

Case History Trained By Dr. Hemant Gupta (P.T)

Name: Confidential

Age: 25 years

Gender: Female

Current Weight: 95 kg

Target Weight: 55 kg

Timeframe: 6 months (40 kg weight loss target)

Diet Preference: Vegetarian with eggs (ovo-vegetarian)

Wake-Up Time: 8:00 AM

Medical History: No pre-existing conditions mentioned

Fitness Goals:

- Reduce weight by 40 kg.
- Develop strength and endurance through strength training, CrossFit, and cardio.
- Complete a 90-minute workout daily.
- Follow a 1200 kcal diet plan tailored to her lifestyle and nutritional needs.

BUY My Daily Track record Access in 99 rupee/ Google Form.

6-Month Weight Loss Plan with Strength, CrossFit, and Cardio (90 Minutes/Day)

General Guidelines

- **Duration:** 90 minutes/day, 6 days/week.
- **Structure:**
 - Warm-Up (10 minutes).
 - Strength Training (35 minutes).
 - CrossFit/Cardio (35 minutes).
 - Cool-Down (10 minutes).
- **Rest Day:** 1 active recovery day (light yoga, walking, or stretching).

Exercise Chart (Day Basis)

Day 1: Full Body Strength + CrossFit + Cardio

1. **Warm-Up:**
 - Jumping Jacks: 2 mins.
 - Dynamic Stretches: 8 mins.
2. **Strength Training:**
 - Deadlifts: 4 sets x 10 reps.
 - Push-Ups: 3 sets x 12-15 reps.
 - Dumbbell Squats: 3 sets x 12 reps.

- Bent-Over Rows: 3 sets x 10 reps.
 - 3. **CrossFit:** (AMRAP for 15 minutes)
 - 10 Burpees.
 - 10 Wall Balls (squat + throw medicine ball).
 - 20 Kettlebell Swings.
 - 4. **Cardio:**
 - Treadmill (Incline Walk or Jog): 20 minutes.
 - 5. **Cool-Down:**
 - Full-body stretches: 10 mins.
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Day 2: Lower Body Strength + CrossFit + Cardio

1. **Warm-Up:**
 - Bodyweight Squats: 2 mins.
 - Lunges: 2 mins.
 - Hip Openers: 6 mins.
 2. **Strength Training:**
 - Bulgarian Split Squats: 3 sets x 10 reps/leg.
 - Leg Press: 4 sets x 12 reps.
 - Romanian Deadlifts: 4 sets x 12 reps.
 - Hip Thrusts: 3 sets x 15 reps.
 3. **CrossFit:** (EMOM for 15 minutes)
 - 15 Box Jumps.
 - 10 Weighted Step-Ups.
 - 12 Jump Squats.
 4. **Cardio:**
 - Rowing Machine: 20 minutes.
 5. **Cool-Down:**
 - Hamstring and quad stretches: 10 mins.
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Day 3: Upper Body Strength + CrossFit + Cardio

1. **Warm-Up:**
 - Arm Circles: 2 mins.
 - Light Dumbbell Press: 2 mins.
 - Shoulder Stretches: 6 mins.
2. **Strength Training:**
 - Overhead Press: 3 sets x 10 reps.
 - Dumbbell Chest Press: 4 sets x 12 reps.
 - Lat Pulldown: 3 sets x 12 reps.
 - Bicep Curls: 3 sets x 12 reps.
 - Tricep Dips: 3 sets x 12 reps.
3. **CrossFit:** (AMRAP for 15 minutes)
 - 12 Dumbbell Snatches.
 - 10 Push-Ups.
 - 20 Calorie Row.

4. **Cardio:**
 - Stair Climber: 20 minutes.
 5. **Cool-Down:**
 - Arm and shoulder stretches: 10 mins.
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Day 4: Cardio Focus + Functional CrossFit

1. **Warm-Up:**
 - Dynamic Stretches: 5 mins.
 - Light Jogging: 5 mins.
 2. **Cardio Workout:**
 - Treadmill Intervals (1 min sprint, 1 min walk): 20 minutes.
 - Jump Rope: 10 minutes (with breaks).
 3. **CrossFit:** (EMOM for 20 minutes)
 - 10 Dumbbell Thrusters.
 - 12 Kettlebell Swings.
 - 15 Air Squats.
 4. **Cool-Down:**
 - Foam rolling and stretches: 10 mins.
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Day 5: Core Strength + CrossFit + Cardio

1. **Warm-Up:**
 - Plank: 1 min hold.
 - Side Planks: 30 sec/side.
 - Cat-Cow Stretch: 2 mins.
 2. **Strength Training (Core Focus):**
 - Weighted Russian Twists: 3 sets x 15 reps/side.
 - Hanging Leg Raises: 3 sets x 12 reps.
 - Cable Woodchoppers: 3 sets x 15 reps/side.
 - Plank to Push-Up: 3 sets x 12 reps.
 3. **CrossFit:** (AMRAP for 15 minutes)
 - 15 Mountain Climbers.
 - 10 Box Jumps.
 - 12 V-Ups.
 4. **Cardio:**
 - Cycling: 20 minutes.
 5. **Cool-Down:**
 - Core stretches: 10 mins.
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Day 6: Full Body Functional Training

1. **Warm-Up:**
 - Dynamic stretches: 10 minutes.
2. **Functional Strength Training:**

- Clean and Press: 4 sets x 10 reps.
 - Kettlebell Swings: 3 sets x 15 reps.
 - Dumbbell Deadlifts: 3 sets x 10 reps.
 - Weighted Step-Ups: 3 sets x 12 reps.
3. **CrossFit:** (EMOM for 15 minutes)
- 10 Burpees.
 - 15 Jump Squats.
 - 12 Dumbbell Thrusters.
4. **Cool-Down:**
- Full-body stretches: 10 mins.
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Day 7: Rest/Active Recovery

- Light yoga or 30-minute walk.
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1200 KCal Veg + Egg Diet Plan

Morning (8:30 AM)

- 1 glass lukewarm water with lemon.
- 4 soaked almonds + 2 walnuts.

Breakfast (9:00 AM)

- 2 boiled eggs or scrambled eggs.
- 1 slice of whole-grain toast.
- 1 cup green tea.

Mid-Morning Snack (11:30 AM)

- 1 apple or 1 orange.

Lunch (1:30 PM)

- 1 cup mixed vegetable curry.
- 1 cup quinoa or brown rice.
- 1 bowl of cucumber, tomato, and carrot salad.

Evening Snack (4:30 PM)

- 1 boiled egg or 1 cup Greek yogurt (unsweetened).

Dinner (7:30 PM)

- 1 bowl of vegetable soup (spinach, carrot, or mushroom).

- 1 cup stir-fried tofu or paneer with vegetables.

Post-Dinner (9:00 PM)

- 1 cup warm herbal tea.

Single Muscle Group Strength Workout Chart (with CrossFit)

This plan focuses on a single muscle group per day, combined with a CrossFit session for functional fitness and fat burning. Each session is 90 minutes, including warm-up, strength training, CrossFit, and cool-down.

Day 1: Chest

- 1. Warm-Up (10 mins):**
 - Arm Circles: 2 mins.
 - Push-Ups: 2 sets x 10 reps.
 - Shoulder Taps: 2 sets x 12 reps.
 - 2. Strength Training (35 mins):**
 - Bench Press: 4 sets x 10-12 reps.
 - Dumbbell Flyes: 3 sets x 10 reps.
 - Incline Dumbbell Press: 4 sets x 12 reps.
 - Chest Dips (Assisted, if needed): 3 sets x 10-12 reps.
 - 3. CrossFit (20 mins, AMRAP):**
 - 10 Push-Ups.
 - 10 Wall Balls.
 - 12 Calorie Row.
 - 4. Cool-Down (10 mins):**
 - Chest stretches and foam rolling.
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Day 2: Back

- 1. Warm-Up (10 mins):**
 - Cat-Cow Stretch: 2 mins.
 - Resistance Band Pull-Aparts: 3 sets x 15 reps.
 - Light Deadlifts: 2 sets x 10 reps.
- 2. Strength Training (35 mins):**
 - Deadlifts: 4 sets x 8-10 reps.
 - Pull-Ups (Assisted, if needed): 3 sets x 8-10 reps.
 - One-Arm Dumbbell Row: 3 sets x 10 reps (each side).
 - Seated Cable Rows: 4 sets x 12 reps.
- 3. CrossFit (20 mins, EMOM):**
 - 12 Kettlebell Swings.

- 15 Box Jumps.
 - 10 Dumbbell Thrusters.
 - 4. **Cool-Down (10 mins):**
 - Back stretches (child's pose, cobra stretch).
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Day 3: Shoulders

1. **Warm-Up (10 mins):**
 - Shoulder Rolls: 2 mins.
 - Light Dumbbell Press: 3 sets x 10 reps.
 - Arm Swings: 2 mins.
 2. **Strength Training (35 mins):**
 - Overhead Press: 4 sets x 10-12 reps.
 - Dumbbell Lateral Raises: 3 sets x 12 reps.
 - Front Raises: 3 sets x 12 reps.
 - Arnold Press: 4 sets x 10 reps.
 3. **CrossFit (20 mins, AMRAP):**
 - 12 Dumbbell Snatches.
 - 10 Push Press.
 - 15 Calorie Bike.
 4. **Cool-Down (10 mins):**
 - Shoulder stretches with bands.
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Day 4: Legs

1. **Warm-Up (10 mins):**
 - Bodyweight Squats: 2 mins.
 - Lunges: 2 mins.
 - Leg Swings: 2 mins.
 2. **Strength Training (35 mins):**
 - Barbell Squats: 4 sets x 8-10 reps.
 - Romanian Deadlifts: 4 sets x 10 reps.
 - Bulgarian Split Squats: 3 sets x 10 reps (each leg).
 - Leg Press: 4 sets x 12 reps.
 3. **CrossFit (20 mins, EMOM):**
 - 15 Jump Squats.
 - 12 Weighted Step-Ups.
 - 10 Burpees.
 4. **Cool-Down (10 mins):**
 - Hamstring and quad stretches.
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Day 5: Arms

1. **Warm-Up (10 mins):**

- Arm Circles: 2 mins.
 - Resistance Band Curls: 3 sets x 15 reps.
 - Shoulder Taps: 2 mins.
 - 2. **Strength Training (35 mins):**
 - Bicep Curls: 4 sets x 12 reps.
 - Tricep Dips: 3 sets x 10-12 reps.
 - Hammer Curls: 4 sets x 12 reps.
 - Overhead Tricep Extensions: 3 sets x 10 reps.
 - 3. **CrossFit (20 mins, AMRAP):**
 - 10 Pull-Ups.
 - 15 Push-Ups.
 - 20 Kettlebell Swings.
 - 4. **Cool-Down (10 mins):**
 - Arm stretches.
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Day 6: Core

1. **Warm-Up (10 mins):**
 - Plank Hold: 1 min.
 - Side Planks: 30 secs/side.
 - Light Stretching: 2 mins.
 2. **Strength Training (35 mins):**
 - Weighted Russian Twists: 3 sets x 15 reps/side.
 - Hanging Leg Raises: 3 sets x 12 reps.
 - Cable Woodchoppers: 4 sets x 12 reps (each side).
 - Stability Ball Rollouts: 3 sets x 12 reps.
 3. **CrossFit (20 mins, EMOM):**
 - 12 V-Ups.
 - 15 Mountain Climbers.
 - 10 Dumbbell Snatches.
 4. **Cool-Down (10 mins):**
 - Core stretches.
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Day 7: Active Recovery

- Light yoga, 30-minute walk, or swimming.