



Online Workout Plan

XYZ
xyz@gmail.com

Training Routine & Core



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=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 1 : Arms + Core



Serial No.	Workout	Sets	Reps	Rest	Links
1	PLANK	3	60 SECS-HOLD	60 SECS	https://www.youtube.com/watch?v=qB4T9C3d4w
2	CVT-CRAW-POSE	3	10 TX-30	60 SECS	https://youtu.be/8qgnad8T00Y
3	BIRD-POSE	3	10 TX-30	60 SECS	https://www.youtube.com/watch?v=8T8H3ag63
4	BICEPS-CURL (BOTH-HANDS TOGETHER)	4	15 TX-30	60 SECS	https://www.youtube.com/watch?v=5D9FL_3ha6s
5	ALTERNATE DUMBBELL-CURL	3	15 TX-30	60 SECS	https://www.youtube.com/watch?v=8qf6g_8a6-8
6	HAMMERS-CURL (BOTH-HANDS)	4	15 TX-30	60 SECS	https://www.youtube.com/watch?v=63a88and
7	LYING-TWISTING-EXTENSION	4	15 TX-30	60 SECS	https://www.youtube.com/watch?v=3K37987a8d8
8	SEMIABLE-WHIP-TWISTING-EXTENSION	3	15 TX-30	60 SECS	https://www.youtube.com/watch?v=8t1362a7T3E
9	WED-BALLS-WITH-DUMBBELL-ON-FLOOR	4	15 TX-30	60 SECS	https://www.youtube.com/watch?v=CLP8AL8m43w
	CORE CIRCUIT				
1	CRUNCHES-ON-FLOOR	3	10 TX-30	60 SECS	https://youtu.be/7C38C76aF0B
2	ELBOW-TO-KNEE-ON-BIG-CRUNCH	3	15 TX-30	60 SECS	https://www.youtube.com/watch?v=ovvC329H818
3	LEG-BARREL-ON-FLOOR	3	10 TX-30	60 SECS	https://youtu.be/8C38aam638E
4	FLATTER-BEARS-ON-FLOOR	3	10 TX-30	60 SECS	https://youtu.be/58Vv3863a78a

Day 2 : Legs + Core



SERIAL NO.	WORKOUT	SETS	REPS	REST	LINKS
1	COBRA	3	30-SEC(2) 45-SEC(2)+HOLD(3)	30-SEC	https://www.youtube.com/watch?v=15u8W1u0u0
2	SUPREMAN	3	30-SEC(2) 30-SEC(2)+HOLD(3)	30-SEC	https://www.youtube.com/watch?v=08P3nT3u80c
3	CHILD POSE	3	30-SEC(2) 7' 45-SEC(2)+HOLD(3)	30-SEC	https://www.youtube.com/watch?v=7a3u3u3u3u
4	DELAITS-NEERASA DYNAND	4	15-15 30	45-SEC(2) 15"	https://youtu.be/3u3u3u3u3u
5	DELAITS-DELAIT	3	15-15 30	45-SEC(2) 15"	https://www.youtube.com/watch?v=3u3u3u3u3u
6	LUNGE	3	15-15 30	45-SEC(2) 15"	https://www.youtube.com/watch?v=73u3u3u3u3u
7	DELAITS-WIDE DYNAND (SAME DYNAND)	4	15-15 30	45-SEC(2) 15"	https://youtu.be/3u3u3u3u3u
8	SAME-DELAITS WITH DUMBBELL	3	15-15 30	45-SEC(2) 15"	https://www.youtube.com/watch?v=3u3u3u3u3u
9	SPLITTER-LIFT	4	20-15 30	45-SEC	https://www.youtube.com/watch?v=3u3u3u3u3u
10	CALF RAISE	4	20-15 30	45-SEC	https://youtu.be/3u3u3u3u3u
	CORE CIRCUIT				
1	ELBOW-TO-KNEE CRUELSE CRUNCH	3	20-15 30	45-SEC	https://www.youtube.com/watch?v=3u3u3u3u3u
2	SIDE PLANK	3	30-SECONDS-HOLD	45-SEC	https://www.youtube.com/watch?v=3u3u3u3u3u
3	PLANK HIP TWIST	3	20-15 30 TWIST SWAP 30S	45-SEC	https://www.youtube.com/watch?v=3u3u3u3u3u

Day 3 : Shoulders + Core



SERIAL NO.	WORKOUT	SETS	REPS	REST	LINKS
1	PLANK	3	60-SEC-10S(L)	30-SEC	https://www.youtube.com/watch?v=q34CTE3ana4
2	CORSE	3	30-SEC(7-10SEC-10S(L))	30-SEC	https://www.youtube.com/watch?v=3u8u8bTuc0Q
3	SUPRMAN	3	30-SEC(10-SEC-10S(L))	30-SEC	https://www.youtube.com/watch?v=8P3nT3u8E2I
4	SEATED OVERHEAD DUMBBELL PRESS	4	10-15-10	60-SEC-1M	https://www.youtube.com/watch?v=q84u835u5-q8
5	STANDING LATERAL RAISE	4	10-15-10	60-SEC-1M	https://www.youtube.com/watch?v=q84u835u5-q8
6	FRONT RAISE WITH DUMBBELL	3	10-15-10	60-SEC-1M	https://www.youtube.com/watch?v=37u8385u5-q8
7	UPRIGHT ROWING WITH DUMBBELL	3	10-15-10	60-SEC-1M	https://www.youtube.com/watch?v=32_u842u84
8	SHRUG WITH DUMBBELL	4	10-15-10	60-SEC-1M	https://www.youtube.com/watch?v=q84u835u5-q8
	CORE CIRCUIT				
1	SWISS-PRISM CRUNCHES ON FLOOR	3	10-15-10	30-SEC	https://www.youtube.com/watch?v=q84u835u5-q8
2	W-HOLE ON FLOOR	3	20-30-SEC-10S(L)	30-SEC	https://www.youtube.com/watch?v=3u8u8bTuc0Q
3	WALK-PRISM OF UPS	3	10-15-10	30-SEC	https://www.youtube.com/watch?v=3u8u8bTuc0Q
4	ICE-SWISS ON FLOOR	3	10-15-10	30-SEC	https://youtu.be/3u8u8bTuc0Q

[The following text is intentionally blurred for privacy or design purposes.]

Serial No.	Workout	Sets	Reps	Rest	Links
1	Cobra	4	30-SEC(27-15SEC(2-10)(3)	30-SEC	https://www.youtube.com/watch?v=2b-8T1uo0Q
2	Superman	4	30-SEC(20-30(2-10)(3)	30-SEC	https://www.youtube.com/watch?v=08F3eT3u80c
3	CVT-COW-POSE	4	15-7(3-30)	30-SEC	https://youtu.be/8pquadr7Y08
4	STRAIGHT-ROW+PULLOVER+WITH-BAND	4	15-7(3-30)	45-SEC(1-30)	https://www.youtube.com/watch?v=8Fv3B8T5y1k
5	SHYTER-ROWING+WITH-BAND	3	15-7(3-30)	45-SEC(1-30)	https://www.youtube.com/watch?v=auF128v18kg
6	BARBELL-ROWING+DITTY-ROW	4	15-7(3-30)	45-SEC(1-30)	https://www.youtube.com/watch?v=1380Fg_9Wof
7	SHRUG+ROW-ROWING	3	15-7(3-30)	45-SEC(1-30)	https://youtu.be/Fgq3E_3tWgI
8	SHRUG+WITH-BARBELL	4	15-7(3-30)	45-SEC	https://www.youtube.com/watch?v=qjagag7Fq88
	CORE CIRCUIT				
1	PLANK	3	30-SECONDS+HOLD	30-SEC	https://www.youtube.com/watch?v=q88P7E3amg
2	SIDE PLANK+UP	3	30-SECONDS+HOLD	30-SEC	https://www.youtube.com/watch?v=7B8v3uad8Q
3	ELBOW+DOWN+OBlique+CRUNCH	3	15-7(3-30)	30-SEC	https://www.youtube.com/watch?v=rcv032J781g
4	WHEELY+WITH+CLIMBER	3	15-7(3-30)	30-SEC	https://www.youtube.com/watch?v=cmuagp8L7W

Day 6 : Chest + Core



SERIAL NO.	WORKOUT	SETS	REPS	REST	LINKS
0	PULLDOWN/PRESS PULLOVER FOR BEGINNERS	3	1X-7X-16	90-SEC-1M	https://www.youtube.com/watch?v=8yTdb_7DwYI
0	DUMBBELL PRESS ON FLOOR	4	1X-7X-16	90-SEC-1M	https://www.youtube.com/watch?v=xmHfEzFagqBIE
0	DUMBBELL FLIP ON FLOOR	3	1X-7X-16	90-SEC-1M	https://www.youtube.com/watch?v=mjgUWtKbaGQ
4	PULLOVER WITH DUMBBELL ON FLOOR	3	1X-7X-16	90-SEC-1M	https://www.youtube.com/watch?v=LdRnEDThomc
5	GATHERED LIFT	4	1X-7X-32	90-SEC	https://www.youtube.com/watch?v=BkxvZkbLSTU
6	SINGLE LEG GATHEARD BRIDGE	3	1X-7X-16	90-SEC	https://www.youtube.com/watch?v=DSElmgJnOeE
7	BENT KNEE GATHEARD WIDE STANCE	4	1X-7X-32	90-SEC	https://www.youtube.com/watch?v=MNDwbVQrCQ
	CORE CIRCUIT				
0	KNEES UP AND CRUNCHES ON FLOOR	3	1X-7X-32	30-SEC	https://www.youtube.com/watch?v=qgfUadP7Uo
0	CRUNCHES FEET TOGETHER ON FLOOR	3	1X-7X-32	30-SEC	https://www.youtube.com/watch?v=rmeGedFeuLI
0	AIRBRICK ON FLOOR	3	2' X 1X-30X-30SL	30-SEC	https://www.youtube.com/watch?v=CafkgE_gaVE
4	LICE/KNEES ON FLOOR	3	1X-7X-32	30-SEC	https://youtu.be/XEtmmwCXE

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

xyz@gmail.com

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.*

Empty Stomach	Serving	Quantity	Protein	Fats	Carbs	Calories
Subsequent water with a pinch of cinnamon powder	1 glass	200 ml	0	0	0	0
Pre Workout Meal (30mins before)						
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
Post Workout Meal						
Angus® steak / solids protein in water		2 scoops	40	0.8	0.2	180
Papaya (after 10-15 minutes)		100 grams	1.8	0.1	7.2	50
Breakfast						
Fruit and Nut Smoothie						
Cust		100 grams	0.2	0.2	0.8	104
Milkfat		1 white (small)	1.2	0.8	1.1	49
Soaked raisins		50 grams	0.8	0.08	22.2	86
Snacks						
Roasted Chickpeas (non-roasted)		50 grams	7	1.8	17.8	113
Lunch						
Onion		1	0.8	0.2	28.8	100
Peas (raw)		50 grams	11.2	0.8	18.2	179
Peas (Bluz) (weight: 100-150 grams)		50 grams	14	11	2.2	148
Oil	2 scoops	10 ml	0	18	0	90
Cucumber Salad (raw)		100 grams	0.8	0.1	2.2	18
Snacks						
Angus® steak / solids protein in water		2 scoops	40	0.8	0.2	180
Dinner						
Soaked Chicken with Roasted Mignon						
Chicken (raw)		100 grams	21.8	1.2	0	118
Onion (raw)		100 grams	1.2	0.1	11.2	58
Capsicum (raw)		100 grams	1.11	0.2	1.8	18
Carrot (raw)		100 grams	0.8	0.2	11.8	48
1 cup with dressing and lemon (total)						
Total Macros of the day			183.41	39.48	177.7	1768



nutrition plans are good, science-backed and customized to your client's body and needs.

Thank You.