GRINDOS

AI-POWERED FITNESS

Your 12-Week Workout + Diet Plan

Personalized by AI, engineered by certified trainers with 5+ years of experience. Built for you. Built to last.

Prepared for	Primary Goal	Duration
Sample User	**Muscle Building**	**12 Weeks**

Age	Weight	BMI	Days/Week	Per Session
25 yrs	**75 kg**	**24.5**	**5 days**	**60 min**

Generated on 26 November 2026 · Built by Grindos AI · Powered by certified trainers

MEDICAL DISCLAIMER

This plan is for informational purposes only and does not constitute medical advice. If you have any medical condition, chronic illness, or injury, please consult a qualified doctor or healthcare professional before starting this program.

12-Week Progress Tracker

Fill in your actual numbers each week. Expected improvement: ~10% per week compound.

Phase 1 — Foundation
Weeks 1–4

Phase 2 — Progression
Weeks 5–8

Phase 3 — Peak
Weeks 9–12

WK	THEME	TARGET (Strength / Volume Increase)	ACTUAL	WEIGHT	ENERGY (1-10)	NOTES
1	Foundation	+10%				
2	Foundation	+19%				
3	Foundation	+27%				
4	Foundation	+34%				
5	Progression	+41%				
6	Progression	+47%				
7	Progression	+52%				
8	Progression	+57%				
9	Peak	+61%				
10	Peak	+65%				
11	Peak	+69%				
12	Deload	+72%				

HOW TO USE THIS TRACKER

At the end of each week, fill in your actual progress metric (e.g. weight lifted, time, body weight), your perceived energy level (1=exhausted, 10=great), and any brief notes. Compare against the target column to stay on track. A 10% compound improvement each week = over 200% total by Week 12.

Week 1 — Foundation Building

WEEK 1 MILESTONE — Movement Mastery
All major movement patterns (squat, hinge, push, pull) executed with controlled form. No pain, no compensation.

Monday

TRAINING

WARM-UP
- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN
- Static stretching 5 min
- Deep breathing

Note: Focus area for Monday

Tuesday

TRAINING

WARM-UP
- 5 min light cardio
- Dynamic stretches

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Note: Focus area for Thursday

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WARM-UP

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COOL-DOWN

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Note: Focus area for Friday

Saturday

Rest — Full rest or light walking

Sunday

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WEEK 1 WIN

Your nervous system just woke up.

Every new movement you trained this week created fresh neural pathways. Your brain is literally rewiring itself to make you stronger. That soreness you feel? That's growth starting.

Week 2 — Form & Volume

WEEK 2 MILESTONE — Consistency Lock-In
7 training sessions completed without skipping. Sleep and hydration habits established around training days.

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WEEK 2 WIN

You are already in the top 20%.

Most people quit before Week 2. You didn't. Consistency is the single biggest predictor of long-term transformation — and you just proved you have it.

Week 3 — Progressive Overload

WEEK 3 MILESTONE — Volume Adaptation
Body no longer feels sore after sessions. Recovery speeds up — a sign your muscles are adapting to training load.

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WEEK 3 WIN

Your muscles are storing more fuel than last week.

Glycogen storage in your muscles has expanded. You can train harder, recover faster, and push longer than you could on Day 1. The machine is upgrading itself.

Week 4 — Strength Endurance

WEEK 4 MILESTONE — **Foundation Complete**
Phase 1 done. Baseline metrics recorded: body weight, key lift loads, resting heart rate. Ready for progression.

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Rest — Full rest or light walking

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WEEK 4 WIN

Phase 1 is done. You built the foundation.

Four weeks of consistent training creates measurable changes in muscle fibre recruitment, tendon strength, and cardiovascular efficiency. You are a different body than four weeks ago.

Week 5 — Intensity Phase

↑ **WEEK 5 MILESTONE** — **First Strength Gains**
Measurable load increase on at least 2 compound lifts vs Week 1. Neural adaptations are becoming true strength.

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WEEK 5 WIN

Real strength gains just kicked in.

The first 4 weeks were neural adaptation. Now myofibril hypertrophy begins — actual muscle protein is being added to your fibres. The mirror will start telling a different story.

Week 6 — Power & Conditioning

WEEK 6 MILESTONE — **Metabolic Shift**
Noticeable change in body composition begins. Clothes fit differently. Energy levels stabilise throughout the day.

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WARM-UP
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COOL-DOWN
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WEEK 6 WIN

Your metabolism is running hotter.

Six weeks in, your resting metabolic rate has increased. You burn more calories doing nothing than you did before Week 1. The engine is bigger now.

Week 7 — Peak Load

WEEK 7 MILESTONE — Peak Volume Week
Highest total sets/reps of Phase 2 completed. Mental toughness tested. This week builds your capacity ceiling.

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WARM-UP
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WEEK 7 WIN

You just hit your highest ever training volume.

This week you completed more total sets and reps than any week before it. That peak volume is the primary driver of muscle hypertrophy. Your body has no choice but to grow.

Week 8 — Deload & Recovery

WEEK 8 MILESTONE — **Phase 2 PR**
Attempt a personal record on your primary lift. 3–5 rep max test. Document it — this becomes your Phase 3 baseline.

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WEEK 8 WIN

Halfway. You are not the same person who started.

8 weeks of progressive overload creates measurable changes visible to others — not just to you. Your posture, your movement quality, your body composition. Half the program done. All momentum from here.

Week 9 — Advanced Stimulus

WEEK 9 MILESTONE — Intensity Threshold
Final sets pushed to 1–2 reps from failure. This controlled discomfort is where real muscle and strength is built.

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WEEK 9 WIN

You trained at 85-90% intensity today. That is elite territory.

Most recreational gym-goers never train above 70% effort. This week you crossed a threshold that forces your body into a new level of adaptation. This is where champions are made.

Week 10 — Max Strength

WEEK 10 MILESTONE — Personal Records
New all-time personal bests on primary lifts. Your strongest week yet. Trust the program — you earned this.

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- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Thursday

Friday

TRAINING

WARM-UP

- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec

Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Friday

Saturday

Rest — Full rest or light walking

Sunday

Rest — Full rest or light walking

WEEK 10 WIN

You just hit numbers you could not have hit 9 weeks ago.

The weight on the bar, the reps you completed, the way your body moved — all of it is measurably better. Screenshot your lifts. This is a before-and-after moment.

Week 11 — Performance Peak

WEEK 11 MILESTONE — Final Push
Last hard training week. Leave nothing behind. Every rep, every set, every session counts. Peak performance.

Monday

TRAINING

WARM-UP
- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN
- Static stretching 5 min
- Deep breathing

Note: Focus area for Monday

Tuesday

TRAINING

WARM-UP
- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN
- Static stretching 5 min
- Deep breathing

Note: Focus area for Tuesday

Wednesday

TRAINING

WARM-UP

- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Wednesday

Thursday

TRAINING

WARM-UP

- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Thursday

Friday

TRAINING

WARM-UP

- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec

Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Friday

Saturday

Rest — Full rest or light walking

Sunday

Rest — Full rest or light walking

WEEK 11 WIN

One week left. Your body is at its peak capacity.

Muscle density, neuromuscular efficiency, cardiovascular output — all simultaneously at their highest point in this program. What you do this week locks in the results of the last 11.

Week 12 — Final Push

WEEK 12 MILESTONE — Deload & Reflect
Load drops 40–50%. Joints and CNS recover fully. Final body measurements taken. Compare to Week 1 — the proof is in the numbers.

Monday

TRAINING

WARM-UP
- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN
- Static stretching 5 min
- Deep breathing

Note: Focus area for Monday

Tuesday

TRAINING

WARM-UP
- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN
- Static stretching 5 min
- Deep breathing

Note: Focus area for Tuesday

Wednesday

TRAINING

WARM-UP

- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Wednesday

Thursday

TRAINING

WARM-UP

- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
Exercise B	3	10-12	75 sec
Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec
Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Thursday

Friday

TRAINING

WARM-UP

- 5 min light cardio
- Dynamic stretches

EXERCISE	SETS	REPS	REST
Exercise A	4	8-10	90 sec
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Exercise C	3	12-15	60 sec
Exercise D	3	8-10	75 sec

Exercise E	3	12-15	60 sec

COOL-DOWN

- Static stretching 5 min
- Deep breathing

Note: Focus area for Friday

Saturday

Rest — Full rest or light walking

Sunday

Rest — Full rest or light walking

WEEK 12 WIN

You finished what 95% of people never start.

12 weeks. Every session, every set, every rep — compounded into a version of yourself that is measurably, provably stronger, leaner, and more capable. This is not the end. This is your new starting point.

Your Personalized Diet Plan

Tailored to your goal, body composition, and food preferences.

MEDICAL DISCLAIMER
This diet plan is not a medical recommendation. If you have any medical condition, chronic illness, food allergy, or are on medication, consult a registered dietitian or doctor before making significant dietary changes.

2500
Daily Calories

180g	280g	70g
Protein	Carbohydrates	Healthy Fats
~29% calories	~45% calories	~25% calories

Meal 1

7:00 AM — 550 kcal

- Food item A
- Food item B
- Food item C

Meal 2

10:30 AM — 350 kcal

- Snack item A
- Snack item B

Meal 3

1:30 PM — 700 kcal

- Food item D
- Food item E
- Food item F

Meal 4

5:00 PM — 400 kcal

- Pre-workout item A
- Pre-workout item B

Meal 5

8:00 PM 500 kcal

- Dinner item A
- Dinner item B
- Dinner item C

Grocery List

Grocery item 1	Grocery item 2	Grocery item 3
Grocery item 4	Grocery item 5	Grocery item 6
Grocery item 7	Grocery item 8	Grocery item 9

Nutrition Tips

- Drink 3-4 liters of water daily
- Eat protein within 30 minutes of training
- Prioritize sleep for recovery
- Adjust portions based on weekly progress