

Fitness plan with workout routine

- cut as much sugar and processed foods as possible
- aim for at least 8k steps a day (10k or more would be the best)
- focus more on whole foods (veggies, meat, fruits)
- go into a calorie deficit- the best thing you can do for fat loss
- drinking green tea, black tea or oolong tea
- drinking more water
- 1g of protein per 1 pound of body weight (ex 110 pounds 110g of protein a day)

Monday- Glute and Quads

(in order)

Elevated goblet squats	3x15
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Bulgarian split squat	3x10
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Hip thrusts	3x10
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KAS glute bridge	3x10
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RDL	3x10
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Hip abductions (warm up)	3x10
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Tuesday- Hamstrings focused legs

Seated leg curl	3x10
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Laying leg curl	3x10
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Calf raises	3x15
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Lunges	3x10
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Sumo squats	3x15
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Glute extension	3x10
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Wednesday- Abs and stomach

Pass through knee crunches	3x15
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Alternating leg crunches	3x20
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Leg pull in and out	3x15
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Leg raises	3x15
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Single leg raises	3x15
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Flutter kicks	3x15
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V ups	3x15
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all 40 reps for first set- second and third sets 30 reps

v ups

crunches

bicycle crunches

toe taps

leg raise lift

Thursday- Biceps and back

Lat pull down	10,12,14,16 reps
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Hammer curl	3x10
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Seated row	3x10
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assisted pull ups	5x4
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Cable pull down	3x10
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Single arm row	3x10
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barbell curls	4x6
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Friday- Upper body

Tricep rope pulldown	3x15
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Seated cable row	3x10
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Lat pulldown	3x10
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Pushups	3x til failure
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Front to lateral raises	10x3
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Single arm row	3x15
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Incline bench/bench	10x3
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Saturday- Lower body

Leg press	3x15
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Elevated goblet squat	3x15
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Back squat	3x10
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Bulgarian split	3x15
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Sumo squats	3x20
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Hip thrusts	3x10
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WEIGHTED ABS (3 sets)

25 sit ups to press

25 crunches

25 leg raises

25 toe taps