Day 1

- Planning to hit the gym? Today ensure you have something before and after your workout. Avoid refined carbohydrates as they don’t give any nutrients to your body. Grabbing a fruit can be a nice option.
- Workout Routine – Start by warming up for 5-10 minutes. Add to the routine 3 sets of High Intensity Training Exercises which include the following - Spider push-ups for 40 seconds + Vertical jumps for 40 seconds + Jump squats for 40 seconds + Mountain climber for 40 seconds + Jump lunges for 40 seconds. End your workout with a cool down by doing 5-10 minutes of breathing and stretching exercises.

Day 2

- Time it well! Grab your pre and post workout snacks in a time gap of 30 minutes to 1-1.5 hours. In case you had a heavy meal then the time gap should increase.
- Ensure you take your post workout meal within 30 minutes of finishing the workout. This period is called “The Window of Opportunity” and it ensures 70% of recovery of the muscles then and there.
- Workout like a maniac! Warm up for 5-10 minutes and add to the routine 3 sets of High Intensity Training Exercises which include the following - Spider push-ups for 40 seconds + Vertical jumps for 40 seconds + Jump squats for 40 seconds + Mountain climber for 40 seconds + Jump lunges for 40 seconds. End your workout with a cool down by doing 5-10 minutes of breathing and stretching exercises.

Day 3

- Add protein to your meals. After workout your muscles need proteins for their recovery and growth. Choose your post workout meal from the following options - Egg, Milk, Cheese, Curd, Soy and products, Pulses and Legumes. Avoid indulging in the following things - Chicken, Fish and Red meat.
- Time for workout: Start by warming up for 5-10 minutes. Add to the routine 3 sets of High Intensity Training Exercises which include the following - Spider push-ups for 40 seconds + Vertical jumps for 40 seconds + Jump squats for 40 seconds + Mountain climber for 40 seconds + Jump lunges for 40 seconds. End your workout with a cool down by doing 5-10 minutes of breathing and stretching exercises.

Day 4

- Make sure to choose right quality and quantity of proteins: Best quality proteins are the ones that are absorbed well and have a good amino acid profile, such as Egg whites, Whey Protein and Paneer. Ensure you have 15-20 grams of protein after your workout as the body requires and can absorb that much post the workout.
- Don’t ditch the workout session: Warm up for 5-10 minutes and add to the routine 3 sets of High Intensity Training Exercises which include the following - Spider push-ups for 40 seconds + Vertical jumps for 40 seconds + Jump squats for 40 seconds + Mountain climber for 40 seconds + Jump lunges for 40 seconds. End your workout with a cool down by doing 5-10 minutes of breathing and stretching exercises.

Day 5

- Today add some simple carbohydrates in post workout meal such as fruits, dates, prunes, boiled potato.
- Sweat it out! Start your workout routine by doing 5-10 minutes of warm-up. Add to the routine 3 sets of High Intensity Training Exercises which include the following - Spider push-ups for 40 seconds + Vertical jumps for 40 seconds + Jump squats for 40 seconds + Mountain climber for 40 seconds + Jump lunges for 40 seconds. Cool down for about 5-10 minutes by doing stretching and breathing exercises.

Day 6

- Today your post workout meal should have a right combination of carbohydrates and proteins. Best combinations will include - Oats + milk, Fruit + Nuts, Chapati + Chickens, Boiled Sweet Potato + Yoghurt
- Workout Routine: Warm up for 5-10 minutes and add to the routine 3 sets of High Intensity Training Exercises which include the following - Spider push-ups for 40 seconds + Vertical jumps for 40 seconds + Jump squats for 40 seconds + Mountain climber for 40 seconds + Jump lunges for 40 seconds. End your workout with a cool down by doing 5-10 minutes of breathing and stretching exercises.