

ALL-IN-ONE FITNESS GUIDE

TRANSFORM TOTAL FITNESS SYSTEM

6-WEEK PROGRAM



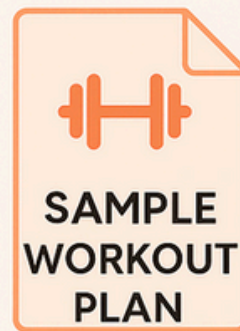
WELCOME TO YOUR 6-WEEK TRANSFORMATION

Congratulations on taking the first step toward building a stronger body, sharper mindset, and sustainable lifestyle. This guide isn't just another workout plan - it's a complete system built around real results and long-term progress.

- WHAT'S INSIDE:**
- 📖 eBook Guide: Learn how to train, fuel, and stay on track
 - 🏋️ Workout Plans: Scalable routines for home or gym
 - 📊 Progress Trackers: Stay consistent and accountable
 - 🍽️ Meal Plans: Simple, effective nutrition to support your goals

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to jump to the chapters you want**

FITNESS BUNDLE INCLUDES



[Fitness Guide](#)

[Meal Planner](#)

[Sample Workout Plan](#)

[Habit Tracker](#)

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[High Protein Foods](#)²

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Introduction – Why Fitness Matters

Initiating a fitness journey can be one of the most life-changing choices you can make. Whether your aim is to shed pounds, gain muscle, improve your mental well-being, or enhance your overall quality of life, fitness acts as a driving force for holistic personal growth. It's not merely about attaining a certain appearance—it's about taking charge of your health, your physique, and ultimately your future.

Today's lifestyle is filled with inactive habits, unhealthy foods, ongoing stress, and excessive screen time. These factors together diminish both physical and mental well-being. Regular physical activity, combined with mindful eating, can combat these issues by increasing your energy levels, enhancing sleep quality, stabilizing your mood, improving concentration, and fostering resilience. Engaging in fitness can help avert chronic illnesses such as diabetes, heart disease, and obesity.

In addition, dedicating yourself to a fitness regimen cultivates habits that extend beyond the gym. It fosters discipline, determination, goal-setting, and self-confidence. These traits lead to improved relationships, a stronger work ethic, and sharper cognitive abilities. Fitness provides a structured approach to navigating life's unpredictability—it serves as your stabilizing force. Most importantly, anyone can embark on this journey—no matter their age, background, or previous experience. This guide will serve as your roadmap to simplify the process and empower you to begin with assurance. Keep in mind, change begins with a single step.

Setting Goals – The Foundation of Your Journey

Success in fitness doesn't happen by chance—it requires intention. Vague goals like "I want to get fit" often lead to inconsistent effort and discouragement. Effective goals provide a roadmap, allow you to measure progress, and fuel your motivation over time.

How to Set SMART Goals:

- **Specific:** Set a clear, defined target like "Lose 10 pounds of fat" or "Bench press 100kg."
- **Measurable:** Use tangible metrics such as scale weight, body fat percentage, or reps and sets.
- **Achievable:** Stay grounded—losing 1 to 2 pounds per week is both realistic and healthy.
- **Relevant:** Align goals with your personal motivations, whether it's confidence, health, or aesthetics.
- **Time-Bound:** Deadlines create urgency. "Lose 5 pounds in 6 weeks" gives you a timeline.

Break long-term goals into short-term action steps. For example, to gain 15 pounds of lean muscle in a year, your first 30-day goal might be consistently training 4 times per week and hitting your calorie surplus daily. Periodically reassess your goals to stay aligned with your evolving progress.

Nutrition Basics – Fueling Your Progress



Nutrition is the bedrock of fitness success. Your diet significantly influences body composition, energy, recovery, and mental clarity. Whether you're aiming to lose fat, gain muscle, or maintain weight, what you eat matters immensely.

Understanding Calories:

- Caloric Deficit = Fat Loss
- Caloric Surplus = Muscle Gain
- Maintenance Calories = Weight Stability



Your Total Daily Energy Expenditure (TDEE) is influenced by basal metabolic rate, physical activity, and the thermic effect of food. Knowing your TDEE helps create accurate nutrition plans.

The Macronutrients:

- **Protein:** Crucial for repairing and growing muscle tissue. Aim for 0.8-1.2g per pound of body weight.
- **Carbohydrates:** Provide energy for workouts and recovery. Choose nutrient-dense options like fruits, veggies, oats, and rice.
- **Fats:** Support hormones and joint health. Focus on sources like avocado, olive oil, nuts, and seeds.

Hydration is also key. Drink at least half your body weight in ounces of water daily. Meal prepping, grocery planning, and using apps like MyFitnessPal help ensure consistency. Don't chase perfection—prioritize sustainability and long-term habits over rigid restrictions. Make eating healthy enjoyable by experimenting with recipes, spices, and occasional treats.



Losing Fat – Mastering the Calorie Deficit

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Losing fat is about achieving a sustained calorie deficit. That means your body is burning more calories than you're consuming over time. It sounds simple, but it requires diligence, consistency, and patience.

How to Create a Calorie Deficit:

1. **Calculate Your Maintenance Calories:** Use a TDEE calculator to understand your baseline.
2. **Reduce by 300-500 Calories Daily:** Enough to promote fat loss without draining energy.
3. **Track Everything You Eat:** Accuracy matters. Measure portions and log consistently.
4. **Increase Physical Activity:** Walking, cardio, and resistance training all help increase your energy expenditure.
5. **Monitor Weekly Trends:** Use photos, measurements, and scale weight to track progress.

High-protein diets help preserve lean muscle during a deficit. Opt for filling foods with high water and fiber content, like vegetables and lean meats. Avoid crash diets—they slow metabolism and lead to rebound weight gain. Instead, aim for a consistent, manageable routine that fits your lifestyle. Consider intermittent fasting or time-restricted eating as tools—not rules—to manage intake, but only if they suit your routine and preferences.

Consistency beats intensity over the long term. You don't need extreme measures to get results—just a sustainable approach that you can stick with for months.

Remember, fat loss is not linear.

A few more tips:

- **Sleep Well:** Lack of sleep can increase hunger hormones and reduce fat loss effectiveness.
- **Manage Stress:** High cortisol levels can lead to fat retention, especially around the belly.
- **Stay Hydrated:** Dehydration can be mistaken for hunger and reduce performance.
- **Stay Accountable:** Whether through a coach, community, or tracking app, accountability enhances adherence.

Finally, focus on behaviors over outcomes. Celebrate hitting your workout streak, prepping your meals, or hitting protein targets. These behaviors stack up to long-term fat loss success.

Building Muscle – Science and Strategy

Muscle-building, or hypertrophy, is a strategic process. It requires consistent training stimulus, sufficient recovery, and the right nutrition to support muscle protein synthesis. Building muscle improves body aesthetics, boosts metabolism, strengthens joints, and enhances overall performance.

Muscle Growth Basics:

1. **Progressive Overload:** Continuously challenge your muscles by increasing weight, reps, sets, or intensity over time.
2. **Mechanical Tension:** Exercises that keep muscles under strain through full range of motion are optimal for growth.
3. **Muscle Damage:** Controlled micro-tears in muscle fibers signal the body to rebuild stronger.
4. **Metabolic Stress:** High-rep sets, short rest periods, and pump-focused training create cell swelling and enhance growth.



Nutrition for muscle gain centers on a calorie surplus (typically 250–500 calories above maintenance) and high protein intake. Carbs fuel workouts and aid recovery, while fats support hormones.

Train each muscle group at least 2 times per week for optimal growth. Stick to compound lifts like squats, deadlifts, presses, and rows, while incorporating isolation exercises like curls, lateral raises, and leg extensions for detail. Aim for 10–20 sets per muscle group per week.

Rest and recovery are as important as lifting. Muscles grow outside the gym. Prioritize sleep, stay hydrated, manage stress, and avoid overtraining. Track your lifts to ensure progressive overload and avoid plateaus. Building muscle takes time—especially naturally. Stay patient, stay consistent, and trust the process.

Training Splits – Structuring Your Workout Week

Training splits are different ways to organize your weekly workout routine, each offering unique benefits depending on your goals, experience level, and schedule. A well-structured training split ensures you work all major muscle groups efficiently while also allowing for sufficient recovery.

Common Beginner-Friendly Splits:

- **Full Body Split (3x/week):** Excellent for beginners. Each workout targets all the major muscle groups. This promotes muscle balance and faster learning of movement patterns.
- **Upper/Lower Split (4x/week):** You alternate between upper-body and lower-body workouts. This allows slightly more training volume per muscle group while keeping sessions focused.
- **Push/Pull/Legs (6x/week):** Best suited for intermediate to advanced lifters. Push (chest, shoulders, triceps), Pull (back, biceps), Legs (quads, hamstrings, glutes).

Sample Full Body Routine:

- **Monday:** Squat, bench press, dumbbell row, planks
- **Wednesday:** Romanian deadlift, overhead press, chin-up, step-ups
- **Friday:** Leg press, incline dumbbell bench, cable row, hanging leg raises

Don't be afraid to customize. The most effective split is the one you can stick to. As you progress, consider periodizing your training—alternating between heavier and lighter weeks for optimal adaptation.



Rep Ranges and Volume – Optimizing Muscle Growth

Understanding how reps and volume work together will help you stimulate muscle growth and avoid plateaus. Each rep range develops different aspects of fitness, so varying them periodically is key.

- 1-5 reps: Builds maximal strength. Primarily activates fast-twitch muscle fibers.
- 6-12 reps: Best for hypertrophy. Balances weight and time under tension.
- 12-20+ reps: Targets endurance. Useful for smaller muscle groups and finishing sets.

Why Volume Matters:

Training volume is the total workload you place on a muscle. It's calculated by multiplying sets x reps x weight lifted. For muscle growth, a general target is 10-20 working sets per muscle group each week.

Practical Tips:

Stick to 3-4 sets per exercise

- Include 2-4 exercises per muscle group per week
- Use progressive overload: gradually increase reps, weight, or sets over time

Reps Range	Focus	Key Characteristics	Common Exercises
1-5	Maximal Strength	Targets neural adaptations, activates fast-twitch muscle fibers	Squats, Deadlifts
6-12	Muscle Hypertrophy	Balance between load and time under tension for muscle growth	Variety of compound and isolation exercises
12-20+	Muscular Endurance	Higher reps with lighter weights, beneficial for smaller muscles	Isolation movements, burnout finishers

Recovery – The Secret Weapon of Progress

Recovery isn't just a passive process—it's an active part of your fitness success. No matter how perfect your workout plan, without sufficient recovery, your progress will be limited. Recovery includes both rest between workouts and broader lifestyle factors that support physical and mental restoration.

Key Aspects of Recovery:

- **Sleep:** Prioritize 7-9 hours of high-quality sleep per night. This is when the majority of muscle recovery and hormone regulation takes place. Poor sleep impairs strength, coordination, and mood, all of which negatively affect training.
- **Rest Days:** Take at least one to two rest days weekly. Don't skip them. These breaks are essential for reducing accumulated fatigue, preventing overtraining syndrome, and maintaining high performance in subsequent workouts.
- **Active Recovery:** These are low-intensity activities like walking, swimming, yoga, or mobility work. They help stimulate blood flow, reduce inflammation, and relieve soreness without additional stress.
- **Nutrition & Hydration:** Your recovery depends on fueling your body properly. Get enough protein (1.6-2.2g/kg of body weight), hydrate well, and eat nutrient-dense foods to replenish glycogen and repair tissue.



Signs You May Need More Recovery:

- Persistent fatigue or soreness
- Declining strength or motivation
- Poor sleep or increased irritability
- Elevated resting heart rate

Be proactive. Schedule regular deload weeks (every 4-6 weeks) to reduce training volume or intensity and allow your body to fully recover. Recovery is where you grow—treat it like training.



Best Exercises for an Aesthetic Body

Building an aesthetic body means sculpting muscles in a way that enhances your natural symmetry, proportions, and overall visual appeal. It's about creating a physique that looks lean, balanced, and well-defined from all angles. While genetics influence your structure and proportions, strategic training can help you bring out your best shape.

Key Muscle Groups for Aesthetics and Best Exercises:

- **Shoulders (Deltoids):** These give width and contribute to the desirable "V-taper" look. Focus on overhead press, lateral raises, Arnold press, and rear delt flyes to develop all three heads of the deltoid.
- **Chest:** A full chest adds size and depth to the upper torso. Prioritize incline bench press for upper chest development, dumbbell presses for balance, dips for lower chest, and cable flyes for a solid pump and definition.
- **Back (Lats, Traps):** A wide and thick back improves posture and aesthetics. Use pull-ups and lat pulldowns to target width, while bent-over rows and T-bar rows build thickness and detail.
- **Arms (Biceps, Triceps):** Well-defined arms enhance the overall shape of your upper body. Include barbell curls, hammer curls, and concentration curls for biceps. For triceps, use tricep dips, close-grip bench press, and overhead extensions.
- **Legs (Quads, Glutes, Hamstrings):** Aesthetic legs showcase strength and proportion. Use squats, lunges, Bulgarian split squats, hip thrusts, and Romanian deadlifts for balanced development.
- **Core/Abs:** A strong, defined core is key to a polished physique. Include hanging leg raises, ab wheel rollouts, weighted planks, and cable crunches for core strength and visible abs.

Tips for Aesthetic Development:

- Prioritize compound lifts but don't skip isolation exercises that enhance muscle shape.
- Focus on time under tension to maximize muscle stimulation.
- Maintain proper technique over ego lifting.
- Progressively overload your lifts to force adaptation.



Protein and Macros – Eating for Gains

Muscle growth and fat loss are driven largely by what you eat. While training provides the stimulus for muscle development, nutrition supplies the building blocks. Understanding how to balance protein, carbohydrates, and fats is essential for beginners.

Macronutrients Explained:

- **Protein:** Key for repairing and building muscle tissue. Ideal intake: 1.6-2.2g per kg of body weight daily. Sources: chicken, beef, tofu, fish, eggs, whey.
- **Carbohydrates:** Primary energy source for training. Include whole grains, fruits, vegetables, and starchy carbs like oats, rice, and sweet potatoes.
- **Fats:** Essential for hormone production and recovery. Healthy fats include avocados, nuts, seeds, olive oil, and fatty fish.

Ideal Macro Ratios (For Beginners Focused on Muscle Building):

- 40% Carbohydrates
- 30% Protein
- 30% Fats



Use a food-tracking app to monitor your intake and ensure you're consistently hitting your macro and calorie goals. Without proper fueling, even the best workout plan won't yield results. MyFitnessPal is a popular choice and is a great tool for making sure you're hitting your protein and eat the right amount of calories.

Nutrition Tips:

- Spread your protein intake evenly throughout the day to optimize muscle protein synthesis.
- Eat before and after workouts to fuel training and recovery.
- Keep snacks prepared with high protein and complex carbs to avoid reaching for junk.
- Focus on whole, nutrient-dense foods 85-90% of the time, and leave space for flexibility.



Tracking Progress – Metrics that Matter

Tracking your journey is one of the most effective tools for making progress. When you measure your inputs and outcomes, you gain insight into what's working and where adjustments are needed.

Best Ways to Track:

- **Progress Photos:** Take them every 1–2 weeks in consistent lighting, poses, and clothing. They reveal body composition changes more accurately than a scale.
- **Measurements:** Track arm, chest, waist, hips, thighs, and calves monthly. This shows muscle growth or fat loss that scales may not catch.
- **Training Log:** Record exercises, sets, reps, and weights used. Include notes on form and perceived effort to track strength and endurance progression.
- **Body Weight Trends:** Weigh yourself several times a week and use a weekly average to track trends, not fluctuations.
- **Biofeedback Markers:** Track how you feel—energy, sleep quality, motivation, soreness, digestion. These are early indicators of recovery and overtraining.

Pro Tips:

- Keep a digital or physical fitness journal.
- Set weekly and monthly goals to give direction.
- Celebrate small wins, and review setbacks without judgment.
- Adjust your plan based on data and intuition.



Supplements – What You Need (and Don't)

Supplements are additions to your routine, not the foundation. With so much marketing noise, it's important to know what's truly useful.

Effective Supplements:

- **Whey or Plant-Based Protein:** A quick, convenient way to hit protein targets.
- **Creatine Monohydrate:** Backed by decades of research. Boosts power output and supports lean mass. Take 3–5g daily, anytime.
- **Fish Oil (Omega-3):** Supports brain health, heart health, joint mobility, and inflammation control.
- **Vitamin D:** Especially if you're indoors or live in low-sunlight areas. Supports immunity and bone health.
- **Magnesium and Zinc:** May improve sleep, recovery, and testosterone levels if deficient.

Supplements to Be Skeptical Of:

- **Fat Burners:** Often filled with stimulants and offer little fat loss benefit.
- **Detox Teas and Cleanses:** Your body detoxifies itself via liver and kidneys. These are gimmicks.
- **Overhyped Pre-workouts:** Choose simple ones with known doses of caffeine, citrulline, and beta-alanine, or just use coffee.

Supplement Tips:

- Prioritize food first.
- Research ingredients and look for 3rd-party tested products.
- Be wary of exaggerated marketing claims.



Mindset and Motivation

– Staying Consistent

Your mindset is the ultimate driver of success. All the best training plans and diets in the world won't work if you can't stay consistent. A strong mindset turns obstacles into challenges and keeps you pushing forward.

Mental Tools for Success:

- **Set SMART Goals:** These create clarity and direction. Break big goals into small, manageable steps.
- **Visualize Success:** Picture the physique, energy, and confidence you're working toward. This enhances motivation.
- **Routine > Motivation:** Motivation fades. Routines stick. Build habits that anchor your day—morning walks, evening workouts, meal prep.
- **Self-Talk Matters:** Replace defeatist thoughts with empowering ones. "I can't" becomes "I'm learning to..."
- **Embrace Imperfection:** One missed workout or cheat meal doesn't erase your progress. Bounce back with grace, not guilt.
- **Accountability:** Find a coach, training partner, or supportive online community.

Consistency doesn't mean perfection—it means you keep showing up, even when you don't feel like it. That's how real transformation happens.

“
If you don't
TRY →
→ you'll never
KNOW
”

Avoiding Common Beginner Mistakes

Starting your fitness journey is exciting, but it's also easy to fall into traps that can slow progress or even lead to injury. Recognizing and sidestepping these common pitfalls early will help you maintain momentum and stay on the path toward your goals.

Top Mistakes Beginners Make:

- **Skipping Warm-Ups:** Not preparing your body for exercise increases the risk of injury. Always include 5–10 minutes of light cardio and dynamic stretching.
- **Poor Form:** Lifting too heavy too soon or copying others without proper instruction can lead to bad habits. Prioritize learning proper technique—even if it means starting with light weights.
- **Neglecting Recovery:** More isn't always better. Muscles grow during rest. Overtraining can lead to fatigue, plateau, and injury.
- **Program Hopping:** Constantly switching workouts or trying every new trend prevents consistency and progressive overload. Stick with a plan for at least 6–8 weeks before reassessing.
- **Underestimating Nutrition:** You can't out-train a bad diet. Prioritize whole foods and proper portion control to support your goals.
- **Impatience:** Results take time. Focus on consistency over weeks and months—not instant transformation.
- **Not Tracking Progress:** Without data, you won't know what's working. Use a training log, track measurements, and take photos.

How to Avoid Them:

- Learn from credible sources and prioritize form and consistency.
- Focus on quality movement patterns before adding weight or volume.
- Follow a well-rounded program tailored to your goals.
- Build habits that support sustainable progress instead of short-term fixes.

Creating Your Personalized Plan

No single plan fits everyone. A personalized program built around your goals, schedule, preferences, and lifestyle ensures long-term success. This chapter walks you through designing a plan that fits your unique needs.

Step-by-Step Plan Creation:

1. **Define Your Goal:** Fat loss? Muscle gain? Recomposition? Be specific.
2. **Choose Your Split:** Based on your availability and experience. Examples:
 - 3 Days: Full Body Split
 - 4 Days: Upper/Lower Split
 - 5 Days: Push/Pull/Legs Split
3. **Select Your Exercises:** Include compound lifts (e.g., squats, presses, pulls) and isolation work for balance.
4. **Pick Sets & Reps:** Use the rep range chart from Chapter 7 as a guide.
5. **Schedule Recovery:** At least 1–2 full rest days per week and sleep 7–9 hours nightly.
6. **Create a Meal Framework:** Track calories and protein. Meal prep and plan around your daily routine.
7. **Track Everything:** Training, nutrition, sleep, mood, and biofeedback. Adjust every 4–6 weeks based on results.

Sample Weekly Layout:

Day	Workout
Monday	Upper Body (Push Focus)
Tuesday	Lower Body
Wednesday	Rest or Active Recovery
Thursday	Upper Body (Pull Focus)
Friday	Lower Body (Glute & Hamstring Emphasis)
Saturday	Optional Cardio/Core
Sunday	Rest

Lifestyle Integration – Fitness Beyond the Gym

Fitness is more than workouts. It's about crafting a lifestyle that supports your health and well-being. The more seamlessly you integrate fitness into your daily habits and environment, the more sustainable your progress becomes. Here's how to go beyond the gym and make fitness a natural part of your life.

Making Fitness a Lifestyle:

- **Daily Movement:** Try walking meetings, stretching breaks, or parking farther from destinations. Every bit counts.
- **Optimize Your Home:** Keep a set of dumbbells, resistance bands, or a yoga mat handy for quick workouts.
- **Meal Prep Like a Pro:** Plan your meals ahead of time. Keep your fridge stocked with lean proteins, complex carbs, and fresh produce.
- **Create a Social Circle That Supports You:** Surround yourself with people who encourage your goals. Join group classes or find a workout partner.
- **Build Habits Gradually:** Change one thing at a time. Drink more water this week, add vegetables to every meal next week, etc.
- **Balance and Mental Health:** Make time for mental wellness. Practice gratitude, manage stress, and don't punish yourself for off days.

Routines That Reinforce Fitness:

- Morning stretch or walk
- 30-minute prep time on Sundays for meals
- Evening wind-down with mobility exercises
- Weekly fitness reflection journal



Resources and Next Steps

Now that you've reached the end of this guide, you're equipped with the tools and knowledge to transform your body, habits, and mindset. But learning never stops. The most successful individuals continue to grow, adapt, and evolve their routines.

Recommended Apps and Tools:

- Training: Strong, Fitbod, Jefit
- Nutrition: MyFitnessPal, Cronometer
- Sleep & Recovery: Oura Ring, Whoop, Sleep Cycle
- Motivation: Habitica, Streaks, Strides

Top Books to Deepen Your Knowledge:

- Bigger Leaner Stronger by Michael Matthews
- The New Encyclopedia of Modern Bodybuilding by Arnold Schwarzenegger
- Atomic Habits by James Clear
- The Fitness Mindset by Brian Keane

Online Communities:

- Reddit (r/Fitness, r/BodyweightFitness)
- Facebook groups for beginners and enthusiasts
- Discord servers focused on training and motivation

Start your journey today!

Workout Planner



Month

Jan Feb Mar Apr May June
July Aug Sept Oct Nov Dec

Week

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Day

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Workout Goals

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My Motivation

Exercises

Workout Name

Sets

Reps

Time

Notes

Meal Planner

for a week

Dates _____

	BREAKFAST	LUNCH	DINNER	SNACKS
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TUE				
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Shopping list

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Meal Planner

for a week

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Shopping list

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Meal Planner

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Meal Planner

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Shopping list

PUSH/PULL/LEGS – 6-DAY SPLIT

Weekly Schedule: Monday: Push • Tuesday: Pull • Wednesday: Legs
Thursday: Push • Friday: Pull • Saturday: Legs • Sunday: Rest

DAY 1 – PUSH A

Chest/Shoulders / Triceps

Bench Press – 4x8

Seated Overhead Press
– 3x10

Dumbbell Incline Press
– 3x10

Lateral Raises – 3x15

Triceps Pushdowns – 3x12

Overhead Triceps
Extensions – 2x12

DAY 3 – LEGS A

Quads, Glutes / Calves

Barbell Squat – 4x8

Walking Lunges – 3x12 each leg

Leg Press – 3x10

Leg Extensions – 3x12

Seated Calf Raises – 4x15

DAY 4 – PULL B

(Variation) Back/Biceps

Deadlifts – 4x6

Dumbbell Rows – 3x10

Cable Chest Fly – 3x15

BAY 2 – PULL A

Back / Biceps

Pull-Ups or Lat Pulldown – 4x8

Barbell Row – 3x10

Seated Cable Row – 3x12

Face Pulls – 3x15

Barbell Curls – 3x10

Hammer Curls – 2x12

DAY 5 – PULL B

Variation / Back/Biceps

Deadlifts – 4x6

Dumbbell Rows – 3x10

Rear Delt Fly – 3x12

Lat Pulldown – 3x10

Incline Dumbbell Curls – 3x12

Concentration Curls – 4x12

DAY 6 – LEGS B

Hamstrings, Glutes,
Quads, Calves

Romanian Deadlifts – 4x10

Bulgarian Split Squats
– 3x10 each leg

Glute Bridges – 3x12

Hamstring Curls – 3x12

GOAL TRACKER

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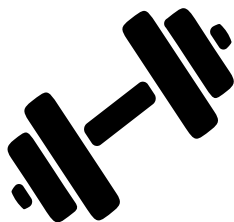
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ACTION PLAN

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This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire surface, typical of notebook or composition paper. The lines are uniform in thickness and color, providing a guide for handwriting. There are no margins, text, or other markings present on the page.



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HABIT TRACKER

Month:

Week:

[illegible]

HABIT TRACKER

Month:

Week:

[illegible]

HABIT TRACKER

Month:

Week:

[illegible]

HABIT TRACKER

Month:

Week:

[illegible]

**YOUR
ONLY
LIMIT IS
YOUR
MIND**



4-WEEK FAT LOSS PLAN

WEEK 1

MONDAY	FULL BODY HIIT 3 rounds	30 sec on / 15 sec off: 1. Jump squats 2. Push-ups 3. Mountain climbers 4. Jumping lunges 5. Burpees
TUESDAY	STRENGTH & CORE 3 sets	
WEDNESDAY	CARDIO HIIT + ABS 20 min	40 sec on / 20 sec off: 1. High knees 2. Bicycle crunches 3. Squat jumps 4. Plank w/ alternating knee to elbow
THURSDAY	REST Stay active	
FRIDAY	HIIT & UPPER BODY 3 rounds	30 sec on / 15 sec off: 1. Jumping jacks 2. Incline push-ups 3. Tricep dips 4. Mountain climbers 5. Side plank 30 s/s
SATURDAY	LOWER BODY & ABS 3 sets	
SUNDAY	REST Focus on meals & hydration	Focus on meals & hydration STAY CONSISTENT!

FOCUS ON MEALS & HYDRATION
STAY CONSISTENT!

4-WEEK FAT LOSS PLAN

WEEK 2

MONDAY	FULL BODY HIIT 3 rounds	30 sec on / 15 sec off: 1. Jump squats 2. Push-ups 3. Mountain climbers 4. Jumping lunges 5. Burpees
TUESDAY	STRENGTH & CORE 3 sets	
WEDNESDAY	CARDIO HIIT + ABS 20 min	40 sec on / 20 sec off: 1. High knees 2. Bicycle crunches 3. Squat jumps 4. Plank w/ alternating knee to elbow
THURSDAY	REST Stay active	
FRIDAY	HIIT & UPPER BODY 3 rounds	30 sec on / 15 sec off: 1. Jumping jacks 2. Incline push-ups 3. Tricep dips 4. Mountain climbers 5. Side plank 30 s/s
SATURDAY	LOWER BODY & ABS 3 sets	
SUNDAY	REST Focus on meals & hydration	Focus on meals & hydration STAY CONSISTENT!

FOCUS ON MEALS & HYDRATION
STAY CONSISTENT!

4-WEEK FAT LOSS PLAN

WEEK 3

MONDAY	FULL BODY HIIT 3 rounds	30 sec on / 15 sec off: 1. Jump squats 2. Push-ups 3. Mountain climbers 4. Jumping lunges 5. Burpees
TUESDAY	STRENGTH & CORE 3 sets	
WEDNESDAY	CARDIO HIIT + ABS 20 min	40 sec on / 20 sec off: 1. High knees 2. Bicycle crunches 3. Squat jumps 4. Plank w/ alternating knee to elbow
THURSDAY	REST Stay active	
FRIDAY	HIIT & UPPER BODY 3 rounds	30 sec on / 15 sec off: 1. Jumping jacks 2. Incline push-ups 3. Tricep dips 4. Mountain climbers 5. Side plank 30 s/s
SATURDAY	LOWER BODY & ABS 3 sets	
SUNDAY	REST Focus on meals & hydration	Focus on meals & hydration STAY CONSISTENT!

FOCUS ON MEALS & HYDRATION
STAY CONSISTENT!

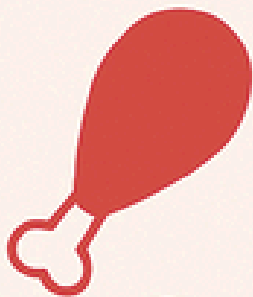
4-WEEK FAT LOSS PLAN

WEEK 4

MONDAY	FULL BODY HIIT 3 rounds	30 sec on / 15 sec off: 1. Jump squats 2. Push-ups 3. Mountain climbers 4. Jumping lunges 5. Burpees
TUESDAY	STRENGTH & CORE 3 sets	
WEDNESDAY	CARDIO HIIT + ABS 20 min	40 sec on / 20 sec off: 1. High knees 2. Bicycle crunches 3. Squat jumps 4. Plank w/ alternating knee to elbow
THURSDAY	REST Stay active	
FRIDAY	HIIT & UPPER BODY 3 rounds	30 sec on / 15 sec off: 1. Jumping jacks 2. Incline push-ups 3. Tricep dips 4. Mountain climbers 5. Side plank 30 s/s
SATURDAY	LOWER BODY & ABS 3 sets	
SUNDAY	REST Focus on meals & hydration	Focus on meals & hydration STAY CONSISTENT!

FOCUS ON MEALS & HYDRATION
STAY CONSISTENT!

HIGH-PROTEIN FOODS



1. Chicken breast

2. Eggs



3. Greek yogurt

4. Cottage cheese



5. Tuna

6. Salmon



7. Lean beef


8. Lentils



9. Chickpeas



10. Almonds



Keep Pushing,
Never Quit.