



FITNESS PLAN

Sára V. Píšová

MONDAY

1. Warm-up – 10 minutes of light cardio(running, cycling, eliiptical trainer)

2. strength training (3 sets of each exercise)

- Squats with own weight –12 repetitions
- Cranks – 10 repetitions
- Deadlift with one arm –12 repetitions
- Plank 30 seconds
- Lunges – 12 repetitions for each leg
- Movements in the castle (if you have)

3. Cool down: 5-10 minutes on the exercise bike or walking:

Food

- Breakfast: Oatmeal with almonds, honey and strawberries
- Lunch: Grilled chicken breast with quinoa and vegetables (broccoli, peppers)
- Snack: An apple and a handful of nuts



TUESDAY

1. Warn-up: 5-10 minutes of brisk walking
2. Cardio: 30 minutes of running or brisk walking (depends on fitness level)
3. Core training (series):
 - Plank - 45 seconds
 - Endurance in side plank- 30 seconds on each side
 - Leg lifts - 15 repetitions
 - Abdominal crunches - 15 repetitions
4. Cooling: Stretching

Food

Breakfast: Omelet with tomatoes, spinach and cheese

Lunch: Tuna salad with avocado, cucumber and leafy vegetables

Snack: Greek yogurt with honey and walnuts

Dinner: Turkey breast with roasted vegetables (zucchini, eggplant)



WEDNESDAY

1. Warm-up: 10 minutes of dynamic stretching

2. Strength training (3 sets):

- Bench presses with dumbbells - 10 repetitions
- Barbell chin-ups - 10 repetitions
- Triceps push-ups - 12 repetitions
- Bends on the bar (or machine) - 8 repetitions

3. Cooling-Stretching

Food

Breakfast: Smoothie (banana, spinach, protein powder, almond milk)

Lunch: Chickpea salad with tomatoes, cucumber and lemon dressing

Snack: white yogurt with fresh berries

Dinner: Baked chicken leg with rice and vegetables



THURSDAY

1. Warm-up: 10 min. Running/jogging
2. HIIT(5calories)
 - 30seconds of sprint,30 seconds of waking
 - 30 seconds rest
 - 30 seconds of burpees, 30 seconds of rest
- 3.Cool down: 5 minutes of slow running or walking

Food

Breakfast - Yogurt with granola and fruit

Lunch - Veetabes wrap with hummus and chicken

Snack - Almond butter with an apple

Dinner - Beef with vegetable side dishes



FRIDAY

1. Warm-up - 5-10 minutes on the bike

2. Combined training (3 series)

- Kettlebell swing - 15 repetitions

- Cranks - 10 r.

- Lunges with dumbbells - 12r.

- Jumping in place - 30 seconds

3. Cooling: Stretching

Food

Breakfast - Avocado on whole grain toast with an egg

Lunch - Salmon salad with vegetables and olive oil

Snack - Protein bar

Dinner - Quinoa with grilled vegetables.



SATURDAY

Rest or active rest

Easy walking, yoga or swimming

Food

Breakfast: Oatmeal pancakes with fresh fruit

Lunch: Grilled chicken breast with salad and quinoa

Snack: Vegetable sticks with hummus

Dinner: Vegetable soup and whole grain bread

MUSCLE BUILDING SHOPPING LIST

@MUSCLEMONSTERS

Protein



CHICKEN



SEITAN



TOFU



TURKEY



EGGS



STEAK



LEAN BEEF



FISH

Carbs



RICE



POTATOES



PASTA



NOODLES



QUINOA



COUSCOUS



BREAD



FRUITS

Fats



AVOCADO



PEANUTS



NUT BUTTER



CHEESE



OLIVE OIL



CASHEWS



SEEDS



COCONUT OIL

SUNDAY

1. Warm-up: 5 minutes of low running
2. Cardio: 30 minutes of brisk walking or cycling
3. Core training (3 series)
 - Plank -1 minuten
 - Side plank - 30 seconds on each side
 - Leg lifts - 15 r.

4. Cooling-Stratching

Food

Breakfast- Smothie bowl whit fruit and seeds

Lunch - Chicken nreast with sweet potatoes and mixed vegetables

Snack - Cottage cheese with fruit

Dinner - Vegetable quinoa with tofu.



Thank you for your attention

