

# 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  
**Sample User**

Primary Goal  
**Muscle Building**

Duration  
**12 Weeks**

Age  
**25 yrs**

Weight  
**75 kg**

BMI  
**24.5**

Days/Week  
**5 days**

Per Session  
**60 min**

Generated on 30 May 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%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	Foundation	+19%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	Foundation	+27%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4	Foundation	+34%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5	Progression	+41%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
6	Progression	+47%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
7	Progression	+52%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
8	Progression	+57%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
9	Peak	+61%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
10	Peak	+65%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
11	Peak	+69%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
12	Deload	+72%	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

## 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

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 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.

### 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

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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 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.

## 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
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Exercise E

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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 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.

### 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

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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 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.

## 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 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.

## 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 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.

### 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
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### 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
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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 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.

### 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

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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 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.

## 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 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.

## 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 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

Protein

~29% calories

## 280g

Carbohydrates

~45% calories

## 70g

Healthy Fats

~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

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Grocery item 1

Grocery item 4

Grocery item 7

Grocery item 2

Grocery item 5

Grocery item 8

Grocery item 3

Grocery item 6

Grocery item 9

## Nutrition Tips

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