

Exercise Plan:

Day 1

Warm-up: 5 minutes of brisk walking or cycling

Exercises:

- Incline dumbbell Bench Press: 3 sets of 8–10 reps (Rest: 90 seconds)
- Video:<https://youtu.be/oZVCBM9f8Eo?si=IK9c3m2-1CXGati1>
- Smith Machine Flat Bench press: 3 sets of 8–10 reps (Rest: 90 seconds)
- Video:<https://www.youtube.com/watch?v=O5viuEPDXKY>
- Pec Deck Flies: 3 sets of 10–12 reps (Rest: 60 seconds)
- Video:https://youtu.be/eGjt4lk6g34?si=8AdkB1_BIO96Mat3
- Cable crossover mid chest: 3 sets of 10–12 reps (Rest: 60 seconds)
- Video:https://youtu.be/p0JsZxA5GxU?si=P2gzj_t0NWkdC74U
- Seated dumbbell press: 3 sets of 10–12 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/shorts/bQPhGIJJ-jQ>
- Dumbbell side lateral raise: 3 sets of 12–15 reps (Rest: 45 seconds)
- Video:<https://youtu.be/OuG1smZTsQQ?si=wHbHE3CMjll9fP7a>
- Front dumbbell raises: 3 sets of 12–15 reps (Rest: 45 seconds)
- Video:<https://youtube.com/shorts/yHx8wPv4RPo?si=SRpRofd8IXWDIYrm>
- Triceps EZ bar skull crusher: 3 sets of 8–10 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=jR7Y5YcugYc>
- Triceps pushdown (standard): 3 sets of 10–12 reps (Rest: 60 seconds)
- Video:<https://youtu.be/LXkCrxn3caQ?si=v1Gkdg8Wq7mdKjx1>

Cool-down: 5 minutes of stretching focusing on upper body muscles

Note: Focused on chest, shoulders, and triceps today.

Day 2

Warm-up: 5 minutes of jump rope or light jogging

Exercises:

- Seated cable rows: 3 sets of 8–10 reps (Rest: 90 seconds)
- Video:https://youtu.be/lJoozxC0Rns?si=-MKhqR2_aR4uE6Lu

- Lat pull downs (overhand grip): 3 sets of 8–10 reps (Rest: 90 seconds)
- Video:https://youtu.be/JGeRYIZdojU?si=RyNUT_7TrgicjOog

- Single arm cable pull downs: 3 sets of 10–12 reps (Rest: 60 seconds)
- Video:<https://youtu.be/HBC5s98wXko?si=ncX5MRXLqQMtdgP>

- Resistance band bent over row: 3 sets of 12–15 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=TE3v7CgXiil>

- Dumbbell Shrugs: 3 sets of 12–15 reps (Rest: 60 seconds)
- Video:<https://youtu.be/qIR5YmXbg6k?si=C8MH2PtkJw0PHTb->

- Incline dumbbell curl (bench): 3 sets of 8–10 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=FM7725AeXPA>

- Hammer Curl: 3 sets of 10–12 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=0IAM2YtviQY>

- Bicep cable curls (both arms): 3 sets of 12–15 reps (Rest: 45 seconds)
- Video:<https://www.youtube.com/watch?v=F3Y03RnVY8Y>

Cool-down: 5 minutes of stretching focusing on back and biceps

Note: Focused on back and biceps today.

Day 3

Note: Rest day. Focus on relaxation, hydration, and stretching.

Day 4

Warm-up: 5 minutes of arm circles and shoulder rotations

Exercises:

- Seated shoulder machine press: 3 sets of 10–12 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=Tnhlyp4kmO8>

- Front dumbbell raises: 3 sets of 12–15 reps (Rest: 45 seconds)
- Video:<https://youtube.com/shorts/yHx8wPv4RPo?si=SRpRofd8IXWDIYrm>

- Rear delt cross flies: 3 sets of 12–15 reps (Rest: 45 seconds)
- Video:https://youtube.com/shorts/bkejPHrPkmA?si=WYea_x8UmAOKbCpB

- Dumbbell Shrugs: 3 sets of 12–15 reps (Rest: 40 seconds)
- Video:<https://youtu.be/qIR5YmXbg6k?si=C8MH2PtkJw0PHTb->
- Planks: undefined (Rest: 60 seconds)
- Video:<https://youtu.be/q4rDeHYMclg?si=aTjnJGTmkcUQ6Uvq>
- Mountain climbers: 3 sets of 20 reps (Rest: 30 seconds)
- Video:<https://youtu.be/kLh-uczIPLg?si=AeWeYbM5JguGWmz6>
- Lying leg raise: 3 sets of 10 reps (Rest: 30 seconds)
- Video:https://youtu.be/Wp4BlxcFTkE?si=abAtQp_6Lfylu2uh

Cool-down: 5 minutes of stretching focusing on shoulders and core

Note: Focused on shoulders and abs today.

Day 5

Note: Rest day. Consider doing some light yoga or Pilates to enhance flexibility.

Day 6

Warm-up: 5 minutes of brisk marching or heel jacks

Exercises:

- Leg press: 3 sets of 10–12 reps (Rest: 90 seconds)
- Video:https://www.youtube.com/watch?v=2nNHhK_Dmcc
- Smith Machine back squats: 3 sets of 8–10 reps (Rest: 90 seconds)
- Video:<https://www.youtube.com/shorts/xU4cuTffVZc>
- Standing alternate lunge: 3 sets of 10 reps per leg (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=g8-Ge9S0aUw>
- Seated leg curl: 3 sets of 12–15 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=FsJyMwqKQ7c>
- Bodyweight glute bridges: 3 sets of 15 reps (Rest: 45 seconds)
- Video:<https://youtu.be/Cj5zDEgmumA?si=nCtJKmZeuTKOjo1w>
- Seated Calf raises: 3 sets of 15 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/shorts/vCOIZ-zk80o>
- Sit ups: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtu.be/onaQ0v_J5uU?si=lvnWgWuJ7Uglg_8E

- Scissor kicks: 3 sets of 20 reps (Rest: 30 seconds)
- Video:<https://youtu.be/ap4DqnKmrqc?si=LumKLkmV70mgEZvL>
- Leg raise and hold: undefined (Rest: 30 seconds)
- Video:<https://youtu.be/fqzMd87uNTI?si=JAKQnjaQjPdpw4j->

Cool-down: 5 minutes of total body stretching focusing on legs

Note: Focused on legs and abs today.

Day 7

Note: Rest day. Optional activities: a leisurely walk or light swimming.

Diet Plan:

Day 1

Breakfast: Scrambled eggs with spinach and whole wheat toast

Calories: 300, Protein: 20g, Carbs: 25g, Fat: 15g

Ingredients: 3 large eggs, 1 cup fresh spinach, 1 slice of whole wheat toast

Lunch: Grilled chicken salad with mixed greens and vinaigrette

Calories: 400, Protein: 30g, Carbs: 20g, Fat: 20g

Ingredients: 150g grilled chicken breast, 2 cups mixed greens, 2 tbsp vinaigrette

Dinner: Baked salmon with quinoa and steamed broccoli

Calories: 500, Protein: 35g, Carbs: 45g, Fat: 15g

Ingredients: 150g salmon, 1 cup quinoa, 1 cup broccoli

Snacks: Greek yogurt with mixed berries

Calories: 150, Protein: 10g, Carbs: 20g, Fat: 5g

Ingredients: 200g Greek yogurt, 1/2 cup mixed berries

Day 2

Breakfast: Oatmeal with almonds and honey

Ingredients: 1 cup oats, 10 almonds, 1 tbsp honey

Lunch: Turkey and avocado wrap

Calories: 450, **Protein:** 35g, **Carbs:** 45g, **Fat:** 15g

Ingredients: Whole wheat wrap, 100g turkey breast, 1/2 avocado

Dinner: Grilled shrimp with brown rice and sugar snap peas

Calories: 500, **Protein:** 40g, **Carbs:** 60g, **Fat:** 10g

Ingredients: 200g shrimp, 1 cup brown rice, 1 cup sugar snap peas

Snacks: Cottage cheese with pineapple

Calories: 200, **Protein:** 20g, **Carbs:** 20g, **Fat:** 5g

Ingredients: 200g cottage cheese, 1/2 cup pineapple

Day 3

Breakfast: Protein smoothie with banana and peanut butter

Calories: 400, **Protein:** 30g, **Carbs:** 40g, **Fat:** 15g

Ingredients: 1 banana, 1 scoop protein powder, 2 tbsp peanut butter

Lunch: Quinoa and black bean salad

Calories: 450, **Protein:** 20g, **Carbs:** 60g, **Fat:** 15g

Ingredients: 1 cup quinoa, 1/2 cup black beans, 1/2 avocado

Dinner: Chicken stir-fry with vegetables

Calories: 500, **Protein:** 40g, **Carbs:** 35g, **Fat:** 10g

Ingredients: 150g chicken breast, 1 cup mixed vegetables, 2 tbsp soy sauce

Snacks: Apple slices with almonds

Calories: 180, **Protein:** 4g, **Carbs:** 20g, **Fat:** 10g

Ingredients: 1 apple, 15 almonds

Day 4

Breakfast: Whole grain cereal with milk and berries

Calories: 300, **Protein:** 10g, **Carbs:** 50g, **Fat:** 5g

Ingredients: 1 cup cereal, 1 cup milk, 1/2 cup berries

Lunch: Beef and vegetable soup

Calories: 400, **Protein:** 30g, **Carbs:** 30g, **Fat:** 15g

Ingredients: 150g beef, 1 cup mixed vegetables, 1 liter beef broth

Dinner: Lentil curry with basmati rice

Calories: 500, **Protein:** 25g, **Carbs:** 70g, **Fat:** 15g

Ingredients: 1 cup lentils, 1 cup basmati rice, 1/2 cup coconut milk

Snacks: Carrot sticks with hummus

Calories: 150, **Protein:** 5g, **Carbs:** 20g, **Fat:** 7g

Ingredients: 1 cup carrot sticks, 1/4 cup hummus

Day 5

Breakfast: Whole grain toast with peanut butter and banana

Calories: 450, **Protein:** 15g, **Carbs:** 60g, **Fat:** 20g

Ingredients: 2 slices of bread, 2 tbsp peanut butter, 1 banana

Lunch: Chickpea and tomato salad

Calories: 400, **Protein:** 20g, **Carbs:** 45g, **Fat:** 15g

Ingredients: 1 cup chickpeas, 1 cup cherry tomatoes, 1/4 cup feta

Dinner: Roasted chicken with sweet potatoes and green beans

Calories: 500, **Protein:** 40g, **Carbs:** 50g, **Fat:** 15g

Ingredients: 150g chicken thigh, 1 sweet potato, 1 cup green beans

Snacks: Hard boiled eggs

Calories: 140, **Protein:** 12g, **Carbs:** 1g, **Fat:** 10g

Ingredients: 2 eggs

Day 6

Breakfast: Berry and yogurt parfait with granola

Calories: 350, **Protein:** 15g, **Carbs:** 55g, **Fat:** 10g

Ingredients: 1 cup yogurt, 1/2 cup mixed berries, 1/4 cup granola

Lunch: Grilled salmon and asparagus

Calories: 550, **Protein:** 45g, **Carbs:** 10g, **Fat:** 35g

Ingredients: 200g salmon, 1 cup asparagus

Dinner: Vegetable and tofu stir fry

Calories: 450, **Protein:** 25g, **Carbs:** 35g, **Fat:** 20g

Ingredients: 150g tofu, 1 cup mixed veggies, 2 tbsp teriyaki sauce

Snacks: Protein bar

Calories: 200, **Protein:** 20g, **Carbs:** 20g, **Fat:** 7g

Ingredients: 1 protein bar

Day 7

Breakfast: Avocado toast with poached eggs

Calories: 450, **Protein:** 18g, **Carbs:** 40g, **Fat:** 25g

Ingredients: 2 slices whole wheat bread, 1 avocado, 2 eggs

Lunch: Asian chicken salad

Calories: 450, **Protein:** 35g, **Carbs:** 30g, **Fat:** 20g

Ingredients: 150g chicken, 1 cup napa cabbage, 1/4 cup sesame dressing

Dinner: Beef tacos with corn tortillas

Calories: 600, **Protein:** 40g, **Carbs:** 50g, **Fat:** 25g

Ingredients: 200g ground beef, 3 corn tortillas, salsa

Snacks: Mixed nuts and seeds

Calories: 200, **Protein:** 6g, **Carbs:** 8g, **Fat:** 18g

Ingredients: 1/4 cup mixed nuts and seeds