

Personalized Recommendation PDF

Home Workouts:

1. Bodyweight Squats: Stand with your feet hip-width apart, lower into a squat, keeping your knees behind your toes. Aim for 3 sets of 12 reps.
2. Push-ups: Get into a plank position, lower your chest to the ground, and push back up. Modify with knee push-ups if needed. 3 sets of 10 reps.
3. Plank: Hold a straight-arm plank for 30 seconds, focusing on engaging your core.
4. Lunges: Step forward with one leg, lowering into a lunge. Alternate legs for 3 sets of 10 lunges each side.
5. Burpees: Start in a standing position, drop into a squat, kick your feet back into a plank, then jump back up. Aim for 3 sets of 8 reps.
6. Mountain Climbers: In a high plank position, bring one knee towards your chest, alternating quickly. 3 sets of 30 seconds each.

Breakfast Ideas:

1. Oatmeal Bowl (300 calories): Cooked oats with sliced bananas and a drizzle of honey. Rich in complex carbs and fiber.
2. Veggie Omelet (250 calories): Whisk eggs with chopped spinach, tomatoes, and onions. A

protein-packed start to the day.

3. Avocado Toast (280 calories): Mash avocado on whole-grain toast, topped with a sprinkle of chili flakes. Healthy fats and fiber.

4. Fruit Smoothie (220 calories): Blend banana, berries, spinach, and almond milk. A quick, nutrient-dense option.

5. Overnight Oats (350 calories): Oats soaked in almond milk with chopped apples and cinnamon. Prepare the night before for a convenient breakfast.

6. Tofu Scramble (200 calories): Scrambled tofu with bell peppers and mushrooms. A protein-rich, savory breakfast.

Dinner Options:

1. Veggie Stir-Fry (400 calories): Sautéed veggies with tofu or tempeh, served over brown rice. High in vitamins and minerals.

2. Lentil Curry (350 calories): Spiced lentil stew with vegetables. Rich in plant-based protein and fiber.

3. Quinoa Salad (380 calories): Quinoa with roasted veggies, chickpeas, and a lemon-tahini dressing. Complete protein source.

4. Veggie Lasagna (450 calories): Layered with eggplant, zucchini, and a plant-based cheese sauce. Comforting and nutritious.

5. Bean Burrito Bowl (420 calories): Black beans, rice, salsa, and guacamole. A filling, flavorful option.

Gym Workout Plan (6-Day Weekly Summary):

Day 1: Upper Body Focus

- Bench Press: 3 sets of 8 reps
- Dumbbell Rows: 3x8
- Overhead Press: 3x10
- Tricep Dips: 3 sets to failure

Day 2: Leg Day

- Squats: 4 sets of 10 reps
- Leg Press: 3x12
- Lunges: 3 sets of 12 reps each leg
- Calf Raises: 4x15

Day 3: Back & Biceps

- Pull-Ups: 3 sets of 8 reps (or assisted pull-ups)
- Lat Pulldown: 3x10
- Bicep Curls: 3 sets of 10 reps
- Rear Delt Flyes: 3x12

Day 4: Shoulder & Core

- Shoulder Press: 3 sets of 10 reps
- Lateral Raises: 3x12

- Core Circuit: Plank, Russian Twists, Leg Raises - 3 sets each

Day 5: Cardio & HIIT

- 30-minute moderate-intensity cardio (e.g., brisk walking, cycling)
- 20-minute HIIT circuit: Burpees, Mountain Climbers, Jump Squats - 30 seconds on, 30 seconds off

Day 6: Rest & Recovery

- Light yoga or stretching to promote muscle recovery