

Points to be taken care of -



- 1. BEFORE WORKOUT DO 10 MINUTES OF BRISK WALK .
- 2. MUSCLE & MIND CONNECTION IS MOST IMPORTANT IN EVERY WORKOUT
- 3. AFTER WALK FOLLOW THIS WARM UP STRETCHES LINK : https://www.youtube.com/watch?v=2L2lnxIcNmo
- 4. POST WORKOUT FOLLOW THIS COOL DOWN LINK: https://www.youtube.com/watch?v=Ji9vKqfWK88
- 5. AVOID WORKOUT IF YOU THINK YOU ARE DOING IT INCORRECTLY & SHARE YOUR VIDEOS WITH ME THROUGH WHATSAPP ON 9910362836.
- 6. IT'S A MICRO CYCLE BASED PROGRAM. PLEASE FOLLOW ALL THE MICROCYLES WEEK BY WEEK FOR A MONTH.
- 7. INCORPORATE YOUR EVERY SET OF WORKOUT WITH ONE CARDIO ACCELARATION MOVE FOR 45 SECONDS.

Understanding Micro cycles (4 weeks = 4 micro cycles)

WEEK 1: MICROCYCLE 1 = 10-14 REPS

WEEK 2: MICROCYCLE 2 = 14-18 REPS

WEEK 3: MICROCYCLE 3 = 16-20 REPS

WEEK 4: MICROCYCLE 4 = 16-20 REPS

Day 1 : Arms + Core



SERIAL NO.	WORKOUT	SETS	R E P S	REST	LINKS			
8	(11,6000)	8	66:50C5:HGL0	30 5005	https://www.undules.com/webit/hrughtphtClarke			
8	GNT COW POSE	8	52 70 64	30 9005	16 Sapp. / Farodis. Jac Reprosett FTCS-W.			
8	880 906	8	52 70 64	30 9005	TETERS / / Newson annulus des control audit in for multiplicity out. In			
- 6	BICEPS CURE (BICTH HAMES TOGETHER)		50 70 14	46 9605	https://www.analaka.com/wakihtor/00075_3barto			
9	ALTERNATE SUMBELL CURL	9	30 70 04	46 9605	https://www.anababa.com/walch/orsales_oughts_blocks			
6	MANAGER CLIRIC (BESTELLANDOS)	4	30 70 14	46 9603	https://www.andidec.com/watchtorocathalitande			
9	(VINE OVERVIEW SYTEMBON)	6	30 70 14	46 9603	TOTAL CONTRACTOR CONTRACTOR CONTRACTOR CONTRACTOR CONTRACTOR			
8	SOUBLE ARM TRICETS EXTENSION	8	50 70 14	46 5603	Million / / www. production.com/ teats (17 or not) (186 or 198).			
9	BEEF SMEET MITTER STAMBELL CHUTCHER	4	50 70 14	46 9603	Manufreen probable contradition CUSTALLINESS			
	CORE CIRCUIT							
8.	GRUNGIES ON TUDOR	8	25 70 30	30 5005	TREASON / / ANNOUNCE / BACK PROCERNIC PROMOTERS			
8	ELROW TO KINES ORLIQUE CITURICY		20 10 25	30 5005	Man.//www.ananana.com/wascittoroom/2016/gt.			
9	LEG RASES (N. F. 2008)		35 70 30	30 9003				
- 6	RUTTER KEIS ON FLOOR		35 70 30	30 9003	WHEN I FRANCIS HOLDS AND COMMERCE OF THE			

Day 2 : Legs + Core



SERIAL NO.	WORKOUT	SETS	R E P S	R E S T	LINKS
8	CO86A	8	96/903 (7 1886/3 161.0)	36/5605	Million // herein an abadraker com/watch for discibility and the
8	SUPERMAN	9	56 903 (5 903 1040)	30 9005	Million / French, production conf. (matrix for ellit MC collects)
	GHL0 P09E	8	56 900 (7-16 900 101.0)	36 9605	https://www.analadec.com/watch/or/habadade
- 6	SQUATS NORMAL STANCE		38 70 54	46 9605 GA	THE SECULAR PROPERTY AND ASSESSMENT OF THE PARTY OF THE P
9	GOBLET SQUAF	9	38 70 94	46 96 CS GA	16 Spp. / Favora: production complement it for digs. If 19 of the
6	LUNGES		38 70 54	46 9605 GA	https://www.andidec.com/ealith/or/10% aflgifus
9	SQUATS WIRE STANCE (BUMO STANCE)	6	38 70 54	46 3603 GA	165 sep. / Furnamia Jan Rett ov Williams
8	SUMO SQUATS WITH DUMBELL	8	38 70 54	46 5605 GA	THE REAL PROPERTY AND ADDRESS OF THE PROPERTY OF THE PROPERTY AND ADDRESS OF THE PROPERTY ADDRESS OF THE PROPERTY AND ADDRESS OF THE PROPERTY ADDRESS
9	GUTUESUPT		20 70 25	46.9603	16 pp.//www.podialec.com/wat/670/6606569bud713
50	GALF BALSES	4	20 70 25	46.9003	
	CORE CIRCUIT				
8.	ELBOW TO KNEE OBLIQUE ORUNO?	8	20 70 25	46 9005	https://www.undidecom/webit/orocotti/fillicite
8	SIDEPLANTS	3	30 5000000 100.0	46 5605	https://www.poduka.com/watch?co/bb/dhubatch
9	PLANK HIP TWIST		32 TO SETWIST SACK SIDE	46 9605	THE SECTION AND ASSOCIATION CONTRACTOR OF THE PROPERTY OF THE

Day 3 : Shoulders + Core



SERIAL NO.	WORKOUT	SETS	R E P S	R E S T	LINKS		
8	91,6005	8	66/36(5/16),0	30 9005	THESE // NAME AND THESE COST / WHICH TO SEE THE TRACESSES		
8	(COBNA	8	56 903 (7 16603 1613)	30 9005	https://www.anabales.com/watchtordballthactb		
8	SUPERMONE	8	56 903 (5 903 10.0)	30 9005	https://www.anabake.com/watchto-offf MT Salkiss		
- 6	SERVICE OVERVIEWS DUMBELL PRESS	6	38 70 64	46 963 GA	Manufrance probable contrastition of which contrasts		
9	STANDING LATERAL RAISE	- 6	38 70 54	46 96 G GA	Miles //www.woolder.com/west/forecomment		
6	FRONE BASE WITH DUMBELL		38 70 54	46 96/3 GA	Million / Ference annualistic complete the Constitution of Prod (MICO).		
9	UPRIGHT NOWING WITH DUMBELL	3	38 70 54	46 96/3 GA	Manual Interest and other commitment in the MC and Coules		
8	SHRUGS WITH DUMBELL	6	58 70 54	46.9605 GA	10 and 1 degrees, and other contracts in the agreement (131)		
	CORE CIRCUIT						
8	MASS WAS CRUNCIES ON TURBE	8	16 10 30	36/9605	MESSO, / AMAZO, positional conference in the application of		
8	VHOLE ON FLOOR	8	5°50'505'11010	30 9005	https://www.andules.com/watth/oritalfall_datMt		
8	JACK KNIFE SIT UPS		35 70 30	30 9005	https://www.andrake.com/watth/or-habble/Chb.		
6	(65 8465 94 F, 008	8	32 70 36	30 9005	TOTAL CONTINUES DOLLARS CONTINUES		

Day 4 : Cardio Day



Day 5 : Back + Core



SERIAL NO.	WORKOUT	SETS	R E P S	REST	LINKS
8	(C086A	6	56 5603 (7-100603 H0L0)	30 9005	Million // Newson anniholes com/seast/filtro-distability and the
8	SUPERMANE	-6	56/903 (5/903 1040)	30 9005	THE SECTION AND ADDRESS OF THE PROPERTY OF THE
8	GNT COM/POSE	6	52 70 54	30 9005	Million / Zuroultu (Inc./Eugenwell (1975))
- 6	STRANGET ARM PULLDOWN WITH BAND	6	30 70 54	46 96 G GA	Man, //www.analiaku.com/wat.fi/or-MhsDMFs/18.
9	SENTER REWAYNE WITH BANKS		30 70 14	46 96 G GA	TOTALE / / Newson annotation complements for most state state
6	SUMMELL ROWING BOTTS WINE.	-6	30 70 14	46 9605 GA	Titlans / Favores acceledas com/avaistit for sidelithy, bloch
9	SINGLE WAY ROWING	8	30 70 54	46 56 CS CA	https://orodu.ioc/htm/Stadio-ithodi
8	SEMBLET WITH BUMBELL	-6	30 70 54	46.9005	Million Character accelerates completed filter against Character
	CORE CIRCUIT				
8.	(FLARMS)	9	66/55/09/05/10/20	36 9005	Totals.//www.undobles.com/web/thforefatf/McQarks
8	388 9,4865 309		30 5000005 100.0	30 9005	https://www.woduke.com/wdtft?or/Natriciades
9	ELBOW TO KNEE ORLIQUE CRUNCH	8	52 70 56	30 9005	https://www.analiaks.com/watch?orocot02fff6cpt.
- 6	MOURTAIN CLAMBERS	8	15 70 30	30 9005	To the second security and the second resident the communicacity. The

Day 6 : Chest + Core



SERIAL NO.	WORKOUT	SETS	R E P S	REST	LINKS
8	PLSHUP/ANEE/PLSHUPS/108 SEGMNERS	8	50 70 54	46 56 CS CA	Misse, // www. workship.com/watch?or/sigNNs-55wot.
8	DUMBELL PRESS ON TLOOR	- 6	30 70 04	46:56(3:5A	Million / / www. workship.com/watch? or us fight major fire.
8	DUMBELL TUY ON TLOOR	8	30 70 14	46-96/3 GA	16 sec. / /www.unabaka.com/web.ii/ormatini: 80wits.
	PULCWER WITH GUMBELL SNITLGOR.	8	30 70 14	46-56/3 GA	101aps // harana variationa comé/audich for USB (60 Shumo)
9	GUTUESUPT	- 6	35 70 30	46.9655	165 pp. // Aprillar production come/feats (120) (800000086-0171).
6	SMGG LICE GLUFFILE BRIDGE	9	52 70 56	46.9605	165 pp. // James and John Com/Audit II for 1860 has been 8.
7	BERET SPACE SQUITTELD BEEK BACK	- 6	35 70 30	46.9605	Million / Japane, promotes, com/apaciti Por Million (Carcia
	CORE CIRCUIT				
8	BASED WEE CHURCHES ON TLOOR	9	35 70 30	36/36/5	Mission / Newson consistent community for auditocal PSO
8	CRUNCHES TOX TOUGH ON FLOOR	9	35 70 30	36/9605	When J reverse and other completes of the manifest that
9	V HOLD ON TLOOR	9	5*50'90'30'1949	36/3603	16500/70000 probable contrastification culture.
6	LEGS BARRES ON TLOOR		35 70 30	36/9603	Williams / Flancoms (Mar. PMC) in annual COMS.



Rest from workout but keep an eye on your nutrition plan. Try to stay away from sugar. Call for any assistance if needed.



Thank You.



Points to be taken care of -



- 1) Use 1 teaspoon of oil to cook. Oil to be used can be desi ghee, extra virgin olive oil or coconut oil.

- 2) Do not skip your pre-workout and post workout meal. Pre and post workout meals remains the same no matter what time of the you are working out.
- 3) We can use one onion, one tomato and mild spices to cook food.

10) Refrain from consuming sugar containing foods and beverages.

- 4) Minimum water intake should be 4-5 liters a day.

- 5) We have to take care of the quantity mentioned of the raw food. Buy a weighing scale for that.

- 6) If you do not prefer eating chicken/fish on a day, then you can replace it with paneer, tofu, beans, legumes, pulses, soy chunks.
- 7) If you do not want to have chapati on a day, then instead take 30 grams of rice/quinoa.
- 8) Food values may vary depending on variety and country of origin. Current values are as per ICMR.
- 9) Avoid excess intake of salt, instead prefer herbs like oregano, rosemary, thyme to enhance the flavour.



183.41

39.48

177.7

1768

Day 1			O JC FITNESS				
Empty Stomach	Serving	Quantity	Protein	Fats	Carbs	Calories	
Laboratory water with a small of consumer security	3.gbes	STOK WA					
Pre Workout Meal (30mins before)							
Black Coffee (no added sugar)	1 010	300 mi					
Barrana	SSR greens	SSS grigation	8.8	0.8	37.8	838	
Post Workout Meal							
drigacil whaty solida protein in water		2 scoops	62	0.6	3.2	982	
Papagos (offee flow monutes:)		(68) grams	6.6	0.3	77.8	86	
Breakfast							
Trut and that brooding							
Gard		200 grams	8.2	6.2	8.8	534	
Marine		2 whole terrel	3.5	6.6	8.8	69	
Southern reserve		36 grams	0.6	8.38	88.8	96	
Snacks							
Broad-track (Circlebosope (Februs From Front)		38 grame	7	3.6	87.6	888	
Lunch							
Chapati		- 8	3.6	8.5	26.8	980	
Bag/math(reav)		58 grams	20.5	6.6	36.8	879	
Paneer Shurji (weigh the rare paneer)		58 grams	38	88	2.8	348	
(0)	2 speers	(8) mi		58		98	
Custombler Salief (rew)		SSE grams	0.6	6.6	3.5	118	
Snacks							
STREAM IT WHITE SCHOOLS STREAM IN WARREST		8 600000	60	0.6	8.2	983	
Dinner							
Bolled Circler with Steamed Maggine							
(Strictions (Found)		200 grams	56.8	5.2		258	
(Entert(max)		(66) grams	5.2	0.1	88.8	38	
(Specificami/raw)		(66) grams	8.88	6.8	1.8	36	
(Sarrot-(rew)		300 grams	6.9	0.2	38.6	69	
(san add assessmings and larnon (uite)							

Total Macros of the day



Nutrition plans are goal oriented andcustomised as per client's food preferences.

Thank You.