

# ALAN'S WEIGHT LOSS ROUTINE

This is how I went from 102 kg to 79 kg in 1 year:

🥬 **MAINTAINING A CALORIE DEFICIT** – Instead of 2300 kcal, I only take in 1800 kcal a day. That's a daily deficit of 500 kcal.

🥛 **INCREASING PROTEIN INTAKE** – I eat 2 gr of protein per kg body weight daily.

🚶 **MOVEMENT** – I walk 15,000 steps a day.

💪 **STRENGTH TRAINING** – I work out 3 times per week. My training always consists of the same set of exercises:

- Squats
- Deadlifts
- Bench presses
- Pull-ups

For squads, deadlifts, and bench presses, I'd start with a set weight and then increase repetitions. Once I'm ready to increase the weight, I'd reset the repetitions to the initial amount.

🚲 **CARDIO** – Delivering Uber Eats on my bicycle is how I get my cardio in.