

Kuldeep Sethi

ALL LEVELS

Congratulations! Welcome to the brand new 90 DAY ULTIMATE WEIGHT LOSS CHALLENGE- BEGINNER, INTERMEDIATE AND ADVANCED LEVELS and thank you for joining me. I'm so excited to take you on this journey and see what we can achieve together. It's going to be a challenge forming new habits and exercising regularly but we are going to have fun doing this together.



I've been in the industry for more than 15 years and have been training all levels of clients. I know the ins and outs of this field, and of the human body. Using all my knowledge and experience, I have created this program to transform people from all different walks of life- with different jobs, fitness levels and lifestyles. Every human is different from one other in their response to training.

For this very specific reason I have created the 90 Day Ultimate Weight Loss Challenge with 3 levels: Beginners, Intermediate & Advanced programs. I've made sure you are progressing in the right way without having to worry about injuries

INTRODUCTION

This special program is completely body weight training. You do not need any kind of equipment. You just need to bring your will power, dedication and focus to achieve what you've been waiting for. Making sure you have the right form and execution, I have compiled a series of videos so that you can workout with me. Stay with the program to see amazing results and a total change of your body in just 90 days. I know you can spare just 30 minutes a day for your health.

You have chosen the 90 day program and this in itself shows your dedication and desire to get the best results for your body.This is the first step towards a newer, fitter YOU! I have compiled a series of videos also to help you get the form and execution right and to get your body ready for the finale. Stay with the program with the same dedication you started with on Day 1 and I guarantee by Day 90 you will not just see results in terms of your desired weight loss, but also inch loss,and a general feeling of confidence and self assurance with your newfound body, full of strength, stamina, and well being.The 90 day program comprises of 3 different levels starting with the basics (beginner) and leading onto to a slightly more difficult (intermediate) level and end with with challenge (advanced) you will simply enjoy in just 90 days.

The success of this plan really comes down to consistency. The harder you work the greater the physical and emotional transformation will be for you, so set the intention now and say this out loud: “I am 100% committed to this plan! I am going to get leaner, stronger and healthier! I am ready to work on myself to feel energised and happy because I can and I want to”.

Ok right let’s do it! You are ready to win. I know you've been waiting for this. The time has come to take charge of yourself, take charge of your health and diet, and give yourself a new life! Lets rock this together!!



WONDERING WHY 90 DAYS?

Are you ready to work out?

Now that you are motivated and raring to go....do you find one question lingering in your mind:
Is 90 days enough for me?
Why 90 days?

Let me explain it to you.



SCIENTIFIC EVIDENCE

Scientific evidence has proven that a human takes 21 days to form a habit, and 90 days to create a lifestyle. In today's world, fitness and health are concepts that have to be relearned by everybody. I have designed this 90 day program for you to experience weight loss, fat loss, and a feeling of total well-being. And as a byproduct of this- you would have instilled fitness as your lifestyle habit! As a certified personal trainer, with my vast experience in the field I have been witness to a huge array of excuses as to why people cannot maintain a fitness routine. Some of these excuses are totally valid like "I don't have access to a gym", "I don't know where to begin", I don't have enough time", etc. I get it!!! This is why I have come up with the 90 day program for you to do anywhere, any time and in any place.



ULTIMATE WEIGHT LOSS PROGRAM

The 90 Day Ultimate Weight Loss Program will help you lose up to 6 to 7 kgs each month. If you have more body fat, you will likely see more weight loss over the course of my program. The initial weight loss may be related to reduced carb stores and mild fluid loss. In addition, I have given you complete nutritional guidance so that you can achieve maximum results from the program. You must stay within the given guidelines as far as your diet goes because my program will be even more effective with this additional commitment. I highly recommend that you stay active throughout the day rather than solely depending on the program. This will maximise your effort.

This program will not only help you lose weight but also support muscle gain and healthy aging. It will help you increase your muscle mass, thereby boosting your metabolism, and decrease your risk of injury. You will find that you have improved bone density, blood sugar control and resting blood pressure and will ultimately benefit your heart health.



ANOTHER DOUBT YOU MAY HAVE: AM I THE RIGHT CANDIDATE FOR THIS PROGRAM?

Right off of the top of my head I can assure you that you have chosen the right program for you. With all my years of experience behind me, I have used all my knowledge and experience to make sure that you get the maximum results with these exercises. I have made sure that the program has a solid exercise regimen, with built-in progressions so that you do not get overwhelmed by it. Nutrition and exercise go hand in hand. After due diligence and research, I have come up with the perfect nutrition plan not just considering the differences in body types, but also keeping in mind my workout plan. If followed diligently, my nutrition plan will bring out the best results with my workout plan.

This program is the best option if you are trying to lose weight, cut fat and incorporate regular exercise into your lifestyle or if you are an active person who wants to try something new, different and challenging! The program will burn sufficient calories to promote weight loss and make you fitter. It will also provide you with a basis to live a better life and improve your quality of life.



Each day you will be provided with a new set of workouts which you can follow along at home. You can exercise at whatever time of day suits you- just make sure you are consistent and stick to it.

The meal plan has been created for various needs and comes with sample menus for 1200, 1400 and 1600kcal energy intake. Using the given calculator you need to calculate your BMR. In order to reduce your weight, you will have to consume 500kcal less than your BMR. This is essential for fat loss but it doesn't mean you will be eating small amounts of food. The portion sizes are great and have been tailored for you, in line with the energy demands of the workouts included.

The new and updated workouts are designed to be short, so they can fit into your life easily and are proven to be very effective at burning stored body fat and building lean muscle.

The key to success on the meal plan will be organisation. I call it "prepping like a boss", where you prep some of your meals in advance. This is how you set yourself up for success each day and avoid going off track with convenience food on the go.



MOTIVATION

Remember by signing up for this program you are already a winner and have overcome 50% of the hurdle. Motivate yourself and know that change will eventually come to you. Keep talking to yourself and dream of the better, fitter, leaner YOU that you are going to see in your mirror at the end of 30 days. Even if you have bad days, or are feeling sad about something, direct all these feelings into your workout and give it all you've got. This will not just make you feel good but will help you stay motivated. I will be with you every step of the way. All I ask from you is your commitment, consistency, and hard work. I know you can do it ! You will never regret a workout and you will always feel better afterwards. Keep telling yourself this. It's an important motivator..

FRIENDS, ITS JUST 90 DAYS! Remember every day will get you closer to your dreams.

Come on let's achieve it! Let's get started!

TRAINING

WHAT WILL YOU BE DOING?

The series of exercises I have scientifically compiled are designed to make your body drop pounds, lose fat and build flexibility and lean muscle. For this, you will be working out for 30 minutes each day.

WHY THE 90 DAY WORKOUT?

This 90 day workout is a highly effective way of training for fat loss. Minimal time, maximum results. Just aim to push yourself as hard as you can during each session.

HOW OFTEN WILL YOU BE TRAINING?

You will aim to do 7 workouts per week (30 minutes per session). For 6 days I have come up with a series of workouts that will be intense. On the 7th day, I have incorporated yoga to help you calm down, rejuvenate and relax not just physically but mentally as well. The mind-muscle connection is very important for progress.

You will have the option to train with me in real time, or if you prefer to do it alone you can watch the exercise demo video and go for it solo.The workouts will get progressively more challenging as I introduce new exercises and also change the work-to-rest ratios. This keeps the workouts fun, challenging and varied.

BEGINNER LEVEL





HOW WILL YOU BE TRAINING?

The program is designed for 30 days with 30 minutes per day. The exercises have been listed and you are required to follow the order in which it has been written.

- Each exercise has to be performed for 30 seconds followed by 30 seconds of rest period.
- Each set of 7 exercises will take 7 minutes to complete.
- A total of 4 sets have to be performed without any break between sets.
- All 4 sets should be completed in 30 minutes.
- For execution reference check the videos.

WORKOUT SCHEDULE WEEK 1

DAY 1

1. Jumping Jacks
2. Spot Running
3. Forearm Plank
4. Butt Kickers
5. Crunch Hold
6. Floor Donkey Kicks Alternate
7. Cobra Stretch

DAY 2

1. High Knee March
2. Lateral Hip Openers
3. Alternate Lunge with Hands on Floor
4. Side Plank (left side)
5. Side Plank (right side)
6. Modified Burpees
7. Alternate Quadriceps Stretch

DAY 3

1. Lateral Hip Openers
2. T. Twists
3. Front Leg Raises
4. Lateral shuffle
5. Floor Abs Cycling
6. Hip Raises
7. Dynamic Hamstring Stretch

DAY 4

1. Jump Twist
2. Knee Hugs
3. Rotational Chops (left side)
4. Rotational Chops (right side)
5. Half Squats
6. Overhead Reach Side Bends
7. World's Greatest Stretch

DAY 5

1. Hinge and Reach
2. Spot Running
3. Floor Side Lying Leg Raises (left side)
4. Floor Side Lying Leg Raises (right side)
5. Forearm Plank
6. Reverse Lunge Reaches (one arm up sideways)
7. Floor Hip Twisters

DAY 6

1. Overhead Reach to Side Stretch
2. High Plank Hip Up and Down
3. Air Punching
4. Modified Push-Ups
5. Jumping Jacks
6. Side Lying T. Stretch (left side)
7. Side Lying T. Stretch (right side

DAY 7

Yoga Day

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WORKOUT SCHEDULE WEEK 2

DAY 8

1. Butt Kickers
2. Mountain Climbers
3. Alternate Lunge Arm on Floor
4. Step Crunch (elbow to opposite Knee) (left side)
5. Step Crunch (elbow to opposite knee) (right side)
6. Reverse Crunches Abs
7. Alternate Kneeling Quad Stretch

DAY 9

1. A. Skips
2. Spot Running
3. Jumping Jacks
4. Donkey Kicks (left side)
5. Donkey Kicks (right side)
6. Forearm Plank
7. Cobra Stretch

DAY 10

1. High Knee March
2. Hurdle Steps
3. Modified Burpees
4. Lateral Shuffle
5. Squat to Toes
6. Spot Running
7. Dynamic Hamstrings Stretch- Alternate Sides

DAY 11

1. Overhead Reach to Side Stretch
2. Mountain Climbers
3. Floor Lying Side Leg Raises (left side)
4. Floor Lying Side Leg Raises (right side)
5. High Plank Shoulder Touch
6. Alternate Lunge Arm on Floor
7. Jumping Jacks

DAY 12

1. Runner Touches
2. Back Pedal
3. Knee Hugs
4. Dead Bugs
5. Forearm Plank
6. Down Dog Alternate Leg Lifts
7. Floor Hip Twisters



DAY 13 CHALLENGE DAY!

Today is your challenge day. Your body is now ready for this. Do the following 15 exercises. Perform each exercise for 30 seconds, followed by 30 seconds of rest period. Do this for 2 to 3 rounds.

1. Lateral Hip Openers
2. Spot Running
3. Modified Push-Ups
4. Rotational Chops (left side)
5. Rotational Chops (right side)
6. Abs Reverse Crunches
7. Quarter Squats (fast)
08. Mountain Climbers
09. Bird Dogs
10. Alternate Hip Raises
11. Pogo Jumps
12. Crunches Floor
13. Forearm Plank
14. Lying Hamstring Stretch (left side)
15. Lying Hamstring Stretch (right side)

DAY 14	**Yoga Day**	**Follow the Tutorial**

WORKOUT SCHEDULE WEEK 3

DAY 15

1. High Knee Marching
2. Alternate Front Leg Raises
3. Modified Burpees
4. Air Punches
5. Russian Twist
6. Dead Bugs
7. World's Greatest Stretch

DAY 16

1. Alternate Lunges Arm on Floor
2. Kneeling Quad Rockers
3. Floor Flying Shoulder Presses
4. Jump Hip Twist
5. Aeroplane (left side)
6. Aeroplane (right side)
7. Forearm Plank

DAY 17

1. Jumping Jacks
2. Lateral Shuffle
3. Single Leg Toe Touch
4. Double Leg Toe Touch
5. Dynamic Quadriceps Stretch (alternate)
6. Pogo Jumps
7. Cat Cow

DAY 18

1. Jump Hip Twisting
2. Rotational Chops (left)
3. Rotational Chops (Right)
4. Punching in air
5. A-skips
6. Jumping Jacks
7. Spot Running

DAY 19

1. Jumping Jacks
2. Dynamic Hamstring stretch
3. Floor Abs Cycling
4. Floor Side Lying Leg Raises (left)
5. Floor Side Lying Leg Raises (right)
6. Mountain Climbers
7. Forearm Plank



DAY 20 CHALLENGE DAY!

Today is your challenge day. Your body is now ready for this. Do the following 15 exercises. Perform each exercise for 30 seconds, followed by 30 seconds of rest period. Do this for 2 to 3 rounds.

1. Alternate Lunges Hands on Floor
2. Butt Kickers
3. Squats
4. Floor Reverse Crunches
5. Side Plank (left)
6. Side Plank (right)
7. Forearm Plank
8. Hip Raises
9. Single Leg Toe Touch (dead lift left side)
10. Single Leg Toe Touch (dead lift right side)
11. Jump Hip twist
12. Air Punches
13. Dead Bugs
14. Dynamic Hamstring Stretch
15. World's Greatest Stretch

DAY 21	**Yoga Day**	**Follow the Tutorial**

WORKOUT SCHEDULE WEEK 4

DAY 22

1. High Knee Marching
2. Runners Touches (left side)
3. Runners Touches (Right side)
4. Wide Leg Squats
5. Forearm Plank
6. Mountain Climbers
7. Hurdle Steps

DAY 23

1. Good Morning Stretch (hands on hip)
2. Cross Body Toe Touches
3. Donkey Kicks (left side)
4. Donkey Kicks (right side
5. Modified Burpees
6. Alternate Front Leg Raises
7. World's Greatest Stretch

DAY 24

1. Overhead Reach Side Bends
2. Modified Push Ups
3. 'V' Hold Abs
4. Forearm Plank Hip Twist
5. Banana Hold (right side)
6. Banana Hold (left side)
7. Squats

DAY 25

1. Alternate Lunges Hands on Floor
2. Lateral Duck Walks
3. Bird Dogs
4. Lateral Shuffle
5. Speed Quarter Squats
6. Abs Crunches
7. Hip Twisters

DAY 26

1. Lateral Hip Openers
2. High Plank Opposite Shoulder Touch
3. Wall Squat Hold
4. Russian Twist
5. Alternate Single Leg Toe Touch (deadlift)
6. Forearm Plank
7. Back Pedal

DAY 27

1. Butt Kickers
2. Cross Body Toe Touches
3. Side Plank (left)
4. Side Plank (right)
5. Modified Burpees
6. Forearm Plank
7. Hip Twists
8. Abs Reverse Crunches



DAY 28 CHALLENGE DAY!

Today is your challenge dayYour body is now ready for this. Do the following 15 exercises.Perform each exercise for 30 seconds , followed by 30 seconds of rest period. Do this for 2 to 3 rounds.

1. Lateral Hip Openers
2. Good Morning Stretch (hands on hip)
3. High Plank Opposite Toe Touches
4. Bird Dogs
5. Knee Hugs
6. Air Punches
7. Modified Burpees
8. Lunge to Front Kick
9. Side Lying Leg Raises (left)
10. Side Lying Leg Raises (right)
11. Free Squats
12. Dynamic Hamstring Stretch
13. Hip Twisters
14. Standing Hip Rotations
15. World's Greatest Stretch



LAST 2 DAYS!

DAY 29

1. Overhead Reach Side Bends
2. Lateral Shuffle
3. Wide Leg Squats
4. Abs Alternate Toe Touch
5. Forearm Plank Hip Twist
6. Down Dog Alternate Leg Lifts
7. Plank Jacks

DAY 30

1. Jumping Jacks
2. Bear Walk
3. Side plank (left)
4. Side plank (right)
5. Walk Outs
6. Plank Jacks
7. World's Greatest Stretch

INTERMEDIATE LEVEL





HOW WILL YOU BE TRAINING?

The program is designed for 30 days with 30 minutes per day. The exercises have been listed and you are required to follow the order in which it has been written.

- Each exercise has to be performed for 30 or 40 seconds followed by 20 or 30 seconds of rest period.
- Each set of 7 exercises will take 7 minutes to complete.
- A total of 4 sets have to be performed without any break between sets.
- All 4 sets should be completed in 30 minutes.
- For execution reference check the videos.

WORKOUT SCHEDULE WEEK 1

DAY 1

1. Overhead Reach to Side Stretch
2. Alternate Front Leg Raises
3. Side Plank Left Side
4. Side Plank Right Side
5. Walkouts
6. Dynamic Hamstring Stretch
7. Forearm Plank

DAY 2

1. Jumping Jacks
2. Bear Walk (front and back)
3. Abs Straight Leg Bicycles
4. Plyo Jump to Walk Back
5. Mountain Climbers
6. Lateral Hip Openers
7. Side Run (touch floor side to side)

DAY 3

1. Jog in Place
2. Good Morning Stretches (hands on hips)
3. Star Jumps
4. Burpees
5. Stance Switches
6. Air Punches
7. Mountain Climbers

DAY 4

1. Jump Hip Twist
2. Straight Arm Plank (hip up and down)
3. Side Lying Knee in to Leg Raises (left side)
4. Side Lying Knee in to Leg Raises (right side)
5. Lateral Duck Walks
6. Push Ups
7. Back Pedal

DAY 5

1. Alternate Lunges Arms on Floor
2. Pogo Jumps
3. Dynamic Hamstring Stretches
4. Dead Bugs
5. Side Plank Knee drives (left side)
6. Side Plank Knee drives (right side)
7. “V” Hold

DAY 6

1. Floor Flying Shoulder Presses
2. High Plank “T” Twists
3. Abs Alternating Straight Leg Bicycles
4. Pendulum Legs Abs (side to side)
5. Crab Toe Touches
6. Burpees
7. Forearm Plank Hip Twists

DAY 7

Yoga Day

Follow the Tutorial

WORKOUT SCHEDULE WEEK 2

DAY 8

1. Jog in Place
2. Star Jumps
3. Judo Pushups
4. Alternate Reverse Lunges
5. Mountain Climbers
6. Abs Flutter Kicks
7. Hip Lift March (alternate)

DAY 9

1. Overhead Reach to Side Stretch
2. Dynamic Quadriceps Stretch
3. Lateral Shuffle
4. Squat to Toes
5. Plank Jacks
6. Russian Twist
7. Squat Holds

DAY 10

1. Jumping Jacks
2. Push Ups
3. "V' Ups
4. Forearm Plank Hip Twist
5. Wide Leg Squats
6. Alternate Lunges
7. Burpees

DAY 11

1. Air Punches
2. High Plank 'T" Twist
3. Stance Switches
4. Bear Walk
5. "A" Skips
6. Lateral Walk on Arms
7. World's Greatest Stretch

DAY 12

1. Butterfly Hip Raises
2. Side Plank Leg Lifts (left side)
3. Side Plank Leg Lifts (right side)
4. Alternate Toe Touches (dead lifts)
5. Abs Leg Raises
6. Russian Twist with Feet in Air
7. Quad Rockers



DAY 13

1. "A" Skips
2. Runner Touches (left leg)
3. Runner Touches(right leg)
4. Judo Push Ups
5. Back Pedal
6. Squats
7. Forearm Plank Hip Up and Down

DAY 14	**Yoga Day**	**Follow the Tutorial**

WORKOUT SCHEDULE WEEK 3

DAY 15

1. Bear Walks
2. Abs Wipers
3. Side Lying Oblique Crunch (left side)
4. Side Lying Oblique Crunch (right side)
5. Alternate Reverse Lunges
6. Burpees
7. Hip Twisters

DAY 16

1. Jumping Jacks
2. Cross Body Mountain Climbers
3. Straight Leg Bicycles Abs
4. Squat Jump In & Out
5. Downward Facing Dog (alternate leg raises)
6. Forearm Plank
7. World's Greatest Stretch

DAY 17

1. "A" Skips
2. Jump Hip Twist
3. High Plank Opposite Shoulder Touch
4. Air Punches (upwards)
5. Push Ups
6. "V" Hold
7. Walkout

DAY 18

1. High Knee March
2. Courtesy Lunges
3. Bird Dogs
4. Ab Cycling
5. Plank Alternate Leg Lift
6. Leg Raises (ab)
7. Dynamic Hamstring Stretch

DAY 19

1. Jumping Jacks
2. Hip Raises
3. Side Plank with Knee Tucks (left side)
4. Side Plank with Knee Tucks(right side
5. Squat Hold
6. Burpees
7. Plank Saws



DAY 20

1. Spot Running
2. Single Leg Sit Ups
   Twists Abs (left)
3. Single Leg Sit Ups
   Twists Abs (right)
4. Side Shuffle
5. Aeroplanes (left)
6. Aeroplanes (right)
7. Squats

DAY 21	**Yoga Day**	**Follow the Tutorial**

WORKOUT SCHEDULE WEEK 4

DAY 22

1. Cross Jacks
2. Burpees
3. Wide Leg Squat Hold
4. Side Plank Wraps (left)
5. Side Plank Wraps (right)
6. Sit Ups
7. Dynamic Hamstring Stretch

DAY 23

1. Bear Walks
2. Jump Hip Twist
3. Burpees
4. Crab Toe Touches
5. Bird Dogs
6. Reverse Crunches Abs
7. Knee Hugs

DAY 24

1. Front Leg Raises
2. Squat with Front Kicks
3. Cross Body Mountain Climbers
4. Standing Alternate Lateral Leg Raises
5. Forearm Plank Hip Twists
6. Hip Raises
7. Kneeling Alternate Quad Stretch

DAY 25

1. Jumping Jacks
2. Skipping (with or without rope)
3. Frog Kicks (left)
4. Frog Kicks (right)
5. Side Plank Wraps (left)
6. Side Plank Wraps (right)
7. Forearm Plank Saws

DAY 26

1. Hurdle Steps
2. Lateral Hip Openers
3. Lateral Duck Walks
4. Reverse Lunges
5. Hip Lift March
6. Wide Leg Squat Hold
7. Air Punches

DAY 27

1. Jumping Hip Twist
2. High Plank Alternate Knee Tucks
3. Reverse Crunches Abs
4. Crunch Hold and Twist
5. Forearm Plank
6. Flutter Kick Abs
7. Burpees



DAY 28 CHALLENGE DAY!

Today is your challenge day. Your body is now ready for this. Do the following 15 exercises. Perform each exercise for 30 seconds, followed by 30 seconds of rest period. Do this for 2 to 3 rounds.

1. Alternate Lunges Arms on Floor
2. Lateral Hip Openers
3. Pogo Jumps
4. Dynamic Hamstring Stretch
5. Alternate Lunges
6. Hip Cradles
7. Dead Bugs
8. Side Plank Knee Drives (left)
9. Side Plank Knee Drives (right)
10. Star Jumps'
11. V' Hold
12. Push Ups
13. Hip Twisters
14. Figure Four Stretch (left)
15. Figure Four Stretch (right)



LAST 2 DAYS!

DAY 29

1. Push Ups
2. Butterfly Hip Raises
3. Plank Builds
4. Squats
5. Full Sit Ups (abs)
6. Skipping with or without Rope
7. Hip Twisters

DAY 30

1. Rotational Chops (left)
2. Rotational Chops (right)
3. Forearm Plank Hip Twist
4. Plyo Jump Squats
5. "V" Hold Abs
6. MMA Kick Outs
7. Wall Handstand

ADVANCED LEVEL





HOW WILL YOU BE TRAINING?

The program is designed for 30 days with 30 minutes per day. The exercises have been listed and you are required to follow the order in which it has been written.

- The first set of five exercises have to be performed for 30 seconds each with no break. After completion take 30 seconds rest.
- The second set of four exercises have to be performed for 40 seconds each with 10 seconds break (for transition). After completion of all four exercises take 50 seconds rest.
- The third set of four exercises have to be performed for 40 seconds each with 10 seconds break (for transition). After completion of all four exercises take 1 minute rest.
- The fourth set of three exercises have to be performed for one minute each with 10 seconds break (for transition). After completion take 40 seconds rest.
- Repeat the whole workout for a second round. Total of two rounds have to be done.
- For execution reference check the videos

WORKOUT SCHEDULE WEEK 1

DAY 1

STEP 1

1. Marching
2. Overhead Side Bends
3. Cross Body Toe Touch
4. Good Morning Stretch(hands on hips)
5. Butt Kickers

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Mountain Climbers
2. Squats
3. Straight Arm Plank Hip Twist
4. Sit Ups (abs toe touch)

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Jump Hip Twists
2. Overhead Reach Side Bends with Foot Up
3. Lateral Hip Openers
4. Dynamic Hamstring Stretch

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Forearm Plank
2. Alternate Lunges
3. Burpees

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 2

STEP 1

1. Jumping Jacks
2. Cross Body Toe Touch
3. Butt Kickers
4. Spot Running
5. Hurdle Steps

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Dynamic Clam Shell (left)
2. Dynamic Clam Shell (right)
3. "T" Twist to Push Ups
4. Skaters

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Squat Jumps In & Out
2. Jump Hip Twist
3. Air Punches
4. Alternate Dynamic Quad Stretch

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Cross Body Mountain Climbers
2. Courtesy Lunges
3. Alternate Single Leg Hip Raises

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 3

STEP 1

1. Rotational Chops (left)
2. Rotational Chops (right)
3. Lateral Hip Openers
4. Knee Hugs
5. Good Mornings (hands on hips)

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Russian Twists
2. Straight Leg Toe Touch Abs
3. Plank Jacks
4. Cobra Stretch

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Spot Running
2. Boxing Slips
3. Upper Cuts
4. Cross Body Punches

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Squat Burpees
2. Walkouts
3. Worlds Greatest Stretch

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round. Do a total of 4 rounds.

DAY 4

STEP 1

1. Standing High Knee March
2. "A" Skips
3. Alternate Hip Rotations
4. Speed Squats
5. Dynamic Hamstring Stretch

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Jumping Jacks
2. Burpees
3. Alternate Lunges Arms on Floor
4. Hurdle Steps

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Skipping (with or without rope)
2. Overhead Alternate Punches
3. Split Jumps
4. Star Jumps

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Wall Handstand
2. Floor Abs Wipers
3. Eccentric Squat to Explode

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round. Do a total of 4 rounds.

DAY 5

STEP 1

1. Overhead Reach to Side Bends
2. Cross Body Toe Touch
3. Good Morning Stretch (hands on hip)
4. High Knee Running
5. Knee Hugs

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Kneeling Straight Leg Cross Overs (left)
2. Kneeling Straight Leg Cross Overs (right)
3. Butterfly Hip Raises
4. Wide Leg Squat

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Lateral Hip Openers
2. Pogo Jumps
3. Push Ups
4. Dead Bugs

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. MMA Kick Outs
2. Feet Up Crunch Pulses
3. Inch Worm

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 seconds rest and then continue for another round. Do a total of 4 rounds.

DAY 6

STEP 1

1. Lateral Hip Openers
2. Pogo Jumps
3. Knee Hugs
4. Jump Hip Twist
5. Hurdle Steps

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Straddle Crunches
2. Side Plank Hip Movement (left)
3. Side Plank Hip Movement (right)
4. Wipers Abs

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Outer Thigh Leg Lift (left)
2. Outer Thigh Leg Lift (right)
3. Lateral Shuffle
4. Lateral Step Overs

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Wall Handstand
2. Forearm Plank Hip Twist
3. Jump Squat to Lower Tempo

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round. Do a total of 4 rounds



DAY 7

Yoga Day

Follow the Tutorial

WORKOUT SCHEDULE WEEK 2

DAY 8

STEP 1

1. Overhead Reach to Side Bends
2. Toe Shuffle
3. Lateral Triple Step
4. Side Shuffle
5. Air Punches

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Single Leg Hip Raises (left)
2. Single Leg Hip Raises (right)
3. Squat Position Reverse Lunges
4. Burpees

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Jumping Jacks
2. Skipping (with or without rope
3. Upper Cuts Punches
4. "A" Skips

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4

STEP 4

1. MMA Kick Outs
2. Boxing Slip with Jab
3. Mountain Climbers

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 9

STEP 1

1. Good Morning Stretch
2. Butt Kickers
3. Punches in Air
4. "T" Twists
5. Alternate Lunges Hands on Floor

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Crunch Hold
2. Side Plank with Leg Lifts (left)
3. Side Plank with Leg Lifts (right)
4. Bent Knee Wipers

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Jumping Jacks
2. Upper Cuts
3. Split Jumps
4. Bear Position Pulses

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Forearm Plank Hip Twists
2. Abs Straight Leg Raises
3. Leg 90 Degree Crunch Pulses

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 10

STEP 1

1. Hip Rotation
2. Cross Body Toe Touches
3. Jumping Jacks
4. Spot Running
5. Mountain Climbers

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Front Leg Raises
2. Boxing Slips
3. Left Foot Forward Squat Position (pulses)
4. Right Foot Forward Squat Position (pulses)

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Stance Switches
2. Lateral Squat Walks
3. High Knee Running
4. Forearm Plank

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Wide Leg Squat Pulses
2. Squat Builds
3. Plyo Jumps

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 11

STEP 1

1. Overhead Reach to Side Bends
2. Jump Hip Twist
3. Alternate Quad Stretch
4. Dynamic Hamstring Stretch
5. Spot Running

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. High Plank Cross Knee to Shoulder
2. High Plank to Jump Squat
3. Straight Leg Russian Twist with Feet Up
4. "T" Twist

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Side Lying Knee Tuck to Leg Raise (left)
2. Side Lying Knee Tuck to Leg Raise (right)
3. Hip Raises
4. Forearm Plank

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Wall Handstand
2. 180 Turns
3. Inchworm

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 12

STEP 1

1. Spot Running
2. Hip Rotation
3. Cat Cow
4. Lateral Hip Openers
5. Stance Switches

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Lateral Duck Walks
2. Aeroplanes (left)
3. Aeroplanes (right)
4. World Greatest Stretch

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Jumping Jacks
2. Overhead Air Punches
3. Boxing Slips
4. Hip Twisters

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Burpees Single Leg
2. Back Pedal
3. Mountain Climbers

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 13

STEP 1

1. "A" Skips
2. Jump Hip Twist
3. Hip Cradles
4. Butt Kickers
5. Spot Running

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Back Pedal
2. Stance Switches
3. Alternate Hip Lift March
4. Burpees

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. High Knee Running
2. Mountain Climbers
3. Standing Alternate Lateral Leg Raises
4. Reverse Lunges

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4

STEP 4

1. Karate Side Sit-Ups
2. Wide Leg Jump Squats
3. Close Feet Squat Pulses

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.



DAY 14

Yoga Day

Follow the Tutorial

WORKOUT SCHEDULE WEEK 3

DAY 15

STEP 1

1. Overhead Reach to Side Bends
2. Hip Rotation
3. High Knee March
4. Spot Running
5. Free Squats

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Single Leg Toe Touches Abs (left)
2. Single Leg Toe Touches Abs (right)
3. Straight Leg Russian Twist (slowly)
4. "V' Hold

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Hip Raises
2. Horse Plank
3. Side Plank (left)
4. Side Plank (right)

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Forearm Plank Hip Twist
2. Abs Cycling
3. Push-Ups

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 16

STEP 1

1. Spot Running
2. Good Morning Stretch (hands on hips)
3. Jump Hip Twist
4. Cross Body Toe Touches
5. Full Squats

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Boxing Slips
2. Stance Switches
3. Spot Run & Punches
4. Twist Cross Punches

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Rotational Chops (left)
2. Rotational Chops (right)
3. Skaters Side to Side Jumps
4. Lateral Shuffle

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Reverse Crab Walk
2. Floor Lying Side to Side Toe Touch
3. Straight Arm Plank Hip Twists

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 17

STEP 1

1. Jumping Jacks
2. Spot Running
3. High Knee March
4. Air Punches
5. Butt Kickers

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Front Leg Raises Alternate
2. High Plank Mountain Climbers to Plank Jacks
3. Lunge to Front Kicks Alternate
4. Pike to Opposite Toe Touch

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Lateral Hip Openers
2. Lateral Shuffle
3. Dynamic Hamstring Stretch
4. "A" Skips

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Back Pedal
2. MMA Kickouts
3. Alternate Single Leg Burpees

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 18

STEP 1

1. Overhead Reach to Side Bends
2. Speed Quarter Squats
3. Jump Hip Twist
4. Aeroplanes (left)
5. Aeroplanes (right)

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Lying Side Leg Raises (left)
2. Lying Side Leg Raises (right)
3. Donkey Kicks (left)
4. Donkey Kicks (right)

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Banana Hold (left)
2. Banana Hold (right)
3. Forearm Plank
4. Hip Raise Hold

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4

STEP 4

1. "L" Sit Toe Touches (abs)
2. Pikes
3. Plank Jacks

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 19

STEP 1

1. Knee Hugs
2. Lateral Hip Openers
3. Spot Running
4. Dynamic Hamstring Stretch
5. Good Morning Stretch with Hands on Hips

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Free Squats
2. Stance Switches
3. Split Jumps
4. Forearm Plank

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Karate Side Sit-Ups
2. Front Leg Raises
3. Mountain Climbers
4. Alternate Single Leg Deadlifts

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Wide Leg Squats
2. Crab Reaches
3. Burpees

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 20

STEP 1

1. Overhead Reach to Side Bends
2. Cross Jacks
3. Lunge Toe Tap
4. Air Punches
5. Butt Kickers

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. "T" Twist
2. Crunches
3. Floor Wipers
4. Plank Builds

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Side to Side Lateral Shuffle
2. Burpees
3. "V" Hold
4. Crab Toe Touches

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Bear Walk (front & back)
2. Crab Kicks
3. World's Greatest Stretch

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.



DAY 21

Yoga Day

Follow the Tutorial

WORKOUT SCHEDULE WEEK 4

DAY 22

STEP 1

1. High Knee March
2. Jump Hip Twist
3. Butt Kickers
4. Speed Quarter Squats
5. Air Punches

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Single Glute Bridge Pulses (left)
2. Single Glute Bridge Pulses (right)
3. Side Plank Hip Up and Down (left)
4. Side Plank Hip Up and Down (right)

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Forearm Plank Left (opposite arm and leg lifted)
2. Forearm Plank Right (opposite arm and leg lifted)
3. Butterfly Hip Raise Hold
4. Jumping Jacks

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Extended Arm Plank
2. Mountain Climbers
3. Abs Cycling

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 23

STEP 1

1. Jumping Jacks
2. High Knee March
3. Butt Kickers
4. Jumping Hip Twist
5. Good Morning Stretch (hands on hips)

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Boxing Slips
2. Straight Punches
3. Boxing Left Foot Forward Squats
4. Boxing Right Foot Forward Squats

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Cross Punches
2. High Knee Running
3. Rotational Chops (left)
4. Rotational Chops (right)

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. 180 Squat Jumps
2. Forearm Plank
3. High Plank to Toe Touches

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 24

STEP 1

1. Spot Running
2. Jumping Hip Twist
3. Good Morning Stretch (hands on hips)
4. Lunge Tap
5. Butt Kickers

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Side Plank Leg Lifts (left)
2. Side Plank Leg Lifts (right)
3. Butterfly Hip Raises
4. Bear Walk

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Tuck Jumps
2. Dead Bugs
3. "V" Hold
4. Burpees

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Pike Push Ups
2. Back Pedal
3. Wall Handstand

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 25

STEP 1

1. Lateral Hip Openers
2. Hurdle Steps
3. Knee Hugs
4. Cross Body Toe Touches
5. Jumping Jacks

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Straight Leg Donkey Kicks-Pulses (left)
2. Straight Leg Donkey Kicks-Pulses (right)
3. Lateral Squat Walk
4. Hip Lift March

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Side Plank Hip Movement (left)
2. Side Plank Hip Movement (right)
3. Alternate Squat to Sidekick
4. Mountain Climbers

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Reverse Lunges (left)
2. Reverse Lunges (right)
3. 180 Squat Jumps

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 26

STEP 1

1. Overhead Reach to Side Bends
2. Rotational Chops (right)
3. Rotational Chops (left)
4. Air Punches
5. Jump Hip Twist

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. High Plank Hip Twists
2. Abs Wipers
3. Forearm Plank Scorpions
4. Cross Mountain Climbers

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. High Plank Hip Up and Down
2. Sit Up and Clap Under Feet (abs)
3. Plank Jacks
4. Crab Toe Touches

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Hindhu Push Ups
2. Army Crawl
3. Burpee 180 Rotations

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 27

STEP 1

1. Jumping Jacks
2. High Knee March
3. "A" Skips
4. Jog in Place
5. Butt Kickers

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2

STEP 2

1. Upper Cut Punches
2. Boxing Slips
3. Split Jumps
4. Stance Switches

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Front Leg Raises
2. Horse Plank
3. Lateral Bonds
4. High Plank Bird Dog

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Plyo Jumps to Walk Back
2. Alternate Single Leg Burpees
3. 180 Squat Jumps

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 28

STEP 1

1. Marching
2. Standing Side to Side Leg Raises
3. Hurdle Steps
4. Knee Hugs
5. Speed Squats

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Leg Raises Abs
2. Skipping with or without rope
3. Abs Sit-Ups
4. Push Ups

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Runner Touches (left)
2. Runner Touches (right)
3. Kneeling Side Leg Raises Abduction (left)
4. Kneeling Side Leg Raises Abduction (right)

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. MMA Kick Outs
2. Reverse Lunge to Front Kick
3. Forearm Plank Hip Twist

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 29

STEP 1

1. Spot Running
2. Good Morning Stretch (hands on hips)
3. "A" Skips
4. Butt Kickers
5. Knee Hugs

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Reverse Lunges to Front Kick (left)
2. Reverse Lunges to Front Kick (right)
3. Forearm Plank Hip Twist
4. High Plank Alternate Leg Raises

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Aeroplanes (left)
2. Aeroplanes (right)
3. Bear Walk
4. Upper Cut Punches

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Alternate Single Leg Squats
2. Plank Jacks
3. Burpee 180 Rotation

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.

DAY 30

STEP 1

1. Overhead Reach to Side Bends
2. Jump Hip Twist
3. Speed Quarter Squats
4. Jumping Jacks
5. High Knee Jog

These 5 exercises have to be done for 30 seconds each with no break. After completion of these 5 exercises take 30 seconds rest. Continue with step 2.

STEP 2

1. Lateral Walk on Arms
2. Cross Mountain Climbers
3. "V" Hold
4. Burpees 180 Rotations

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises take 50 seconds rest. Continue with step 3.

STEP 3

1. Straight Leg Abs Cycling
2. Side Plank Leg Raises (left)
3. Side Plank Leg Raises (right)
4. Forearm Plank Hip Up & Down

These 4 exercises have to be done for 40 seconds each with 10 seconds for transition. After completion of these 4 exercises you will have a 1 minute rest. Continue with step 4.

STEP 4

1. Wall Handstand Push-Ups
2. Split Jumps
3. Squat to Side Leg Lifts

These 3 exercises are done for 1 minute each with 10 seconds break for transition. After completion take a 40 second rest and then continue for another round.



TOP TIPS TO WINNING THIS CHALLENGE

1. Schedule your workouts into your calendar for the week ahead. Treat them like an important business meeting. Get there, turn up and boss it.

2. Always warm up before every workout. It is important to prepare the body and mind for the workout ahead and also to reduce the risk of injury.

3. Likewise, be sure to cool down after each workout. My workouts are designed to be taxing, so looking after your body is important and this will help with recovery.

4. Stay off the sad step (the bathroom scales) until the end of 30 Days. I want you to focus on the important things like your improved fitness, energy levels and sleep.

5. If you experience any pain or discomfort throughout your time on the plan, please discontinue exercise immediately and seek medical advice. Although the workouts should be challenging, we don't want you to work through pain or cause any unnecessary injury.



FOOD & NUTRITION: UNDERSTANDING MACRONUTRIENTS

It is good to have a basic understanding of the role that macronutrients will play in your journey. Nutrients are needed for our bodies to grow and function correctly. We need a whole range of nutrients, for a wide variety of reasons and in many different quantities. The ones that we need in large amounts are called macronutrients. The three macronutrients are carbohydrates, fats and proteins.

CARBOHYDRATES



Carbohydrates are found in most of the foods we eat. The healthiest sources of carbohydrates — unprocessed or minimally processed whole grains, vegetables, fruits and beans—promote good health by delivering vitamins, minerals, fiber, and a host of important phytonutrients. Unhealthy sources of carbs are in white bread, pastries, and other processed foods. These unhealthy carbs will lead to weight gain and will promote diabetes and heart problems.

The single most important point I want you to remember is that not all carbs are created equal. I want to reiterate to you that it's not the quantity of carbs you eat...high or low that is crucial but it's the quality of carbs that is very important. For example healthy complex carbs like whole grain bread, barley, quinoa are much better choices than simple carbs like white bread or french fries. The funda behind this statement is that complex carbs take a longer time to digest and therefore stay in your body longer leaving you feeling satiated and not hungry whereas simple carbs get digested very fast leaving you feeling hungry craving for more and more of the same. Carbohydrates are made up of sugar, starch and fiber. It is important to choose foods that have a high fiber content as well. Fiber helps you feel full. So you are less likely to overeat these foods. This is the reason why you feel full longer after a bowl of oatmeal but feel hungry very shortly after eating any form of sugary cereal. To help you along with your food choices, I have provided you with a comprehensive list of foods that have complete protein in them. My advice to you is to follow this as closely as possible.

PROTEINS



Proteins are the basic building blocks of the cells in our body. Proteins are large molecules that our cells need to function properly. Protein is one of the essential nutrients that our body needs to function properly. Proteins consist of amino acids. Muscles, skin, bones, and other parts of the human body contain significant amounts of protein, including enzymes, hormones, and antibodies. Proteins also work as neurotransmitters. Hemoglobin, a carrier of oxygen in the blood, is a protein.

Basically what I'm saying is that proteins are long chains of amino acids that form the basis of all life. They are like machines that make all living things, whether viruses, bacteria, butterflies, jellyfish, plants, or human function. Protein consists of amino acids, and amino acids are the building blocks of protein. There are around 20 amino acids.These 20 amino acids can be arranged in millions of different ways to create millions of different proteins, each with a specific function in the body. The structures differ according to the sequence in which the amino acids combine. The 20 different amino acids that the body uses to synthesize proteins are: alanine, arginine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, and valine. Amino acids are organic molecules that consist of carbon, hydrogen, oxygen, nitrogen, and sometimes sulfur. It is the amino acids that synthesize proteins and other important compounds in the human body, such as creatine, peptide hormones, and some neurotransmitters.



There are also nine essential amino acids that the human body does not synthesize, so they must come from the diet.The body does not need all the essential amino acids at each meal, because it can utilize amino acids from recent meals to form complete proteins. If you have enough protein throughout the day, there is no risk of a deficiency.

Protein deficiency causes:

1. Weak muscles
2. Edema that is swelling due to water retention
3. Thin brittle hair
4. Skin lesions
5. Loss of muscle mass
6. Stunted growth in kids
7. Hormone imbalances

To help you along with your food choices, I have provided you with a comprehensive list of foods that have complete protein in them. My advice to you is to follow this as closely as possible.

FATS



The word “fat” is normally associated with a negative connotation but I would like to talk to you about the importance of dietary fats for our body. Fats are a nutrient that you get from your diet. Fats are very essential for your body as long as you get the right kind of fats, but it can be very harmful as well if you get too much of it.

The fats you eat give your body the energy that it needs to work properly.

During exercise, your body uses calories from carbohydrates that you have eaten. But after 20 minutes of exercise the body then depends on calories from fat to keep you going. Fats also help keep your skin and hair healthy and helps you absorb vitamins A, D, E, and K, the so-called fat-soluble vitamins. Fat fills your fat cells and insulates your body to help keep you warm. Fats are also required for the body to help the brain develop, to control inflammation and for blood clotting.

All fats are made up of saturated and unsaturated fatty acids. Fats are called saturated or unsaturated depending on how much of each type of fatty acid they contain. Saturated fats raise LDL (bad) cholesterol in your body. High LDL cholesterol in your body puts you at risk for heart attacks, strokes and other health problems so it is best to avoid foods high in saturated fats. Keep saturated fats to less than 6% of your total daily calories. A diet high in saturated fat increases cholesterol buildup in your arteries (blood vessels). Cholesterol is a soft, waxy substance that can cause clogged or blocked arteries.



DON'T WORRY!

Don’t worry friends, all fats are not bad for you. Eating unsaturated fats instead can help lower your LDL cholesterol. Most vegetable oils that are liquid at room temperature like olive oil, canola, sunflower, corn and soy oil have unsaturated fats. As far as possible I will recommend that you avoid all fats that are solid at room temperature like butter, cheese, Dalda etc. To help you along with your food choices, I have provided you with a comprehensive list of foods that have good fats in them. My advice to you is to follow this as closely as possible.

IMPORTANCE OF FIBER IN THE DIET



I want to let you into my little secret. It's about fiber. Fibers are indigestible carbohydrates found naturally in plant foods. They are often classified as either dietary (found naturally) or functional (added to foods). This is usually how it is classified but a better way to understand it is to classify it into soluble and insoluble fiber. I want you to know that adequate fiber intake will benefit your digestion and reduce your risk of chronic disease. Fiber is one of the reasons whole plant foods are good for you.

However, not all fiber is created equal. Each type has different health effects. In layman's language fiber is a group of carbs that humans cannot digest, so they pass through the digestive system unchanged. Fiber is mostly found in plant foods, including vegetables, fruits, legumes, whole grains, nuts and seeds.

Now I'm going to explain it a little more. Human cells don't have the enzymes to digest fiber, so it reaches the large intestine relatively unchanged. However, intestinal bacteria do have the enzymes to digest many of these fibers. This is the most important reason that (some) dietary fibers are important for health. They feed the "good" bacteria in the intestine, functioning as probiotics. In this way, they promote the growth of "good" gut bacteria, which can have various positive effects on health.



DIETARY FIBER

In fact, some studies show that increasing dietary fiber can cause weight loss by automatically reducing calorie intake. Fiber can soak up water in the intestine, slowing the absorption of nutrients and increasing feelings of fullness. Fiber can reduce blood sugar spikes after a high-carb meal. Fiber can reduce cholesterol, but the effect isn't huge. Fiber might reduce the risk of colorectal cancer. Additionally, viscous, soluble fiber may reduce your appetite, lower cholesterol levels and decrease the rise in blood sugar after high-carb meals. If you are aiming for a healthy lifestyle, you should make sure to get a variety of fiber from whole fruits, vegetables and grains. My program includes foods that are fiber-rich to help you stay on track.



HOW MUCH WILL YOU BE EATING?

Calculate your calorie intake
BMR Men= (10 * weight [kg]) + (6.25* height in cm) − (5 * age in years) + 5
BMR Women= (10 * weight [kg]) + (6.25* height in cm) − (5 * age in years) -161

OR
I have given you a very simple calculator in my website which is scientifically based to help you calculate your calorie needs for the day. Enter your details in the calculator to figure out how much you should be eating to lose weight. As a general rule I would like you to reduce your calorie intake by 500 fewer calories than your body needs to maintain your current weight.

Choose foods that are nutrient dense while cutting calories. Try not to opt for nutrient poor foods.

HOW WILL YOU BE EATING?

Now that we have the nutrition basics sorted, now it's time to start discussing how to fuel your body correctly. Your nutrition is going to really determine how much your body transforms over the next 30 days. Remember, you can't out-train a bad diet.

You will follow the principle of intermittent fasting on certain days as explained in the chart with a few days of regular, full-day eating.

FASTING SCHEDULE

Day 1	**Day 2**	**Day 3**	**Day 4**	**Day 5**
Day 6	**Day 7**	**Day 8** Intermittent Fasting	**Day 9** Intermittent Fasting	**Day 10** Intermittent Fasting
Day 11 Intermittent Fasting	**Day 12** Intermittent Fasting	**Day 13** Intermittent Fasting	**Day 14**	**Day 15**
Day 16 Intermittent Fasting	**Day 17** Intermittent Fasting	**Day 18** Intermittent Fasting	**Day 19** Intermittent Fasting	**Day 20** Intermittent Fasting
Day 21 Intermittent Fasting	**Day 22**	**Day 23**	**Day 24** Intermittent Fasting	**Day 25** Intermittent Fasting
Day 26 Intermittent Fasting	**Day 27** Intermittent Fasting	**Day 28** Intermittent Fasting	**Day 29** Intermittent Fasting	**Day 30** Intermittent Fasting



INTERMITTENT FASTING

Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating. IF helps you to maximise your results, weight loss, improve metabolic health and get the maximum benefits for all the effort you have put in. A sample schedule for the fast is as follows: you have to eat your first meal at noon and your last meal at 8 pm. So you are fasting for 16 hours and eating only in the 8 hour window that I have given you. In theory you are compressing all your meals in the given time. You may find it difficult in the first day or two but eventually will love this pattern of eating because of all the positive effects you will see for yourself. You are not allowed to eat anything that is solid food during the 16 hour fasting period, but don't worry too much because I will allow you to have water, black coffee, black tea with no added sugar during this fasting period. During the eating window you will stay with my recommended foods and will not exceed the caloric value per meal.

METHOD

HOW TO DO IT?

The simplest way to follow my plan is to include your sleeping time in the fasting period as suggested by me. If it is more convenient for you you can finish your last meal earlier in the evening. My only requirement is that you follow the 16 hour fasting period followed by an 8 hour eating window. So you may choose any one of the following options as your eating window: 9am to 5pm, 10am to 6pm, or 12pm to 8 pm. During this eating window can you eat your meals and snacks at your convenient times!

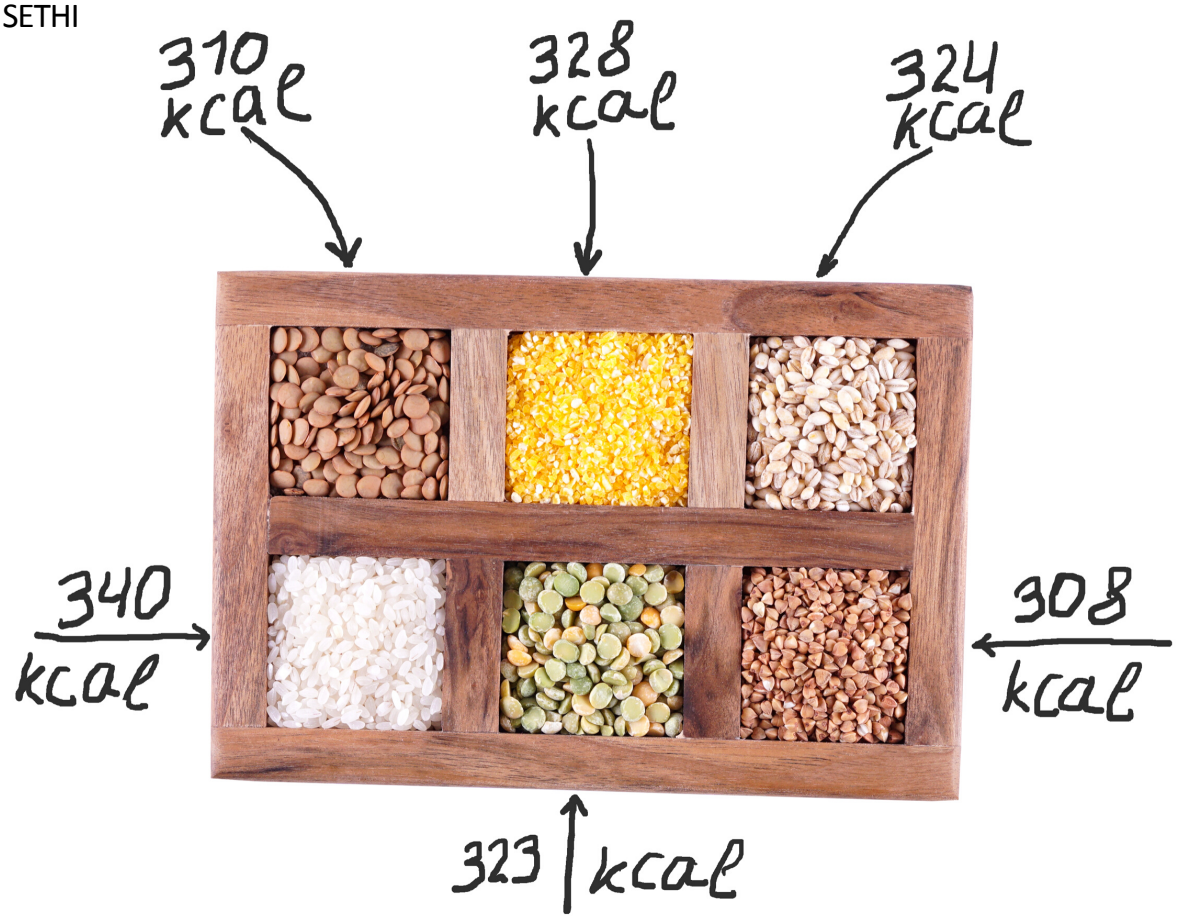
BENEFITS OF INTERMITTENT FASTING

1. Eating during a limited time period automatically reduces the calories you tend to consume.
2. Intermittent fasting leads to greater fat loss and weight loss.
3. Increase the metabolic rate.
4. Controls blood sugar.
5. Increases lean muscle mass.

People with medical conditions please consult your doctor. For others, please follow the below breakdown.

TIPS FOR INTERMITTENT FASTING

1. Consume adequate water throughout the day.
2. Drinking cinnamon herbal tea without sugar during the fasting period will suppress the cravings.
3. Do not expose yourself to images of food on television or other places because this may stimulate a sense of hunger.
4. It is wise to exercise just before or during the eating window as exercise can trigger hunger.
5. Be aware and practice mindful eating when consuming meals.
6. Practice meditation during the fasting period to allow hunger pangs to pass.



ALL THINGS FOOD & NUTRITION

Now that we know the style and pattern of eating, let us discuss the actual food. To make this plan easy for you to follow we have aimed to keep the food as simple as possible. Included in your plan are three different levels of calorie intake: 1200, 1400 and 1600kcal. These have further been divided into vegetarian, eggetarian and non-vegetarian options.

As a bonus, we have included

-A list of foods rich in healthy carbs, fats and protein.

-A selection of snacks

-Portion size tips

-Grocery list

1200-1300KCAL VEGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	2 PCS BROWN BREAD WITH 1 TEASPOON PEANUT BUTTER/ MINT CHUTNEY/ 100 GM GREEN PEA MASH MIXED FRUIT	PROTEIN: 6.8GM CARBS: 37.8GM FAT: 4.6GM KCAL: 224
MID MORNING	250 ML BUTTER MILK	PROTEIN: 2.3GM CARBS: 2.3GM FAT: 3GM KCAL: 45
LUNCH	250 GM BOILED/ STEAMED VEGETABLES 1 CUP LENTIL DAL 1 CUP CURD 1 CUP RICE	PROTEIN: 31.8GM CARBS: 179.8GM FAT: 14GM KCAL: 688
SNACK	1 CUP GREEN TEA OR LEMON GINGER TEA 5-6 SOAKED ALMONDS	PROTEIN: 1.5GM CARBS: 0.8GM FAT: 4.2GM KCAL: 47
DINNER	150 GM BOILED/ STEAMED VEGETABLES 100 GM SPROUTED GREEN GRAM / CHICKPEAS / RAJMA 1 CUP DAL/ YELLOW MOONG DAL 50 GM QUINOA COOKED	PROTEIN: 12.3GM CARBS: 66.9GM FAT: 4.1GM KCAL: 378GM TOTAL KCAL: 1248

1200-1300KCAL EGGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	2 PCS BROWN BREAD WITH EGG WHITE OMELETTE & 1 TEASPOON MINT CHUTNEY OR 80 GM WHEAT FLAKES 1 CUP SKIMMED MILK	PROTEIN: 8GM CARBS: 26.7GM FAT: 3.9GM KCAL: 186
MID MORNING	250 ML BUTTER MILK	PROTEIN: 2.3GM CARBS: 2.3GM FAT: 3GM KCAL: 45
LUNCH	250 GM BOILED/ STEAMED VEGETABLES 1 WHOLE EGG CURRY 1 CUP CURD 1 CUP RICE	PROTEIN: 26.6GM CARBS: 87.3GM FAT: 24.3GM KCAL: 654
SNACK	1 CUP GREEN TEA/ BLACK COFFEE OR LEMON GINGER TEA 5-6 SOAKED ALMONDS/ DRY FRUITS	PROTEIN: 1.5GM CARBS: 0.8GM FAT: 4.2GM KCAL: 47
DINNER	1 SCOOP WHEY PROTEIN 200 GM SPROUTED GREEN GRAM / CHICKPEAS/ RAJMA 1 CUP QUINOA COOKED OR 2 WHOLE EGG OMELETTE 1 CUP LENTIL DAL 50 GM COOKED QUINOA	PROTEIN: 12.3GM CARBS: 66.9GM FAT: 4.1GM KCAL: 378GM TOTAL KCAL: 1325

1200-1300KCAL NON-VEGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	2 PCS BROWN BREAD 2 PCS BOILED EGG WHITE WITH 1 TEASPOON PEANUT BUTTER / MINT CHUTNEY 100 GM MIXED FRUIT	PROTEIN: 14GM CARBS: 38.3GM FAT: 4.7GM KCAL: 44
MID MORNING	250 ML BUTTER MILK	PROTEIN: 2.3GM CARBS: 2.3GM FAT: 3GM KCAL: 45
LUNCH	100 GM CHICKEN 100 GM BOILED/ STEAMED VEGETABLES 1 CUP CURD 1 CUP RICE OR 2 WHOLE EGG CURRY, NO OIL 100 GM BOILED/ STEAMED VEGETABLES 1 CUP CURD	PROTEIN: 37.6GM CARBS: 60.8GM FAT: 11.6GM KCAL: 492
SNACK	1 CUP GREEN TEA/ BLACK COFFEE OR LEMON GINGER TEA 5-6 SOAKED ALMONDS/ DRY FRUITS	PROTEIN: 1.5GM CARBS: 0.8GM FAT: 4.2GM KCAL: 47
DINNER	100 GM CHICKEN 1 CUP DAL/ YELLOW MOONG DAL 100 GM BOILED/ STEAMED VEGETABLES	PROTEIN: 41.8GM CARBS: 52.2GM FAT: 3.6GM KCAL: 398GM TOTAL KCAL: 1240

1400-1500KCAL VEGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	150 GM GREEN GRAM DOSA (2-MEDIUM) 100 GM CUCUMBER & BEETROOT SALAD OR 50 GM OATMEAL WITH SKIMMED MILK	PROTEIN: 16.3GM CARBS: 40.9GM FAT: 10.8GM KCAL: 327
MID MORNING	1 SCOOP WHEY PROTEIN 1 CUP GREEN TEA/ BLACK COFFEE	PROTEIN: 22GM CARBS: 7GM FAT: 3.5GM KCAL: 150
LUNCH	100 GM BROWN RICE/ BROKEN WHEAT RICE/ MILLET/ QUINOA 250 GM BOILED/ STEAMED VEGETABLES 100 GM LENTIL/ DAL 1 CUP CURD	PROTEIN: 19.7GM CARBS: 128.7GM FAT: 13.5GM KCAL: 433
SNACK	1 CUP GREEN TEA/ BLACK COFFEE OR LEMON GINGER TEA 15 ALMONDS 15 PISTA	PROTEIN: 4.6GM CARBS: 3GM FAT: 12.7GM KCAL: 145
DINNER	100 GM SPROUTED KIDNEY BEANS 250 GM BOILED/ STEAMED VEGETABLES 150 GM PANEER TIKKA	PROTEIN: 25GM CARBS: 37.7GM FAT: 24.5GM KCAL: 446GM TOTAL KCAL: 1501

1400-1500KCAL EGGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	100 GM GREEN GRAM EGG DOSA 100 GM CUCUMBER & BEETROOT SALAD OR 1 SCOOP WHEY PROTEIN WITH 100 ML MILK	PROTEIN: 6.4GM CARBS: 172GM FAT: 6.5GM KCAL: 150
MID MORNING	1 SCOOP WHEY PROTEIN	PROTEIN: 22GM CARBS: 4GM FAT: 1GM KCAL: 110
LUNCH	2 EGG WHITE CURRY 100 GM COOKED BROWN RICE 250 GM BOILED/ STEAMED VEGETABLES 1 CUP CURD	PROTEIN: 24.1GM CARBS: 63.4GM FAT: 22.2GM KCAL: 532
SNACK	1 CUP GREEN TEA/ BLACK COFFEE OR LEMON GINGER TEA 20 GM MIXED NUTS	PROTEIN: 3.5GM CARBS: 5GM FAT: 9.1GM KCAL: 115
DINNER	200 GM COOKED PANEER 250 GM BOILED/ STEAMED VEGETABLES 100 GM COOKED QUINOA	PROTEIN: 30.5GM CARBS: 45.9GM FAT: 27.8GM KCAL: 540GM TOTAL KCAL: 1447

1400-1500KCAL NON-VEGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	100 GM GREEN GRAM EGG DOSA (2-EGG WHITES) 100 GM CUCUMBER & BEETROOT SALAD OR 100 GM WHEAT FLAKES WITH 100 ML MILK	PROTEIN: 18.5GM CARBS: 29.5GM FAT: 11.8GM KCAL: 303
MID MORNING	250 ML BUTTERMILK OR 1 CUP GREEN TEA/ BLACK COFFEE	PROTEIN: 2.2GM CARBS: 2.3GM FAT: 3GM KCAL: 45
LUNCH	150 GM PANEER (COOKED) + 100 GM QUINOA (COOKED) OR 100 GM BROWN RICE/ BROWN WHEAT RICE + 100 GM LENTIL DAL WITH 250 GM BOILED/ STEAMED VEGETABLES 1 CUP CURD	PROTEIN: 32.8GM CARBS: 53GM FAT: 31.5GM KCAL: 610
SNACK	1 CUP GREEN TEA/ BLACK COFFEE 30 GM MIXED NUTS	PROTEIN: 5.2GM CARBS: 7.5GM FAT: 13.7GM KCAL: 172
DINNER	80 GM CHICKEN 1 TEASPOON GHEE/ GROUNDNUT OIL 150 GM BOILED/ STEAMED VEGETABLES 1 CUP PUMPKIN SOUP	PROTEIN: 23.3GM CARBS: 19.1GM FAT: 11.9GM KCAL: 265GM TOTAL KCAL: 1395

1600-1700KCAL VEGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	2 PCS BROWN BREAD 100 GM PANEER BURJI OR 100 GM OATMEAL WITH 100 ML SKIMMED MILK	PROTEIN: 16.6GM CARBS: 29.6GM FAT: 18.2GM KCAL: 357
MID MORNING	1 SCOOP WHEY PROTEIN 1 CUP GREEN TEA/ BLACK COFFEE	PROTEIN: 22GM CARBS: 4GM FAT: 1GM KCAL: 110
LUNCH	250 GM BOILED/ STEAMED VEGETABLES 60 GM LENTIL DAL 100 GM BROWN RICE/ BROKEN WHEAT 1 CUP RICE/ QUINOA 100 GM CURD	PROTEIN: 24.8GM CARBS: 80GM FAT: 6.6GM KCAL: 604
SNACK	1 CUP GREEN TEA/ BLACK COFFEE OR LEMON GINGER TEA 30 GM MIXED NUTS	PROTEIN: 5.2GM CARBS: 7.5GM FAT: 13.7GM KCAL: 172
DINNER	100 GM PANEER TIKKA 250 GM BOILED/ STEAMED VEGETABLES 100 GM RED KIDNEY BEANS 100 GM CURD OR 100 GM TOFU 200 GM BOILED/ STEAMED VEGETABLES 1 CUP DAL 1 CUP CURD	PROTEIN: 24GM CARBS: 47.8GM FAT: 20.5GM KCAL: 460GM TOTAL KCAL: 1703

1600-1700KCAL EGGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	2 PCS BROWN BREAD WITH 100 GM EGG BURJI OR 1 SCOOP WHEY PROTEIN IN MILK 10 ALMONDS 10 CASHEWS	PROTEIN: 13.3GM CARBS: 31.7GM FAT: 14.8GM KCAL: 317
MID MORNING	1 SCOOP WHEY PROTEIN 1 CUP GREEN TEA/ BLACK COFFEE	PROTEIN: 22GM CARBS: 7GM FAT: 3.5GM KCAL: 150
LUNCH	1 TEASPOON GHEE 250 GM BOILED/ STEAMED VEGETABLES 150 GM SPROUTED KIDNEY BEANS 2 WHOLE EGG OMELETTE 1 CUP CURD	PROTEIN: 32.5GM CARBS: 57.4GM FAT: 30.7GM KCAL: 619
SNACK	1 CUP GREEN TEA/ BLACK COFFEE 1 SMALL BOWL MIXED FRUITS	PROTEIN: 1.3GM CARBS: 19.5GM FAT: 0.6GM KCAL: 84
DINNER	2 WHOLE EGG CURRY 250 GM BOILED/ STEAMED VEGETABLES 1 CUP BROWN RICE 100 GM LENTIL DAL 1 CUP CURD	PROTEIN: 24.3GM CARBS: 45.4GM FAT: 26.2GM KCAL: 493GM TOTAL KCAL: 1663

1600-1700KCAL NON-VEGETARIAN

NUTRITIVE VALUES & CALORIES CONTENT WILL VARY ACCORDING TO SELECTION OF FOOD

TIME	MENU	NUTRIENTS
EARLY MORNING	ONE GLASS OF HOT WATER WITH LEMON AND GINGER	PROTEIN: 0 CARBS: 0 FAT: 0 KCAL: 0
BREAKFAST	2 PCS BROWN BREAD WITH 2 WHOLE EGG OMELETTE	PROTEIN: 17GM CARBS: 31.3GM FAT: 17.9GM KCAL: 355
MID MORNING	1 CUP MIXED FRUIT 1 CUP GREEN TEA/ BLACK COFFEE	PROTEIN: 0.9GM CARBS: 14GM FAT: 0.5GM KCAL: 60
LUNCH	200 GM CHICKEN TIKKA 200 GM BOILED/ STEAMED VEGETABLES 100 GM COOKED QUINOA 1 CUP CURD	PROTEIN: 52GM CARBS: 51.1GM FAT: 23.2GM KCAL: 614
SNACK	1 SCOOP WHEY PROTEIN	PROTEIN: 22GM CARBS: 7GM FAT: 3.5GM KCAL: 150
DINNER	250 GM GRILLED FISH 250 GM BOILED/ STEAMED VEGETABLES 100 GM WHITE RICE OR 200 GM GRILLED CHICKEN 250 GM BOILED/ STEAMED VEGETABLES 30 GM JOWAR ROTI 50 GM AVOCADO	PROTEIN: 46.9GM CARBS: 46.6GM FAT: 11.2GM KCAL: 469GM TOTAL KCAL: 1648

PROTEIN RICH FOOD SOURCES

HEALTHY PROTEIN OPTIONS: BELOW MENTIONED NUTRITIVE VALUES ARE FOR EDIBLE 100 GMS PORTION SIZE

PLANT BASED SOURCE - DAL / LENTIL	PROTEIN	CHO	FAT	KCAL RANGE
BENGAL GRAM DAL	21.55	46.72	5.31	320.87
RED GRAM DAL	21.70	55.23	1.56	321.76
GREEN GRAM DAL	23.88	52.59	1.35	318.03
TOOR DAL	24.35	52.53	0.75	314.22
MASOOR DAL	22.49	28	1	210.96
PLANT BASED SOURCE - BEANS / LEGUMES				
FIELD BEAN BLACK	19.93	43.46	0.92	261.84
MOTH BEAN	19.75	52.09	1.76	303.2
KIDNEY BEANS (RAJMA)	19.01	20	0.5	160.54
PEAS DRY	20.43	48.93	1.89	294.45
EDAMAME	11	10	5	129
HORSE GRAM	21.73	32	1	223.92
CHAWLE (COWPEAS)	21.25	18	0.4	160
SOYBEAN BROWN	35.58	12.79	19.82	371.86
PACKED - DAIRY / PLANT				
WHEY PROTEIN	25	1	0.50	108.50
CURD	3.50	4.70	3.30	62.50
YOGHURT	10	3.60	0.40	63
PANEER	22.20	1	7.50	160.30
SOY GRANULES	36	33	0.50	280.50
TOFU	8	1.90	4.80	82.80
LOW FAT PANEER	31.50	0	0.90	134.10
ANIMAL BASED SOURCES				
CHICKEN	17-21	0	15	203-219
FISH	18-23	0	10	162-182

CARBOHYDRATE RICH FOOD SOURCES

HEALTHY CARBOHYDRATE OPTIONS: BELOW MENTIONED NUTRITIVE VALUES ARE FOR EDIBLE 100 GMS PORTION SIZE

	PROTEIN	FAT	CHO	KCAL RANGE
OATMEAL	7	27	2.60	159.4
QUINOA	13.10	50	5.20	300
AMARANTH	14.59	59.98	5.74	350
BROKEN WHEAT	10.84	69.06	1.45	332.65
WHITE RICE	7.94	78.24	0.52	349.4
BROWN RICE	9.16	74	1.92	350
RAGI	7.16	66.82	1.92	314
BAJRA	10.96	61.02	5.43	337
JOWAR	9.97	67.68	1.73	326
RAVA	7.47	77.47	1.62	342
RED FLAKES	7.44	76.75	1.14	348
PUFFED RICE	7.47	77.68	1.28	352
WHEAT FLOUR REFINED	10.36	74.27	0.76	345
JOWAR	9.97	67.68	1.73	326
BARLEY	10.94	61.29	1.30	301
VARAGU	8.92	66.19	2.55	323
WHEAT VERMICELLI	9.70	70.39	0.45	325
PACKED FOODS NUTRITIVE VALUE FOR 100 GM				
CORN FLAKES	7	84	0.40	367
GRANOLA FLAKES	9.40	59	4.80	316
WHEAT FLAKES	10	79	2	374
SWEET CORN	5.40	41	2.10	204
OATS	9	58	4	304
SUGARS / SWEETNERS NUTRITIVE VALUE FOR 1 TEASPOON				
HONEY	0	6	0	24
STEVIA	0	0	0	0
JAGGERY	0	6	0	24

HEALTHY FATS FOOD SOURCES

HEALTHY FATS OPTIONS: BELOW MENTIONED NUTRITIVE VALUES ARE FOR EDIBLE 100 GMS PORTION SIZE

NUTS AND OIL SEEDS	PROTEIN	CHO	FAT	KCAL RANGE
ALMOND	18.41	3.04	58.49	612.20
ARECA NUT, DRIED, BROWN	5.78	70.42	4.35	344
ARECA NUT, DRIED, RED COLOR (ARECA CATECHU)	6.46	70.27	4.46	347
ARECA NUT, FRESH (ARECA CATECHU)	2.73	45	5.51	240
CASHEW NUT (ANACARDIUM OCCIDENTALE)	18.78	25.46	45.20	584
COCONUT, KERNEL, DRY (COCOS NUCIFERA)	7.27	8.01	63.26	630.46
GARDEN CRESS, SEEDS	3.84	6.30	41.38	412.98
GINGELLY SEEDS, BLACK	19.17	10.29	43.10	505.74
GINGELLY SEEDS, BROWN	21.61	9.76	43.22	514.46
GINGELLY SEEDS, WHITE	21.70	10.83	43.05	517.57
GROUND NUT	23.65	17.27	39.63	520.35
MUSTARD SEED	19.51	16.80	40.19	506.95
LINSEEDS	18.55	10.99	35.67	439.19
NIGER SEED, BLACK	18.92	22.98	38.61	515.09
NIGER SEED, GRAY	18.34	20.59	39.53	511.49
PINE SEED	12.55	26.77	48.79	596.39
PISTACHIO NUTS	23.35	15.82	42.49	539.09
SAFFLOWER SEEDS	17.66	30.18	30.87	469.19
SUNFLOWER SEEDS	23.53	6.85	51.85	588.17
WALNUT	14.92	10.14	64.27	678.67

MORE HEALTHY FAT SOURCES

	PROTEIN	CHO	FAT	KCAL RANGE
AVOCADO	2.95	1.75	13.9	143.90
PUMPKIN SEEDS	17	15	5	173
CHIA SEEDS	20	12.3	8.6	206.60
FLAX SEEDS	21	8.1	11.8	222.60
ROASTED CHANA	15.3	13	1.5	126.70
PEANUT AND PEANUT BUTTER	23.65	5.7	15	252.40
CASHEWS	18.78	25.46	45.2	406.80
PISTA	23.35	15.82	42.49	539.09



PORTION SIZE GUIDELINES

GENERAL INSTRUCTIONS
Take just enough fat
Substitute part of visible fat and invisible fat from animal foods with whole nuts
Moderate the use of animal foods containing high fat, SFA and cholesterol
Limit the use of ghee, butter, especially vanaspati as a cooking oil
Choose low- fat dairy foods in place of regular whole fat dairy foods
Eat foods rich in alpha-linolenic (ALA) acid such as legumes, green leafy vegetables, fenugreek and mustard seed
Eat fish more frequently (at least 100-200g /week), prefer it to meat, poultry and limit/ avoid organ meats such as liver, kidney, brain etc.
Egg has several important nutrients but is high in cholesterol. Limit the consumption to 3 eggs/ week. However, egg white may be consumed in good amounts
Minimize consumption of ready- to- eat fast foods, bakery foods and processed foods prepared in hydrogenated fat
Use of re-heated fats and oils should be avoided
Use fats and oils in moderation and consume varieties of foods to get good proportion of all fatty acids for optimal health benefits



PORTION SIZE CONTROL

Portion size is the key to any weight loss . Understanding your meal requirement including macro and mirconutrients

Distribution of macronutrient

Start your meal with glass of water (500ml)

Don't snack directly from packet or container. Pour it into a small bowl and consume it

Understand your serving size and use standard measuring cups

Vegetables or salad: Half a plate

High-quality protein: Quarter of a plate — this includes meat, poultry, fish, eggs, dairy, tofu, beans and pulses

Complex carbs: Quarter of a plate — such as whole grains and starchy vegetables

High-fat foods: Half a tablespoon (7 grams) — including cheese, oils and butter

Use portion control cookware

GROCERIES LIST - 1200/1400/1600

BREAKFAST	LUNCH	SNACK	DINNER
LEMON	BROWN RICE	LEMON GINGER TEA	OATS
GINGER	WHITE RICE	GREEN TEA	WHEAT
BROWN BREAD	RAGI	APPLE	BESAN FLOUR
PEANUT BUTTER	JOWAR	POMEGRANATE	CAULIFLOWER
MINT LEAVES	WHEAT	MUSK MELON	MOONG DAL
GREEN TEA	AMARANTH LEAVES	WATER MELON	GREEN GRAM SPROUT
ROLLED OUT OATS	PANEER	GUAVA	CHICKPEAS
NO ADDED SUGAR FLAKES	GREEN GRAM	RAISINS	RAJMA
POHA	MOONG DAL	DATES	EGGS
RAVA	GREEN GRAM SPROUT	FIGS	CHICKEN
CHEESE	CHICKPEAS	POHA	CABBAGE
EGG	RAJMA	PUFFED RICE	VEGETABLES
	EGG	ALMONDS	CUCUMBER
	CHICKEN	CASHEWS	TOMATO
	VEGETABLES	PISTA	BEETROOT
	MINT LEAVES		LAUKI
	SPINACH LEAVES		ONION
	METHI LEAVES		

NOTE

INTERMITTENT FASTING DAYS

Instruction: Skipping meals and snacks will likely slow down your progress. Your daily calories have been tailored to give you the best chance to burn body fat, and so missing some out may negatively impact results. On regular days (full day of eating), eat meals at regular times

SUPPLEMENTS

HYDRATION

1. There are numerous benefits to staying well hydrated and drinking plenty of water is vital for the body to burn fat effectively. Drinking the right amount of water will promote healthier skin, improve digestion and even reduce fatigue.
2. This is why it is so important that from the moment you wake up in the morning you hydrate your body and continue to do so throughout the day, including during your workouts.
3. Aim to consume 3.25 litres of water per day. Make this easier by keeping a water bottle with you throughout the day.
4. Please note: The recommended amount of water is in addition to things like coffee, green tea, protein shakes, etc.
5. At first you may feel a little bloated from the increase in water. However, it won't last long and, believe me, your body needs it.

ADDITIONAL DRINKS

If you drink tea or coffee, try to limit this to 1–2 cup(s) per day to avoid your body becoming reliant on caffeine. During your time on this plan you will learn that proper diet and nutrition will give your body all the energy it needs, with no need for extra caffeine boosts. Feel free to drink herbal tea throughout the day. With any of these hot beverages, please avoid adding sugar.

It may seem obvious, but please avoid all sugary drinks such as soft drinks whilst following the plan. They are no good for you and even the sugar-free versions are full of chemicals and artificial flavours.

You won't like to hear it, but alcohol could be the one thing holding you back from achieving the body you want.

Unlike macronutrients such as carbohydrates, proteins and fats, alcohol is full of empty calories: calories without nutritional value. This will slow down your progress as your body needs to burn through the alcohol before it starts burning any fat. Please try your best to cut out alcohol as much as possible while on the plan.

That's all for now, good luck and see you in the video section!

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