



# FitPlan-AI: Personalized Fitness Profile

## Personal Information

Full Name\*

srusti k

Age\*

18

Height (cm)\*

150.00

Weight (kg)\*

45.00

## Fitness Details

Fitness Goal

Build Muscle

Fitness Level

- ☒ Beginner  
☐ Intermediate  
☐ Advanced

Available Equipment

Resistance Band

Submit Profile

Spaces

srustik123/Module\_2

like 0

Running

Logs

App

Files

Community

Settings

FitPlan-AI: Personalized Fitness Profile

Profile Submitted Successfully!

Your Personal Information

Name: srusti k

Age: 18

Height: 150.0 cm

Weight: 45.0 kg

BMI: 20.0 (Normal)

Goal: Build Muscle

Fitness Level: Beginner

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Equipment: Resistance Band

Your Personalized 5-Day Workout Plan

Day 1: Full Body (Strength Focus) Warm-up: 5 min dynamic stretching (arm circles, leg swings, bodyweight squats, lunges)

Main Workout:

- Bodyweight Squats - 3x12-15
- Resistance Band Chest Press - 3x12 (each side)
- Resistance Band Glute Bridges - 3x12-15
- Resistance Band Rows - 3x12 (each side)
- Resistance Band Standing Abductions - 3x15 (each side)

Rest: 60 sec between sets

Cooldown: 5 min static stretching (hamstrings, chest, shoulders, quads)

Day 2: Lower Body + Core Warm-up: 5 min dynamic stretching (hip circles, ankle rolls, bodyweight squats)

Main Workout:

- Resistance Band Squats - 3x12-15
- Resistance Band Deadlifts (with band around thighs) - 3x12
- Resistance Band Clamshells - 3x12 (each side)
- Bodyweight Lunges - 3x10 (each leg)

5. Resistance Band Plank Rows – 3x10 (each side)

Rest: 60 sec between sets

Cooldown: 5 min static stretching (hip flexors, hamstrings, lower back)

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Day 3: Upper Body + Push Focus Warm-up: 5 min dynamic stretching (shoulder rolls, cat-cow, push-ups)

Main Workout:

1. Resistance Band Chest Press (flat) – 3x12 (each side)
2. Resistance Band Shoulder Press – 3x12 (each side)
3. Resistance Band Triceps Extensions – 3x12
4. Bodyweight Incline Push-ups (hands on bench/chair) – 3x10
5. Resistance Band Bicep Curls – 3x12 (each side)

Rest: 60 sec between sets

Cooldown: 5 min static stretching (chest, shoulders, triceps)

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Day 4: Active Recovery/Low Impact Warm-up: 5 min light cardio (jumping jacks, jogging in place)

Main Workout:

1. Resistance Band Banded Walks (side-to-side) – 2x20 steps (each side)
2. Bodyweight Glute Bridge Hold – 3x20-30 sec
3. Resistance Band Lateral Raises – 3x12 (each side)

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Main Workout:

1. Resistance Band Banded Walks (side-to-side) – 2x20 steps (each side)
2. Bodyweight Glute Bridge Hold – 3x20-30 sec
3. Resistance Band Lateral Raises – 3x12 (each side)
4. Seated Resistance Band Rotational Press – 3x10 (each side)
5. Standing Resistance Band Calf Raises – 3x15

Rest: 45 sec between sets

Cooldown: 5 min static stretching (full body)

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Day 5: Full Body (Hypertrophy Focus) Warm-up: 5 min dynamic stretching (arm circles, leg swings, resistance band arm pulls)

Main Workout:

1. Resistance Band Squats (pulse at bottom) – 3x15
2. Resistance Band Lat Pulldowns – 3x12
3. Resistance Band Glute Kickbacks – 3x12 (each side)
4. Resistance Band Seated Rows – 3x12
5. Resistance Band Standing Abductions (slow tempo) – 3x15 (each side)

Rest: 45 sec between sets

Cooldown: 5 min static stretching (hamstrings, shoulders, hips)

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