

PERSONAL WORKOUT PLAN

Your Weekly Workout Plan

Prepared for **Rahul Verma** · 30 September 2026

Hi Rahul, here is your week.

About 30 minutes, 3 days a week, built around your goal, your level and what you have at hand. The walking fits into your normal day, so there are no extra cardio days.

3 workouts a week	30 min per workout	30 min walking a day, after meals	1.5 hr total workout time a week
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Your week

Seven days at a glance

MON Full Body A 30 min	TUE Meal walks no workout	WED Full Body B 25 min	THU Meal walks no workout	FRI Full Body C 30 min	SAT Meal walks no workout	SUN Rest full rest
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■ Workout ■ Meal walks only ■ Rest · Every day: 10 min walk after breakfast, lunch and dinner. Days can move; keep a day between sessions for the same muscles.

About you

What this plan is built on

You	32 yrs, Male, 82 kg, 172 cm
Goal and level	Fat loss, Beginner
Equipment	Bodyweight only (no equipment)

Check with your doctor first if you

- have a heart condition, high blood pressure that is not under control, or have ever had chest pain during exercise
 - are pregnant or have had a baby in the last 6 months
 - have a joint, back or recent injury, or any condition your doctor has told you to be careful with
- Stop at once and get help if you feel chest pain, severe breathlessness, dizziness or faintness.

How it works

Three habits that make this plan work

1

Warm up first
5 minutes of easy movement before every workout.

2

Follow today's page
Each exercise has sets, reps, rest and a one-line how-to.

3

Tick and write it down
Tick each set and note the weight, so next week you know what to beat.

Effort

How hard should it feel?

Effort	The talk test
Easy warm-up	You can sing.
Moderate walks, most sets	You can talk, but not sing.
Hard last reps of a set	Only a few words before you need a breath.

Finish every set with 1 or 2 good reps still in the tank. Good form matters more than more reps. Spend the first 4 to 6 weeks learning each movement rather than chasing weight.

Progress

Getting stronger, week by week

- When you can do the top of the rep range on every set with good form, use a slightly heavier weight next time.
- Make your after-meal walks a little brisker each week.
- Keep rest short (under a minute) so your heart rate stays up.

For your goal. Weights protect your muscle while your diet does the fat loss. Keep them challenging even though the reps are higher.

Everyday movement

Walking, the easy way

No separate cardio day needed. Take a 10 min walk after breakfast, lunch and dinner, every day. Walk at a pace where you can talk but not sing. Short walks add up: 30 minutes a day is 210 minutes a week. On busy days, taking the stairs and walking to the shop also count.

Short on time today? Do the warm-up and the first 3 exercises. 15 minutes beats zero. **Missed a day?** Don't double up; carry on with the next session.

Tick your week

Print this page or tick on your phone. Seeing the week fill up is half the fun.

Day	Plan	Workout done	Walks after meals	Stretch 5 min	Water & sleep ok
Monday	Full Body A	☐	☐ ☐ ☐	☐	☐
Tuesday	Meal walks only	-	☐ ☐ ☐	☐	☐
Wednesday	Full Body B	☐	☐ ☐ ☐	☐	☐
Thursday	Meal walks only	-	☐ ☐ ☐	☐	☐
Friday	Full Body C	☐	☐ ☐ ☐	☐	☐
Saturday	Meal walks only	-	☐ ☐ ☐	☐	☐
Sunday	Rest	-	☐ ☐ ☐	☐	☐

START OF WEEK

Weight: _____ kg Waist: _____ cm

END OF WEEK

Weight: _____ kg Waist: _____ cm

Weigh yourself on the same day, same time, before breakfast. One week is a small step; look at the trend over 4 weeks.

Full Body A

About 30 min

4 exercises

Trains: front thighs, chest, back

1. Warm-up 5 min

- ☐ 1 min march on the spot or brisk walk
- ☐ 10 arm circles each way
- ☐ 10 shoulder rolls
- ☐ 10 hip circles each side
- ☐ 10 bodyweight squats (easy)
- ☐ 1 light set of your first exercise

2. Main workout

1 Bodyweight Squat Feet shoulder-width, sit back and down, knees follow the toes.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
2 Push-up Body in a straight line, chest to a fist's height from the floor. Knees down is fine.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
3 Inverted Row (under a sturdy table) Only under a solid table. Pull your chest to the edge, body straight.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
4 Wall Sit Back on the wall, thighs as close to level as is comfortable, hold.	3 x 20-30 sec sets x reps · rest 45 sec	Tick each set ☐ ☐ ☐ Weight: _____

3. Cool-down 5 min

- ☐ Standing quad stretch, 30 sec each leg
- ☐ Doorway chest stretch, 30 sec
- ☐ Child's pose, 30 sec
- ☐ Slow breathing, 1 min

Breathe out as you push or lift, breathe in as you lower. Never hold your breath. Stop any exercise that causes sharp pain.

Full Body B

About 25 min

4 exercises

Trains: hamstrings and glutes, back, shoulders

1. Warm-up 5 min

- ☐ 1 min march on the spot or brisk walk
- ☐ 10 arm circles each way
- ☐ 10 shoulder rolls
- ☐ 10 hip circles each side
- ☐ 10 bodyweight squats (easy)
- ☐ 1 light set of your first exercise

2. Main workout

1 Reverse Lunge Step back, lower the back knee, push through the front heel to stand.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
2 Inverted Row (under a sturdy table) Only under a solid table. Pull your chest to the edge, body straight.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
3 Wall Slide Back and arms against a wall, slide the arms up from a W to a Y, keep contact.	3 x 12-15 sets x reps · rest 45 sec	Tick each set ☐ ☐ ☐ Weight: _____
4 Superman Hold Lie face down, lift arms and legs a little, hold and breathe.	3 x 20-30 sec sets x reps · rest 45 sec	Tick each set ☐ ☐ ☐ Weight: _____

3. Cool-down 5 min

- ☐ Seated hamstring stretch, 30 sec
- ☐ Child's pose, 30 sec
- ☐ Cross-body shoulder stretch, 20 sec each side
- ☐ Slow breathing, 1 min

Breathe out as you push or lift, breathe in as you lower. Never hold your breath. Stop any exercise that causes sharp pain.

Full Body C

About 30 min

4 exercises

Trains: front thighs, chest, triceps

1. Warm-up 5 min

- ☐ 1 min march on the spot or brisk walk
- ☐ 10 arm circles each way
- ☐ 10 shoulder rolls
- ☐ 10 hip circles each side
- ☐ 10 bodyweight squats (easy)
- ☐ 1 light set of your first exercise

2. Main workout

1 Step-up (on a sturdy step) Whole foot on a stable step, drive up through the heel.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
2 Incline Push-up (hands on a bench) Hands on a bench or bed edge. The higher the hands, the easier it gets.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
3 Bench Dip (on a sturdy chair) Hands on the chair edge, lower until elbows are near 90 degrees.	3 x 10-12 sets x reps · rest 45-60 sec	Tick each set ☐ ☐ ☐ Weight: _____
4 Wall Sit Back on the wall, thighs as close to level as is comfortable, hold.	3 x 20-30 sec sets x reps · rest 45 sec	Tick each set ☐ ☐ ☐ Weight: _____

3. Cool-down 5 min

- ☐ Standing quad stretch, 30 sec each leg
- ☐ Doorway chest stretch, 30 sec
- ☐ Overhead triceps stretch, 20 sec each arm
- ☐ Slow breathing, 1 min

Breathe out as you push or lift, breathe in as you lower. Never hold your breath. Stop any exercise that causes sharp pain.

Every session counts, Rahul.

Show up, move well, tick the box. Repeat this week, and follow the progress steps as it gets easier.

NEXT STEP

Training is half the result. Food is the other half.

Get a 7-day Indian diet plan built for the same goal, in katori and roti, with a free grocery list. [Rs 49 at groteins.com](#)

Sources

Where the numbers come from

- World Health Organization. Guidelines on physical activity and sedentary behaviour, 2020.
- ICMR-NIN. Dietary Guidelines for Indians, 2024.

Disclaimer. This plan is general fitness information made by software from the details you entered. It is not medical advice and has not been reviewed by a doctor or physiotherapist. Exercise can cause injury: warm up, use good form, and stop if something hurts. For adults (18+) only.