

Reduce weight and look beautiful

Weight loss guidebook

Plan for
2
months



Home Workout Plan

Cardio Routine :

**(First week 20 minutes of jogging 4
times a week)**

Mon & Thursday Exercise Routine

Reps 15-20 , Regular Set 4-5

1-Pushups wide hands 4 Sets

2-Pushups closed hands 4 set

3-Shoulder press (with weight) 4 set

4-Pullups (with assistance) or Bentover dumbell for back (use any weight if you don't have dumbell) 4set

5-Bicep Curl (with any weight in hands) 4 set

6-Squats 4Sets

7-Lunges 4 Sets

➡ Tue & Fri Exercise routine
: Reps 15-20 , Regular Sets (3)

**1-Bentover Side Dumbell For (Lats) +
Bentover reverse dumbbell fly for (Back+
Traps) (2superset)**

**2-Side dumbbells + Front Dumbell raises for
shoulders (2superset)**

**3-Hammer curl for bicep + skull crusher
with wall (2 superset)**

4-Simple crunches (3 set)

5-cross crunches (3set)

6-Russian side twists (3 set)

7-Heel touch crunches (3 set)

8-knee up crunches (3 set)

9-jackknife (V-up) crunches (3 set)

10-High Knees for 20 Seconds (3 set)

11-Burpees for 20 Seconds (3 set)

12-Jumping Squats for 20 Seconds (3 set)

Wed & Sat routine

: Reps 15-20 Reps (3 Regular Set)

1-Standing oblique twist + Lateral leg raise by laying on floor (3 super set)

2-Standing or laying on floor oblique

3-crunches each side (3 set)

4-Single leg kick backs each side (for glutes) (3 set)

5-Glutes bridges (3set)

6-Leg raising (3 Set)

7-Side bridges (3 set)

8-flutter kicks (3 set)

9-Jumping jacks (3 set)

10-Bycycle crunches on floor

20seconds (3 set)

**11-Mountain climbers 20seconds
(3 set)**

12-Planks 60 Second hold (3 set)

Note : Rest time between two exercises shouldn't be more than 40 seconds to 1 minute and this rule applies to all Exercises in this plan.

Diet Plan

Mon- Sat

Morning on waking up :

One glass hot water with few lemon drops and cinnamon powder one pinch in it

After half/one hour do breakfast

Breakfast :

2 eggwhites + half egg yolk (Boiled)

Take (20 grams) raw instant oats

**cook them + 1/4 cup (60ml) skim
milk**

**(you can cook oats in skim milk +
water both , or you can cook oats
completely in water and drink milk
separately)**

1 tablet any multivitamin

Snack 11 Am

**1 apple (medium size) or 2peach
(medium size)**

Lunch :

**150g chicken breast (boiled or
grilled without oil) + half table
spoon Ketchup As sauce + 1
Kheera (cucumber)**

**Pre workout : 20minutes before
workout**

**Black cofee (Half or 1 teaspoon
cofee) + one cup hot water (no
sugar no milk)**

**Post workout :
5 eggwhites (boiled)**

**Evening Snack :
5 Almonds**

Dinner options :

**Half roti + (70g) chicken breast or
fish (50g) (boiled or grilled
without oil) + half table spoon
ketchup as sauce (preferable
dinner option for fast fatloss
results)**

Or

**Half Roti with Daal (boiled without oil)(
half cup 100g almost)**

or

**Half roti with any vegetables (Sabzi) 1
cup (100-150gram) (boiled or steamed)or
cooked home made with no oil or very
less extra virgin olive oil (just spray oil in
non stick pan)**

Late Night :

Half glass Skim Milk (125ml) + 3 almonds

Diet on sunday :

Breakfast :

**2 eggwhites +1egg yolk Omlete(use only
half spoon extra Virgin olive oil) + 1 bran
bread slice**

1 pm :

**1glass (250ml) fresh juice (apple or
grapefruit or orange)**

3 pm :

**half cup (50gram) roasted channy
(bhunny huye channy)**

5pm :

1 roti with With any salan (1 cup almost 100-150gram) vegetable or daal steamed or boiled or cooked with very few oil or no oil at all preferably)

8pm :

1 banana

late night :

1 glass skim milk (125ml)