

Monday - Upper Body Day

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Regular workout

Created by Emily Rosen on 18 Nov 2025, last updated on 18 Nov 2025.

est. 42 minutes

Equipment

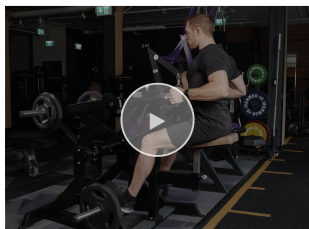


	Dumbbell Incline Bench Press	3 sets x 10-12	👉 Rest 60 sec between sets
	Machine Seated Neutral Grip ...	3 sets x 8-10	👉 Rest 60 sec between sets
	Dumbbell Bench Press	2 sets x 8-10	👉 Rest 60 sec between sets
	Lat Pulldown Machine Wide ...	3 sets x 10-12	👉 Rest 60 sec between sets
	Dumbbell Seated Shoulder Pr...	2 sets x 8-10	👉 Rest 60 sec between sets
	Cable Rope Face Pull	2 sets x 12-15	👉 Rest 60 sec between sets
	Dumbbell Alternating Hamm...	3 sets x 10-12	👉 Rest 60 sec between sets
	Cable Rope Tricep Extension	3 sets x 12-15	👉 Rest 60 sec between sets



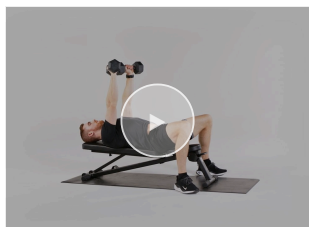
Dumbbell Incline Bench Press

- 1) Sit on an incline bench set at 45 degrees with dumbbells resting on both thighs.
- 2) Start with both dumbbells at shoulder level.
- 3) Press the weights upwards over your upper chest until the weights meet at the top.
- 4) Lower the weights slowly and repeat.



Machine Seated Neutral Grip Row

1. Sit at a reverse position in a machine, chest against the backrest. Hands holding the vertical position handle, arms extended.
2. Pull the handles towards your chest, bending at the elbows. Pause.
3. Slowly return to starting position.
4. Repeat.

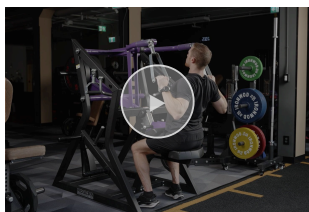


Dumbbell Bench Press

- 1) Lay on a flat bench with dumbbells in each hand.
- 2) Bend your elbows at a 90-degree angle so that your forearms are perpendicular to the ground.
- 3) Press the weights upward until the two weights meet at the top.
- 4) Pause and lower back to the start position.



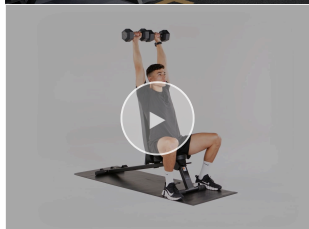
Lat Pulldown Machine Wide Grip



Lat Pulldown machine wide Grip

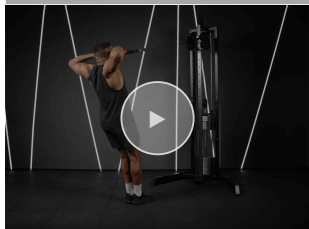
- 1) Grasp the bar using a shoulder width grip with your arms extended straight overhead.
- 2) Pull the bar down in front to the top of your chest, bending at the elbows.
- 3) Straighten your arms fully, returning the bar to the top position.

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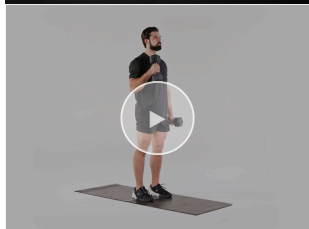
Dumbbell Seated Shoulder Press

Start with both dumbbells positioned to each side of the shoulders with at a 90 degree fashion. Press dumbbells upwards until arms are extended overhead. Lower and repeat.



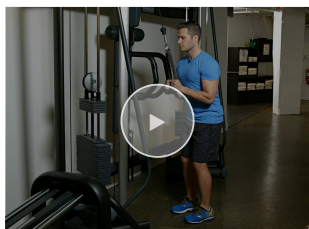
Cable Rope Face Pull

1. Stand upright holding a rope with your palms facing each other arms straight at shoulder height and your back flat.
2. Pull the rope straight in toward your face, bending elbows up and high, full extension.
3. Remain upright throughout and do not sway back and forth.



Dumbbell Alternating Hammer Curl

- 1) Stand upright, holding a dumbbell in each hand, arms hanging at your sides and your palms inwards.
- 2) Curl the weight in one hand towards the shoulder in a circular motion.
- 3) Squeeze the bicep at the end of the lift and slowly lower.
- 4) Alternate hands and repeat. Keep you body still, elbows locked and palms faced inwards throughout the whole exercise



Cable Rope Tricep Extension

1. Grasp a rope attached to a high cable pulley.
2. Your forearms should be parallel to the floor. With your elbows against your sides, push the rope downwards as far as possible.
3. Pause and return to starting position.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Dumbbell Incline Bench Press	reps x	lbs	reps x	lbs	reps x	lbs
Machine Seated Neutral Grip Row	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Bench Press	reps x	lbs	reps x	lbs		
Lat Pulldown Machine Wide Grip	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Seated Shoulder Press	reps x	lbs	reps x	lbs		
Cable Rope Face Pull	reps x	lbs	reps x	lbs		
Dumbbell Alternating Hammer Curl	reps x	lbs	reps x	lbs	reps x	lbs
Cable Rope Tricep Extension	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

Tuesday - Lower Body Day

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Equipment



Barbell

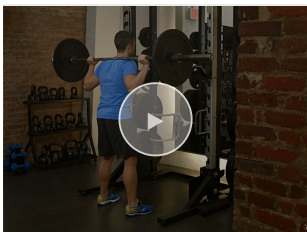


Dumbbell



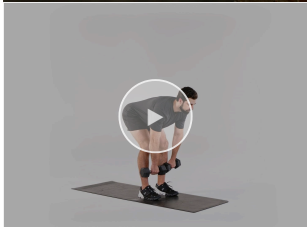
Machine

	Barbell Back Squat	3 sets x 8-10	👉 Rest 60 sec between sets
	Dumbbell Romanian Deadlift	3 sets x 8-10	👉 Rest 60 sec between sets
	Dumbbell Walking Lunge	3 sets x 10 each leg	👉 Rest 60 sec between sets
	Angled Machine Leg Press	3 sets x 10-12	👉 Rest 60 sec between sets
	Barbell Hip Thrust	3 sets x 10-12	👉 Rest 60 sec between sets
	Machine Seated Leg Curl	3 sets x 10-12	👉 Rest 60 sec between sets
	Machine Standing Calf Raise	3 sets x 15-20	👉 Rest 60 sec between sets



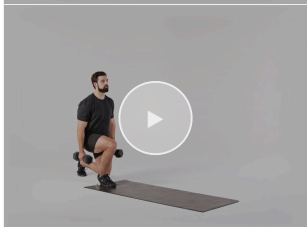
Barbell Back Squat

- 1) With the Barbell across your upper back, set your feet slightly wider than shoulder-width apart. Have your feet turned out slightly.
- 2) Keep your chest up and knees out as you sit back and down into your hips.
- 3) Under control, reverse the motion and push yourself back up to a standing position.



Dumbbell Romanian Deadlift

Stand with feet hip-width apart, holding dumbbells in front of your thighs.
Hinge at your hips, lowering the weights down your legs while keeping your back straight.
Return to standing by driving your hips forward.



Dumbbell Walking Lunge

- 1) When performing your lunges, ensure that your upper body stays over top of your back knee.
- 2) Front knee doesn't reach forward over top of your front toes.



Angled Machine Leg Press

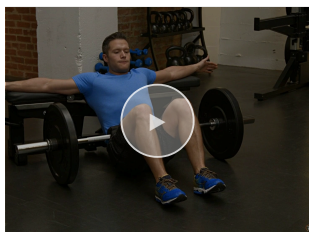
1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.



3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top. Repeat.

Dismiss

Barbell Hip Thrust



1) For this exercise, squeeze your glutes to lift the barbell off the ground. To ensure you're not arching your back excessively, set your abdominals tight and keep a flat back throughout the exercise.

2) Begin seated on the ground with a loaded barbell over your legs. Using a fat bar or having a pad on the bar can greatly reduce the discomfort caused by this exercise.

3) Roll the bar so that it is directly above your hips, and rest your arms and back on a bench.

4) Begin the movement by driving through with your heels, extending your hips vertically through the bar.

5) Extend as far as possible then return to the starting position.

Machine Seated Leg Curl



1. Adjust the machine lever to fit your height and sit on the machine with your back against the back support pad. Legs fully straight in front of you, back of lower legs on top of the padded lever. Grasp the side handles on the machine as you point your toes straight.

2. Curl your legs downward as far as possible.

3. Return to starting position.

4. Repeat.

Machine Standing Calf Raise



Stand straight at a standing calf raise machine with your shoulders under the pads and your heels hanging off the foot step. Begin by raising up on your toes as high as you can go, pause, and then return to the starting position.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Barbell Back Squat	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Romanian Deadlift	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Walking Lunge	reps x	lbs	reps x	lbs	reps x	lbs
Angled Machine Leg Press	reps x	lbs	reps x	lbs	reps x	lbs
Barbell Hip Thrust	reps x	lbs	reps x	lbs	reps x	lbs
Machine Seated Leg Curl	reps x	lbs	reps x	lbs	reps x	lbs
Machine Standing Calf Raise	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

2 Day Sample Meal Plan

2 days

	Mon	Tue
Breakfast	Soft Scrambled Eggs on Toast 30p	Apple Crisp Ratio Protein Yogurt Bowl
Snack 1	Chobani Complete Strawberry Cream	Apple cinnamon rice cake with cottage cheese
Lunch	Sweet & Sour Chicken with Broccoli 44p	Cheesy Chicken Fajita Bowl 47g p
Snack 2	Beef Chomps	Fairlife protein shake with collagen
Dinner	Ground Beef Hot Honey Bowl 41p	Steak Bibimbap
Snack 3	Ratio Protein Yogurt Vanilla with 2Tb PBFit	
	Fresh Strawberries 1/2 cup	

2 Day Sample Meal Plan

2 days

Mon		Tue	
Calories	1790	Calories	1796
Fat	49g	Fat	46g
Carbs	158g	Carbs	168g
Protein	178g	Protein	183g

2 Day Sample Meal Plan

60 items

Fruits

- 1 oz Apple
- 2 ozs Avocado
- 1/8 Lime
- 1/2 cup Strawberries

Breakfast

- 1 1/4 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Chili Powder
- 1/2 tsp Cinnamon
- 1 tsp Coriander
- 1/3 tsp Cumin
- 1/3 tsp Garlic Powder
- 1/3 tsp Oregano
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 tsp Smoked Paprika

Frozen

- 1 cup Frozen Broccoli

Vegetables

- 1/2 Carrot
- 5 Cremini Mushrooms
- 1/8 Cucumber
- 1 2/3 tbsps Green Bell Pepper
- 1 2/3 tbsps Red Bell Pepper
- 3 1/4 tbsps Red Onion
- 3 ozs Sweet Potato
- 1/4 Tomato
- 1/4 cups White Onion
- 1 2/3 tbsps Yellow Bell Pepper

Boxed & Canned

- 1/2 cup Basmati Rice
- 2 tbsps Crushed Pineapple
- 1/4 cup Jasmine Rice
- 1/2 tsp Tomato Paste

Baking

- 1/4 tsp Arrowroot Powder
- 1/2 cup Oats
- 1 tsp Raw Honey

Bread, Fish, Meat & Cheese

- 1/3 oz Cheddar Cheese, Low Fat
- 6 ozs Chicken Breast
- 7 ozs Chicken Thighs
- 4 1/2 ozs Extra Lean Ground Beef
- 1/3 oz Mozzarella Cheese, Low Fat
- 1 1/2 ozs Sourdough Bread
- 5 ozs Tenderloin Steak

Condiments & Oils

- 1 1/8 tpsps Apple Cider Vinegar
- 1/4 oz Avocado Oil Spray
- 2 1/8 tpsps Extra Virgin Olive Oil
- 1 Tb Hot Honey
- 1 1/4 tpsps Light Mayonnaise
- 3/4 tsp Sesame Oil
- 1 tbsp Soy Sauce, Low Sodium
- 2/3 tsp Sriracha

Cold

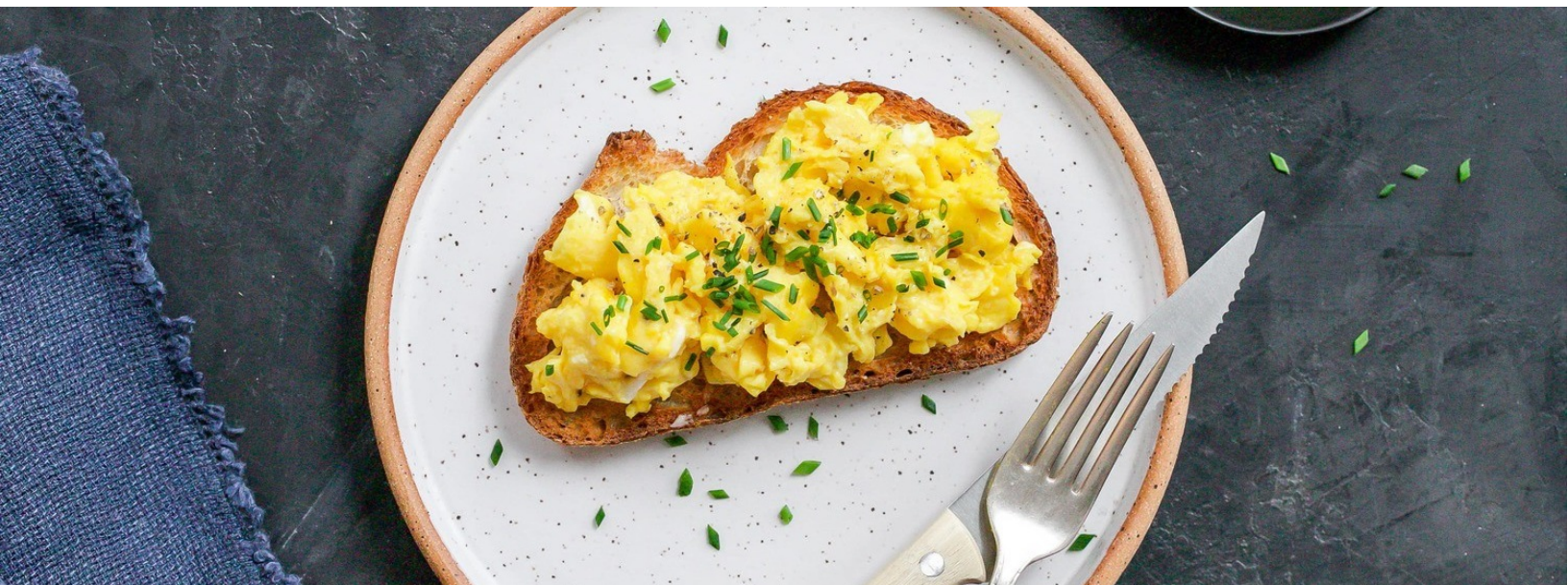
- 1/2 tsp Butter
- 1/2 cup Cottage Cheese
- 2 Egg
- 3/4 cup Egg Whites
- 10 fl ozs Greek Yogurt
- 1 1/16 tbsps Plain Greek Yogurt
- 10 2/3 ozs Ratio Protein Yogurt

Other

- 1 piece Apple Cinnamon Rice Cake
- 1 pc Beef Chomps
- 1 tsp Cinnamon Powder
- 1 serving Collagen Peptides
- 340 mls Fairlife Protein Shake
- 2 tbsps Pbit

Soft Scrambled Eggs on Toast 30p

5 ingredients · 5 minutes · 1 serving



Directions

1. Crack the egg & egg whites into a bowl and whisk well.
2. Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
3. Put the eggs onto toast, and season with salt and pepper. Enjoy!

Ingredients

- 1 Egg
- 3/4 cup Egg Whites
- 1 1/2 ozs Sourdough Bread (toasted)
- 1/2 tsp Butter
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	290	Carbs	22g
Fat	7g	Protein	30g

Apple Crisp Ratio Protein Yogurt Bowl

5 ingredients · 20 minutes · 1 serving



Directions

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Put yogurt in a bowl/containers. Top with the apple crisp mixture. Enjoy!

Ingredients

- 1 oz Apple (cored, chopped)
- 1/2 cup Oats (rolled)
- 1 1/2 tps Maple Syrup
- 1/2 tsp Cinnamon
- 5 1/3 ozs Ratio Protein Yogurt

Nutrition

Amount per serving

Calories	368	Carbs	47g
Fat	7g	Protein	30g

Chobani Complete Strawberry Cream

1 ingredient · 1 minute · 1 serving



Directions

1. Drink and enjoy!

Ingredients

10 fl ozs Greek Yogurt

Nutrition

Amount per serving

Calories	170	Carbs	16g
Fat	3g	Protein	20g

Apple cinnamon rice cake with cottage cheese

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread cottage cheese on a rice cake. Sprinkle extra cinnamon on top. Enjoy!

Ingredients

- 1 piece Apple Cinnamon Rice Cake
- 1/4 cup Cottage Cheese
- 1 tsp Cinnamon Powder (adjust to preference)
- 1 tsp Raw Honey

Nutrition

Amount per serving

Calories	121	Carbs	18g
Fat	2g	Protein	6g

Sweet & Sour Chicken with Broccoli 44p

9 ingredients · 20 minutes · 1 serving



Directions

1. Cook the rice according to package directions.
2. Blend the pineapple, maple syrup, tomato paste, arrowroot powder, and apple cider vinegar in a blender. Set aside.
3. Boil the broccoli for three to four minutes or until tender-crisp.
4. Heat the oil in a pan over medium heat. Add the chicken and cook until browned and cooked through, about seven to eight minutes. Add the sauce and the broccoli, and cook for one minute or until warmed through. Divide evenly between plates and enjoy!

Ingredients

- 1/4 cup Jasmine Rice (dry, rinsed)
- 2 tbsps Crushed Pineapple
- 2 1/4 tpsps Maple Syrup
- 1/2 tsp Tomato Paste
- 1/4 tsp Arrowroot Powder
- 1 1/8 tpsps Apple Cider Vinegar
- 1 cup Frozen Broccoli
- 1 tsp Extra Virgin Olive Oil
- 6 ozs Chicken Breast (diced)

Nutrition

Amount per serving

Calories	496	Carbs	60g
Fat	9g	Protein	44g

Cheesy Chicken Fajita Bowl 47g p

22 ingredients · 30 minutes · 1 serving



Directions

1. In a large bowl or pan, add the chicken cubes and sprinkle with the fajita seasoning (salt, garlic, oregano, smoked paprika, cumin, chili powder, and coriander). Drizzle with olive oil and squeeze fresh lime juice over the chicken, then toss to coat evenly. Set aside.
2. On a large sheet pan, add the chopped onions and mixed bell peppers. Sprinkle with fajita seasoning, then spray with avocado oil and toss until evenly coated.
3. Oven-roast your fajita vegetable mix for 20 minutes in 190°C or 380°F.
4. After it's been cooked, spread the marinated chicken cubes on top of the roasted fajita veggies. Add some cooking spray then oven bake for 25 - 30 minutes at 200°C or 400°F until golden brown.
5. After baking, add in low-fat cheddar and mozzarella, fresh tomato, and coriander. Mix until fully combined and cheesy!
6. Add another light layer of cheese then broil for 2-3 minutes until crispy.
7. While broiling, prepare the sauce: yogurt, mayo, 1/2 tsp smoked paprika, and sriracha. Set aside for garnish.
8. Once the chicken fajitas are done. Assemble in a bowl/container with rice and drizzle in some of the spicy sauce. Enjoy!

Ingredients

- 7 ozs Chicken Thighs (boneless, cubed)
- 1/3 tsp Sea Salt
- 1/3 tsp Oregano (dried)
- 1/3 tsp Garlic Powder
- 1/3 tsp Cumin
- 1/3 tsp Coriander
- 1/3 tsp Smoked Paprika
- 1/4 tsp Chili Powder (adjust to preference)
- 1/8 Lime (squeezed)
- 2/3 tsp Extra Virgin Olive Oil
- 3 1/4 tbsps Red Onion (chopped; 200g)
- 1/4 cups White Onion (chopped; 200g)
- 1 2/3 tbsps Red Bell Pepper (chopped; 150g)
- 1 2/3 tbsps Green Bell Pepper (chopped; 150g)
- 1 2/3 tbsps Yellow Bell Pepper (chopped; 150g)
- 1/4 oz Avocado Oil Spray (divided)
- 1/3 oz Cheddar Cheese, Low Fat
- 1/3 oz Mozzarella Cheese, Low Fat
- 1/4 Tomato (fresh, diced/chopped)
- 2/3 tsp Coriander (fresh, chopped, or may use cilantro)
- 1 1/16 tbsps Plain Greek Yogurt
- 1 1/4 tps Light Mayonnaise

1/16 tsp Smoked Paprika

2/3 tsp Sriracha (adjust to preference)

Nutrition Amount per serving

Calories	367	Carbs	11g
Fat	16g	Protein	47g

Beef Chomps

1 ingredient · 1 minute · 1 serving



Directions

1. N/A

Ingredients

1 pc Beef Chomps

Nutrition

Amount per serving

Calories	100	Carbs	0g
Fat	7g	Protein	10g

Fairlife protein shake with collagen

2 ingredients · 1 minute · 1 serving



Directions

1. Mix, shake, or blend and enjoy!

Ingredients

340 mls Fairlife Protein Shake (1 serving)

1 serving Collagen Peptides

Nutrition

Amount per serving

Calories	230	Carbs	4g
Fat	3g	Protein	49g

Ground Beef Hot Honey Bowl 41p

5 ingredients · 10 minutes · 1 serving



Directions

1. Cook ground beef and diced sweet potato with your favorite seasoning in a skillet.
2. Combine all ingredients in a bowl.

Ingredients

- 4 1/2 ozs Extra Lean Ground Beef
- 1/4 cup Cottage Cheese
- 2 ozs Avocado
- 3 ozs Sweet Potato (diced)
- 1 Tb Hot Honey

Nutrition

Amount per serving

Calories	480	Carbs	41g
Fat	18g	Protein	41g

Steak Bibimbap

10 ingredients · 40 minutes · 1 serving



Directions

1. Cook the rice according to the package directions. Set aside.
2. Meanwhile, heat half of the oil in a pan over medium-high heat. Add the mushrooms and sauté for five minutes until golden brown, stirring occasionally. Season with salt and pepper. Remove from the pan.
3. Heat the remaining oil in the pan. Season the steak with salt and pepper. Cook for four to five minutes per side until cooked to your liking. Remove from the pan and let rest for five minutes before slicing.
4. Meanwhile, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking.
5. In a small bowl, mix together the soy sauce and sesame oil. Divide the rice evenly between plates, and drizzle the soy sauce mixture on top. Top with the mushrooms, steak, carrots, cucumber, and egg. Enjoy!

Ingredients

- 1/2 cup Basmati Rice (dry, rinsed)
- 1/2 tsp Extra Virgin Olive Oil (divided)
- 5 Cremini Mushrooms (sliced)
- Sea Salt & Black Pepper
- 5 ozs Tenderloin Steak
- 1 Egg
- 1 tbsp Soy Sauce, Low Sodium
- 3/4 tsp Sesame Oil
- 1/2 Carrot (medium, julienned)
- 1/8 Cucumber (large, thinly sliced)

Nutrition

Amount per serving

Calories	710	Carbs	88g
Fat	18g	Protein	51g

Ratio Protein Yogurt Vanilla with 2Tb PBFit

2 ingredients · 1 minute · 1 serving



Directions

1. Keep yogurt cold. Top with PBFit.
2. Optional: May mix PBFit with water before swirling in the yogurt.

Ingredients

5 1/3 ozs Ratio Protein Yogurt

2 tbsps Pbfite

Nutrition

Amount per serving

Calories	231	Carbs	13g
Fat	5g	Protein	33g

Fresh Strawberries 1/2 cup

1 ingredient · 5 minutes · 1 serving



Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Ingredients

1/2 cup Strawberries

Nutrition

Amount per serving

Calories	23	Carbs	6g
Fat	0g	Protein	0g