* Weight: 65 kg ➔ 58 kg
* Build strength, energy, and tone.
* Reduce arm, belly, thigh, and butt fat.
* Maintain cycle-friendly training.

**Weekly Workout Plan**

**Training Days: 6 days/week (Early AM - 30 mins)**

**Cycle-sensitive:**

* During first 2 days of period: Gentle stretching or complete rest.
* Otherwise: 30 mins of full effort.

**Workout Flavors by Day**

**Monday: Full Body Strength (Arms Focus)**

* Warm-up: 3 mins light cardio (marching in place)
* Dumbbell Shoulder Press - 2 x 12 ([Video](https://www.youtube.com/watch?v=qEwKCR5JCog))
* Dumbbell Bicep Curls - 2 x 15 ([Video](https://www.youtube.com/watch?v=ykJmrZ5v0Oo))
* Tricep Dips (with chair) - 2 x 10 ([Video](https://www.youtube.com/watch?v=6kALZikXxLc))
* Standing Core Twists - 2 x 20
* Cool Down Stretch: Arms & Shoulders

**Tuesday: Lower Body Toning**

* Warm-up: Air squats 2 mins
* Goblet Squats (with dumbbell) - 2 x 15 ([Video](https://www.youtube.com/watch?v=6xwGFn-J_QA))
* Reverse Lunges - 2 x 10 per leg ([Video](https://www.youtube.com/watch?v=QF0BQS2W80k))
* Glute Bridges - 2 x 15 ([Video](https://www.youtube.com/watch?v=m2Zx-57cSok))
* Standing Calf Raises - 2 x 20
* Cool Down Stretch: Legs

**Wednesday: Core + Mobility**

* Warm-up: Torso twists and arm circles 2 mins
* Dead Bugs (core stability) - 2 x 12 ([Video](https://www.youtube.com/watch?v=4hPksGk0bZg))
* Plank (start with 20-30 secs, work up)
* Bird-Dogs - 2 x 12 ([Video](https://www.youtube.com/watch?v=vf8X4XJbL3w))
* Cool Down Stretch: Full Body Flow

**Thursday: Active Recovery**

* 20-30 min fast walk, casual dance, or gentle yoga ([Yoga Routine](https://www.youtube.com/watch?v=v7AYKMP6rOE))
* Focus on feeling good, low pressure!

**Friday: Upper Body Strength**

* Warm-up: Marching punches 2 mins
* Bent-over Dumbbell Rows - 2 x 12 ([Video](https://www.youtube.com/watch?v=8-O_MT72E4k))
* Dumbbell Chest Press (floor) - 2 x 12 ([Video](https://www.youtube.com/watch?v=VmB1G1K7v94))
* Overhead Dumbbell Triceps Extension - 2 x 12 ([Video](https://www.youtube.com/watch?v=-Vyt2QdsR7E))
* Cool Down Stretch: Chest & Arms

**Saturday: Lower Body & Core Combo**

* Warm-up: Step touches 2 mins
* Dumbbell Deadlifts - 2 x 15 ([Video](https://www.youtube.com/watch?v=ytGaGIn3SjE))
* Side-Lying Leg Lifts - 2 x 20 per side
* Russian Twists (no weight or light) - 2 x 20
* Cool Down Stretch: Hips and Core

**Sunday: Rest or Gentle Yoga**

* Total Rest Day or 10-20 mins light stretch.

**Nutrition + Water Plan**

**Daily Structure:**

* **Water:**
  + Minimum 2.5-3 L per day (more if very sweaty)
* **Calories:**
  + ~1600-1800 kcal/day (adjust based on energy)
* **Macros:** (approx.)
  + Protein: 90-100g
  + Fats: 50-60g
  + Carbs: 140-160g
* **Timing:**
  + Small pre-workout snack (half banana, handful nuts, or yogurt)
  + Bigger breakfast after workout (eggs, oats, smoothie)
  + Balanced lunch (protein + carb + veg)
  + Lighter dinner (veggies + protein)
  + Healthy snack only if needed.

**Suggestions:**

* **Proteins:** Eggs, chicken, Greek yogurt, lentils
* **Carbs:** Oats, sweet potatoes, quinoa, berries
* **Fats:** Olive oil, avocados, almonds
* **Veggies:** Spinach, broccoli, peppers, cucumbers

**Stretch Routine (Post-Workout or Recovery Days)**

* Standing Forward Fold (hamstrings)
* Seated Spinal Twist (spine/mobility)
* Shoulder Stretch (arms)
* Quad Stretch (legs)
* Cat-Cow (spine)
* Butterfly Stretch (hips)

(Each held for 20-30 seconds)

**Bonus: Motivation Quotes**

“You don't have to be extreme, just consistent.”

“Strong is not a size. It's a mindset.”

“One day or day one. You choose.”

*Progressions will be added once you're ready!*

**You've got this. Let's build the strongest, happiest version of you!**

*(PDF generated by your friendly AI fitness cheerleader.)*