



# Online Workout Plan

XYZ  
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Training Routine & Core

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=Ji9vKgfWK88>
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 MICROCYCLES 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 2 : Legs + Core



SERIAL NO.	WORKOUT	SETS	REPS	REST	LINKS
1	CONRA	3	30-SEC (7-10-SEC-10-SEC)	30-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
2	SUPRMAN	3	30-SEC (3-SEC-10-SEC)	30-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
3	CHILD-POSE	3	30-SEC (7-10-SEC-10-SEC)	30-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
4	DELAITS-NORMAL-DYAND	4	10-10-10	40-SEC-10	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
5	DELAITS-DELAIT	3	10-10-10	40-SEC-10	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
6	LUNING	3	10-10-10	40-SEC-10	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
7	DELAITS-WIDE-DYAND (SAME-DYAND)	4	10-10-10	40-SEC-10	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
8	SAME-DELAITS-WITH-DUMBBELL	3	10-10-10	40-SEC-10	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
9	GLUTED-LIFT	4	20-10-20	40-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
10	GLUT-BRIDE	4	20-10-20	40-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
<b>CORE CIRCUIT</b>					
1	ELBOW-TO-KNEE-OBLIQUE-CRANCH	3	20-10-20	40-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
2	SIDE-PLANK	3	30-SECONDS-HELD	40-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>
3	PLANK-UP-TWIST	3	10-10-10 TWIST SWAP-30S	40-SEC	<a href="https://www.youtube.com/watch?v=8b8T1u0D">https://www.youtube.com/watch?v=8b8T1u0D</a>

# Day 3 : Shoulders + Core



SERIAL NO.	WORKOUT	SETS	REPS	REST	LINKS
1	PLANK	3	60-90S-HOLD	90-90S	<a href="https://www.youtube.com/watch?v=q342T7L3aU8">https://www.youtube.com/watch?v=q342T7L3aU8</a>
2	CRAB	3	10-15S/7-10S(HOLD-HOLD)	90-90S	<a href="https://www.youtube.com/watch?v=4L4bT7u0v3Q">https://www.youtube.com/watch?v=4L4bT7u0v3Q</a>
3	SUPERMAN	3	10-15S(10-15S-HOLD)	90-90S	<a href="https://www.youtube.com/watch?v=4fP9N7Gz88I">https://www.youtube.com/watch?v=4fP9N7Gz88I</a>
4	SEATED OVERHEAD DUMBBELL PRESS	4	10-15S/10	40-90S/30	<a href="https://www.youtube.com/watch?v=q44w6T6I5u4&amp;list=PLDz44">https://www.youtube.com/watch?v=q44w6T6I5u4&amp;list=PLDz44</a>
5	STANDING LATERAL BEND	4	10-15S/10	40-90S/30	<a href="https://www.youtube.com/watch?v=4l0m0G4u0r8">https://www.youtube.com/watch?v=4l0m0G4u0r8</a>
6	FRONT BEND WITH DUMBBELL	3	10-15S/10	40-90S/30	<a href="https://www.youtube.com/watch?v=CTW228N2SM">https://www.youtube.com/watch?v=CTW228N2SM</a>
7	UPRIGHT ROWING WITH DUMBBELL	3	10-15S/10	40-90S/30	<a href="https://www.youtube.com/watch?v=3E_rnf2G48k">https://www.youtube.com/watch?v=3E_rnf2G48k</a>
8	SHELF WITH DUMBBELL	4	10-15S/10	40-90S/30	<a href="https://www.youtube.com/watch?v=q44w6T6I5u4">https://www.youtube.com/watch?v=q44w6T6I5u4</a>
	CORE CIRCUIT				
1	SHOULDER BRIDGED CRUNCH ON FLOOR	3	10-15S/10	90-90S	<a href="https://www.youtube.com/watch?v=q44w6T6I5u4">https://www.youtube.com/watch?v=q44w6T6I5u4</a>
2	W-HOLD ON FLOOR	3	20-30S(HOLD-HOLD)	90-90S	<a href="https://www.youtube.com/watch?v=3u8aB_f-4u98">https://www.youtube.com/watch?v=3u8aB_f-4u98</a>
3	FACE UP INT OF UPS	3	10-15S/10	90-90S	<a href="https://www.youtube.com/watch?v=8eG9u4CT48k">https://www.youtube.com/watch?v=8eG9u4CT48k</a>
4	ICE BRIDGE ON FLOOR	3	10-15S/10	90-90S	<a href="https://youtu.be/3IC2u8e1G9E">https://youtu.be/3IC2u8e1G9E</a>

[The main body of the page contains several paragraphs of text that are heavily blurred and illegible. The text appears to be a list or schedule of activities, possibly including details about the cardio day workout, such as duration, intensity, and specific exercises. Due to the blurring, the exact content cannot be transcribed.]



# Day 5 : Back + Core



SERIAL NO.	WORKOUT	SETS	REPS	REST	LINKS
1	CONK	4	30-30S2 (7-30S2-40S2)	30-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
2	SUPRMAN	4	30-30S2 (3-30S2-40S2)	30-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
3	CVT-COM-POSE	4	10-70-30	30-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
4	STRAIGHT-ROW-FULL-COMB-WITH-BAND	4	10-70-30	40-30S2-50	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
5	SEATED-ROWING-WITH-BAND	3	10-70-30	40-30S2-50	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
6	DUMBBELL-ROWING-BOTH-WAYS	4	10-70-30	40-30S2-50	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
7	SINGLE-ROW-ROWING	3	10-70-30	40-30S2-50	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
8	SEATED-ROW-WITH-DUMBBELL	4	10-70-30	40-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
<b>CORE CIRCUIT</b>					
1	PLANK	3	60-SECONDS-REST	30-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
2	SIDE-PLANK-DIP	3	30-SECONDS-REST	30-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
3	ELBOW-TO-ELBOW-OBLIQUE-CRUNCH	3	10-70-30	30-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>
4	HEEL-TO-TOE-CRABWALK	3	10-70-30	30-30S2	<a href="https://www.youtube.com/watch?v=8b8T1u0U0">https://www.youtube.com/watch?v=8b8T1u0U0</a>

# Day 6 : Chest + Core



SERIAL NO.	WORKOUT	SETS	REPS	REST	LINKS
1	PLANK/PUSHED PLANKS/FOR BEGINNERS	3	15/10/10	60-90S	<a href="https://www.youtube.com/watch?v=8z9Mh_j2aw8">https://www.youtube.com/watch?v=8z9Mh_j2aw8</a>
2	DUMBBELL PRESS/ON/FLOOR	4	10/10/10	60-90S	<a href="https://www.youtube.com/watch?v=1u1i12ZhaapI8">https://www.youtube.com/watch?v=1u1i12ZhaapI8</a>
3	DUMBBELL FLIP/ON/FLOOR	3	10/10/10	60-90S	<a href="https://www.youtube.com/watch?v=1rma11E1BhaE1">https://www.youtube.com/watch?v=1rma11E1BhaE1</a>
4	FOLLOWED WITH DUMBBELL ON/FLOOR	3	10/10/10	60-90S	<a href="https://www.youtube.com/watch?v=1L898Hthw8e">https://www.youtube.com/watch?v=1L898Hthw8e</a>
5	GLUTEAL LIFT	4	10/10/10	60-90S	<a href="https://www.youtube.com/watch?v=8H013ahLJ1s">https://www.youtube.com/watch?v=8H013ahLJ1s</a>
6	SINGLE LEG GLUTEAL BRIDGE	3	10/10/10	60-90S	<a href="https://www.youtube.com/watch?v=2812ha2kz28">https://www.youtube.com/watch?v=2812ha2kz28</a>
7	BENT LEG GLUTEAL HIG SWAY	4	10/10/10	60-90S	<a href="https://www.youtube.com/watch?v=2812ha2kz28">https://www.youtube.com/watch?v=2812ha2kz28</a>

## CORE CIRCUIT

1	BRIDGE/HIGH CRANCHED/ON/FLOOR	3	10/10/10	30-60S	<a href="https://www.youtube.com/watch?v=ag10hah8P58">https://www.youtube.com/watch?v=ag10hah8P58</a>
2	CRANCHED TEE TOUCH/ON/FLOOR	3	10/10/10	30-60S	<a href="https://www.youtube.com/watch?v=aaa1aa1aa1aa">https://www.youtube.com/watch?v=aaa1aa1aa1aa</a>
3	V-HOLD/ON/FLOOR	3	30/30/30-60S	30-60S	<a href="https://www.youtube.com/watch?v=1aa1aa1aa1aa">https://www.youtube.com/watch?v=1aa1aa1aa1aa</a>
4	LEG BRIDGE/ON/FLOOR	3	10/10/10	30-60S	<a href="https://www.youtube.com/watch?v=1aa1aa1aa1aa">https://www.youtube.com/watch?v=1aa1aa1aa1aa</a>



**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.**



# Online Nutrition Plan

XYZ

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# 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.*
- 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.*
- 10) Refrain from consuming sugar containing foods and beverages.*

	Serving	Quantity	Protein	Fats	Carbs	Calories
<b>Empty Stomach</b>						
Subsamen water with a pinch of cinnamon powder	1 glass	250 ml	0	0	0	0
<b>Pre Workout Meal (30mins before)</b>						
Black Coffee (no added sugar)	1 cup	200 ml	0	0	0	0
Banana	100 grams	100 grams	1.2	0.3	27.2	105
<b>Post Workout Meal</b>						
Instant coffee/ isolate protein in water		2 scoops	40	0.8	0.2	160
Pappad (after few minutes)		100 grams	0.8	0.1	7.2	30
<b>Breakfast</b>						
Fruit and Nut Smoothie						
Curd		200 grams	6.2	6.2	6.8	124
Walnut		1 whole kernel	1.3	6.6	1.1	69
Soaked raisins		50 grams	0.8	1.08	22.2	86
<b>Snacks</b>						
Roasted Chickpeas (no roasted)		50 grams	7	1.8	17.6	103
<b>Lunch</b>						
Chapati		1	0.8	0.3	28.8	100
Spinach( raw)		50 grams	11.3	0.8	36.3	175
Pappad (Burr) (weight for one person)		50 grams	10	11	2.3	148
Oil	2 spoons	15 ml	0	15	0	90
Cucumber Salad (raw)		100 grams	0.8	0.1	2.3	18
<b>Snacks</b>						
Instant coffee/ isolate protein in water		2 scoops	40	0.8	0.2	160
<b>Dinner</b>						
Boiled Chicken with Steamed Muggins						
Chicken (raw)		100 grams	21.8	1.2	0	218
Broccoli( raw)		100 grams	1.2	0.1	11.1	36
Capsticum( raw)		100 grams	1.11	0.3	1.8	18
Carrot (raw)		100 grams	0.8	0.2	11.6	48
1 cup with seasonings and lemon juice						
<b>Total Macros of the day</b>			<b>183.41</b>	<b>39.48</b>	<b>177.7</b>	<b>1768</b>



*Nutrition plans are goal oriented and customised as per client's food preferences.*

**Thank You.**