

Exercise Plan:

Day 1

Warm-up: 5 minutes of brisk walking

Exercises:

- Bent over rows: 3 sets of 8-12 reps (Rest: 60 seconds)
- Video:https://www.youtube.com/watch?v=9Gf-Ourup_k
- Inverted pull ups: 3 sets of 6-10 reps (Rest: 60 seconds)
- Video:https://youtu.be/9fltzu9lok?si=Bv5e_UsnEOdMU9Fp
- Single arm dumbbell row: 3 sets of 8-12 reps each arm (Rest: 60 seconds)
- Video:<https://youtu.be/DMo3HJoawrU?si=TKrJrB6UhWc0KHvM>
- Lat pull downs (overhand grip): 3 sets of 10-12 reps (Rest: 60 seconds)
- Video:https://youtu.be/JGeRYIZdojU?si=RyNUT_7TrgicjOog
- V Bar Pull downs: 3 sets of 10-12 reps (Rest: 60 seconds)
- Video:<https://youtu.be/gNFMkFL5yPQ?si=gfl3GHWEnXWLbOUO>
- Dumbbell Shrugs: 3 sets of 12-15 reps (Rest: 60 seconds)
- Video:<https://youtu.be/qIR5YmXbg6k?si=C8MH2PtkJw0PHTb->
- Bicep Standing alternate dumbbell curl: 3 sets of 10-15 reps (Rest: 60 seconds)
- Video:https://youtube.com/shorts/FHY_2t7R714?si=HNz-fOnQg83NpZHj

Cool-down: 5 minutes of stretching

Message: Today is a pull day! You'll be working on your back and biceps.

Day 2

Warm-up: 5 minutes of brisk walking

Exercises:

- Flat Dumbbell Bench Press: 3 sets of 8-12 reps (Rest: 60 seconds)
- Video:https://youtu.be/YQ2s_Y7g5Qk?si=RbsCWjtNndrpBI8B

- **Smith Machine Flat Bench press: 3 sets of 8-12 reps (Rest: 60 seconds)**
- **Video:**<https://www.youtube.com/watch?v=O5viuEPDXKY>
- **Dumbbell side lateral raise: 3 sets of 12-15 reps (Rest: 60 seconds)**
- **Video:**<https://youtu.be/OuG1smZTsQQ?si=wHbHE3CMjll9fP7a>
- **Seated dumbbell press: 3 sets of 8-12 reps (Rest: 60 seconds)**
- **Video:**<https://www.youtube.com/shorts/bQPhGIJJ-jQ>
- **Cable crossover mid chest: 3 sets of 10-12 reps (Rest: 60 seconds)**
- **Video:**https://youtu.be/p0JsZxA5GxU?si=P2gzj_t0NWkdC74U
- **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

Message: Today is a push day focusing on chest and shoulders!

Day 3

Warm-up: 5 minutes of brisk walking

Exercises:

- **Body weight squats: 3 sets of 10-15 reps (Rest: 60 seconds)**
- **Video:**<https://www.youtube.com/shorts/3fl7uYmiMVw>
- **Leg Press: 3 sets of 8-12 reps (Rest: 60 seconds)**
- **Video:**https://www.youtube.com/watch?v=2nNHhK_Dmcc
- **Lying Leg curl: 3 sets of 10-12 reps (Rest: 60 seconds)**
- **Video:**<https://www.youtube.com/watch?v=QjNFk4F5dAs>
- **Calf raises on Leg Press: 3 sets of 10-15 reps (Rest: 60 seconds)**
- **Video:**https://www.youtube.com/watch?v=KxEYX_cuesM
- **Planks: 3 sets of 30-60 seconds (Rest: 60 seconds)**
- **Video:**<https://youtu.be/q4rDeHYMclg?si=aTjnJGTmkcUQ6Uvq>
- **Hanging leg raises: 3 sets of 8-12 reps (Rest: 60 seconds)**
- **Video:**<https://youtu.be/7FwGZ8qY5OU?si=21smaP9eTB1mJFRL>

Cool-down: 5 minutes of stretching

Message: Legs and abs day! Let's strengthen your lower body!

Day 4

Message: Rest day! It's important for your body to recover.

Day 5

Warm-up: 5 minutes of brisk walking

Exercises:

- Bicep Standing alternate dumbbell curl: 4 sets of 10-15 reps (Rest: 60 seconds)
- Video:https://youtube.com/shorts/FHY_2t7R714?si=HNz-fOnQg83NpZHj
- Triceps EZ bar skull crusher: 4 sets of 10-12 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=jR7Y5YcugYc>
- Diamond push ups: 4 sets of 8-10 reps (Rest: 60 seconds)
- Video:<https://youtu.be/XtU2VQVuLYs?si=A0EmfFJ0mj1RTiAx>
- Scissor kicks: 4 sets of 15-20 seconds (Rest: 60 seconds)
- Video:<https://youtu.be/ap4DqnKmrqc?si=LumKLkmV70mgEZvL>
- Resistance band skull crusher: 4 sets of 10-12 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=uutP0eBt51I>
- Back supported leg raises: 4 sets of 10-15 reps (Rest: 60 seconds)
- Video:<https://youtu.be/FSXXv8BL-yg?si=Di5HFah66OiBCZUv>

Cool-down: 5 minutes of stretching

Message: Today focuses on biceps and abs. Good work!

Day 6

Warm-up: 5 minutes of brisk walking

Exercises:

- Back straight arm pull downs: 3 sets of 10-12 reps (Rest: 60 seconds)
- Video:<https://youtu.be/ey9Fv3FGrRg?si=v694pyqSGYGP9yUZ>
- Chest supported T-Bar Rows: 3 sets of 10-12 reps (Rest: 60 seconds)
- Video:<https://youtu.be/in1F5d21vLk?si=tXyD8Anhn5xlGwHm>

- Single arm cable rows: 3 sets of 8-12 reps each arm (Rest: 60 seconds)
- Video:<https://youtu.be/1jN6qeXdvWA?si=om3N9VfPLguG-Na->
- Pec Deck Flies: 3 sets of 12-15 reps (Rest: 60 seconds)
- Video:https://youtu.be/eGjt4lk6g34?si=8AdkB1_BIO96Mat3
- Triceps rope pull downs: 3 sets of 10-15 reps (Rest: 60 seconds)
- Video:<https://youtu.be/kiuVA0gs3EI?si=epUgXNvld6J80xkf>

Cool-down: 5 minutes of stretching

Message: Focus on pull today, targeting back and arms!

Day 7

Warm-up: 5 minutes of brisk walking

Exercises:

- Incline push up: 3 sets of 8-12 reps (Rest: 60 seconds)
- Video:https://www.youtube.com/watch?v=yAbg3_pJKvw
- Incline dumbbell Bench Press: 3 sets of 8-12 reps (Rest: 60 seconds)
- Video:<https://youtu.be/oZVCBM9f8Eo?si=IK9c3m2-1CXGati1>
- Seated shoulder machine press: 3 sets of 10-12 reps (Rest: 60 seconds)
- Video:<https://www.youtube.com/watch?v=TnhIyp4kmO8>
- Front dumbbell raises: 3 sets of 12-15 reps (Rest: 60 seconds)
- Video:<https://youtube.com/shorts/yHx8wPv4RPo?si=SRpRofd8IXWDIYrm>
- Scissor kicks: 3 sets of 15-20 seconds (Rest: 60 seconds)
- Video:<https://youtu.be/ap4DqnKmrqc?si=LumKLkmV70mgEZvL>

Cool-down: 5 minutes of stretching

Message: Another push day focusing on chest and shoulders. Let's finish strong!

Diet Plan:

Analysis: This personalized exercise plan is developed for a beginner male to help reduce body fat from 25-29% to a desired 20%. The user has access to gym equipment and has specified a focus on fat loss. Thus, a 6-day workout plan was selected to maintain high activity frequency, which is essential for fat loss. Each day targets specific muscle groups to allow adequate recovery while increasing overall calorie expenditure. Compound exercises are incorporated to enhance muscle metabolism, while isolation exercises are included for muscle toning and targeting specific areas. All exercises are beginner-friendly to ensure safety and build a solid foundation.