

Exercise Plan:

Day 1

Warm-up: 5 minutes of brisk walking

Exercises:

- Smith Machine Flat Bench Press: 3 sets of 10 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=O5viuEPDXKY>
- Pec Deck Flies: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtu.be/eGjt4lk6g34?si=8AdkB1_BIO96Mat3
- Resistance band floor press: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=dnviBQFAphE>
- Resistance band lying chest flies: 3 sets of 15 reps (Rest: 30 seconds)
- Video:https://youtube.com/shorts/e2qxfifLb_Q?si=jsUC0mQ81GRSqs6Y
- Barbell curl straight bar: 3 sets of 10 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=dDI8ClxRS04>
- Bicep cable curls (both arms): 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=F3Y03RnVY8Y>
- Resistance band hammer curls: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://youtu.be/SniJo-6t7Gk?si=j8xSMCT8joCvwwCR>

Cool-down: 5 minutes of stretching

Note: Today is focused on Chest and Biceps.

Day 2

Warm-up: 5 minutes of jogging in place

Exercises:

- Single arm dumbbell row: 3 sets of 10 reps (Rest: 30 seconds)
- Video:<https://youtu.be/DMo3HJoawrU?si=TKrJrB6UhWc0KHvM>

- Lat pull downs (overhand grip): 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtu.be/JGeRYIZdojU?si=RyNUT_7TrgicjOog
- Seated cable rows: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtu.be/lJoozxCOAns?si=-MKhqR2_aR4uE6Lu
- Back rope arm pull downs: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://youtu.be/CqsO1bQI9QI?si=Hs4rdkDy2zGTklpC>
- Resistance band shrugs: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=JixytugiXDs>
- Triceps pushdown (standard): 3 sets of 10 reps (Rest: 30 seconds)
- Video:<https://youtu.be/LXkCrxn3caQ?si=v1Gkdg8Wq7mdKjx1>
- Triceps rope pull downs: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtu.be/kiuVA0gs3EI?si=epUgXNvld6J80xkf>
- Resistance band tricep push down: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=Y3CDzx-oj3k>

Cool-down: 5 minutes of stretching

Note: Today is focused on Back and Triceps.

Day 3

Note: Rest day

Day 4

Warm-up: 5 minutes of arm circles and light stretching

Exercises:

- Seated shoulder machine press: 3 sets of 10 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=TnhIyp4kmO8>
- Dumbbell Shrugs: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtu.be/qIR5YmXbg6k?si=C8MH2PtkJw0PHTb->
- Front dumbbell raises: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtube.com/shorts/yHx8wPv4RPo?si=SRpRofd8IXWDIYrm>
- Face Pulls: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://youtu.be/0Po47vvj9g4?si=BiEu63-xcp2EBR5k>

- Planks: 3 sets of 30-60 second holds (Rest: 30 seconds)
- Video:<https://youtu.be/q4rDeHYMclg?si=aTjnJGTmkcUQ6Uvq>
- Side planks: 3 sets of 30-60 second holds (Rest: 30 seconds)
- Video:<https://youtu.be/tbWPBOgju9g?si=pgxWLZ-Pwhy93xsi>
- Mountain climbers: 3 sets of 15 reps per leg (Rest: 30 seconds)
- Video:<https://youtu.be/kLh-uczIPLg?si=AeWeYbM5JguGWmz6>

Cool-down: 5 minutes of stretching

Note: Today is focused on Shoulders and Abs.

Day 5

Note: Rest day

Day 6

Warm-up: 5 minutes of brisk walking

Exercises:

- Leg press: 3 sets of 10 reps (Rest: 30 seconds)
- Video:https://www.youtube.com/watch?v=2nNHhK_Dmcc
- Hack Squats: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://www.youtube.com/watch?v=u_1a0nWG7vQ
- Bodyweight lunges: 3 sets of 15 reps per leg (Rest: 30 seconds)
- Video:https://youtu.be/rKh41FO_eao?si=eq5FEF4eKuhKlrSr
- Seated leg curl: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=FsJyMwqKQ7c>
- Smith Machine Hip Thrusts: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=s6u3ESE4kMg>
- Seated Calf raises: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/shorts/vCOIZ-zk80o>
- Ab machine crunch: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://youtu.be/fuPFq2EYswE?si=B5T8pEPZd5BXEWJB>
- Lying leg raise: 3 sets of 10 reps (Rest: 30 seconds)
- Video:https://youtu.be/Wp4BlxcFTkE?si=abAtQp_6Lfylu2uh

- Back supported leg raises: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtu.be/FSXXv8BL-yg?si=Di5HFah66OiBCZUv>

Cool-down: 5 minutes of stretching

Note: Today is focused on Legs and Abs.

Day 7

Note: Rest day

Diet Plan:

Day 1

Breakfast: Scrambled eggs with spinach and toast

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

Ingredients: 2 eggs, 1 cup spinach, 1 slice whole grain toast, 1 tsp olive oil

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 fillet, 1 cup cooked quinoa, 1 cup broccoli

Snacks: Greek yogurt with mixed berries

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

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

Day 2

Breakfast: Oatmeal with nuts and berries

Calories: 350, Protein: 15g, Carbs: 45g, Fat: 12g

Ingredients: 1/2 cup oats, 1/4 cup mixed nuts, 1/2 cup berries, 1 cup almond milk

Lunch: Turkey wrap with hummus and veggies

Calories: 400, **Protein:** 28g, **Carbs:** 40g, **Fat:** 15g

Ingredients: 1 whole wheat tortilla, 100g turkey slices, 2 tbsp hummus, assorted veggies

Dinner: Stir-fried shrimp with brown rice

Calories: 450, **Protein:** 30g, **Carbs:** 50g, **Fat:** 10g

Ingredients: 150g shrimp, 1 cup cooked brown rice, assorted vegetables

Snacks: Cottage cheese with sliced peaches

Calories: 180, **Protein:** 12g, **Carbs:** 20g, **Fat:** 6g

Ingredients: 1 cup cottage cheese, 1 sliced peach

Day 3

Breakfast: Protein smoothie with banana and peanut butter

Calories: 350, **Protein:** 25g, **Carbs:** 35g, **Fat:** 12g

Ingredients: 1 banana, 1 tbsp peanut butter, 1 scoop protein powder, 1 cup almond milk

Lunch: Quinoa and black bean bowl

Calories: 400, **Protein:** 18g, **Carbs:** 55g, **Fat:** 15g

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

Dinner: Chicken stir-fry with vegetables

Calories: 450, **Protein:** 35g, **Carbs:** 30g, **Fat:** 15g

Ingredients: 150g chicken breast, assorted vegetables, soy sauce

Snacks: Almonds and apple

Calories: 200, **Protein:** 6g, **Carbs:** 30g, **Fat:** 10g

Ingredients: 20 almonds, 1 apple

Day 4

Breakfast: Whole grain pancakes with honey

Calories: 350, **Protein:** 12g, **Carbs:** 60g, **Fat:** 8g

Ingredients: 2 pancakes, 1 tbsp honey, 1/4 cup blueberries

Lunch: Lentil soup with whole grain bread

Calories: 350, **Protein:** 20g, **Carbs:** 50g, **Fat:** 8g

Ingredients: 1 cup lentil soup, 1 slice whole grain bread

Dinner: Grilled tilapia with sweet potato

Calories: 450, **Protein:** 35g, **Carbs:** 50g, **Fat:** 10g

Ingredients: 150g tilapia, 1 medium sweet potato, 1 cup green beans

Snacks: Carrot sticks with hummus

Calories: 100, **Protein:** 3g, **Carbs:** 15g, **Fat:** 5g

Ingredients: 1 cup carrot sticks, 2 tbsp hummus

Day 5

Breakfast: Avocado toast with poached egg

Calories: 300, **Protein:** 12g, **Carbs:** 30g, **Fat:** 15g

Ingredients: 1 slice whole grain bread, 1/2 avocado, 1 egg

Lunch: Tofu and vegetable stir-fry

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

Ingredients: 100g tofu, assorted vegetables, soy sauce

Dinner: Beef and vegetable kebabs

Calories: 500, **Protein:** 40g, **Carbs:** 30g, **Fat:** 20g

Ingredients: 150g beef cubes, assorted vegetables, olive oil

Snacks: Protein bar

Calories: 200, **Protein:** 15g, **Carbs:** 20g, **Fat:** 7g

Ingredients: 1 protein bar

Day 6

Breakfast: Smoothie bowl with granola

Calories: 400, **Protein:** 15g, **Carbs:** 50g, **Fat:** 13g

Ingredients: 1 cup smoothie, 1/4 cup granola, assorted fruits

Lunch: Chicken and vegetable quinoa

Calories: 450, **Protein:** 35g, **Carbs:** 50g, **Fat:** 12g

Ingredients: 150g chicken breast, 1 cup cooked quinoa, assorted vegetables

Dinner: Roast pork loin with steamed greens

Calories: 500, **Protein:** 40g, **Carbs:** 35g, **Fat:** 20g

Ingredients: 150g pork loin, 1 cup steamed greens, 1 small sweet potato

Snacks: Rice cakes with peanut butter

Calories: 200, **Protein:** 8g, **Carbs:** 20g, **Fat:** 12g

Ingredients: 2 rice cakes, 2 tbsp peanut butter

Day 7

Breakfast: Chia seed pudding with mango

Calories: 350, **Protein:** 10g, **Carbs:** 40g, **Fat:** 15g

Ingredients: 1/4 cup chia seeds, 1 cup almond milk, 1/2 cup mango

Lunch: Grilled veggie and hummus wrap

Calories: 400, **Protein:** 16g, **Carbs:** 45g, **Fat:** 15g

Ingredients: 1 whole wheat wrap, grilled vegetables, 2 tbsp hummus

Dinner: Turkey meatballs with zucchini noodles

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

Ingredients: 150g turkey meatballs, 1 cup zucchini noodles, marinara sauce

Snacks: Hard-boiled eggs

Calories: 150, **Protein:** 12g, **Carbs:** 1g, **Fat:** 10g

Ingredients: 2 eggs