



# MYBOLLYWOODBODY

*Brand name in body transformation!*

## YOUTUBE / MY BOLLYWOOD BODY

Please follow this 28 day diet and workout program that has been carefully put together by Team MY BOLLYWOOD BODY! Make sure to provide us with your valuable feedback regarding this free program and make sure to | COMMENT | LIKE | SUBSCRIBE | SHARE |

<p>Day-1</p> <p>Chest</p> <p>4 x 10 pushups 4 x 10 chest press machine 4 x 10 flat bench (Barbell) 3 x 10 flat bench (Dumbbell) 3 X 12 flat bench flies 4 x 10 dumbbell pull overs</p>	<p>Day-2</p> <p>Back &amp; Forearms</p> <p>4 x 10 assisted pull ups 4 x 12 lat pull downs 4 x 10 seated row 3 x 10 close grip pull down 4 x 10 one arm row 3 x 12 dumbbell pull overs</p> <p>6 x 25 wrist curls (Barbell)</p>	<p>Day-3</p> <p>Bicep Tricep</p> <p>4 x 10 seated dumbbell curl 4 x 12 barbell curl (ez bar) 4 x 8 preacher curl (ez bar) 6 x 15 tricep rope push down 4 x 8 reverse grip push down 4 x 10 skull crushers 2 x 25 diamond pushups</p>
<p>Day-4</p> <p>Shoulder &amp; Abs</p> <p>4 x 10 seated dumbbell press 4 x 12 front raises (dumbbell) 4 x 10 upright rows 3 x 15 side raises (lateral) 6 x 15 dumbbell shurgs 2 x 25 arnold dumbbell press</p> <p>6 x 25 leg raises for abs</p>	<p>Day-5</p> <p>Legs Calves and Cardio</p> <p>4 x 25 Squats (body weight) 4 x 12 stationary lunge (each leg) 4 x 12 jump squats 4 x 10 leg press (wide feet) 3 x 15 leg curl 3 x 15 leg extension 4 x 20 donkey calve raises</p> <p>15 min walk after workout</p>	<p>Day 6/7 Rest days</p> <p>Supplements:</p> <p>Take multi vitamin with breakfast and 1 scoop of protein whey isolate 30 mins after workout.</p> <p>Drink 8 to 10 glass of water daily.</p> <p>Stretch 5 mins before and 45 mins after exercise</p>
<p>Day-8</p> <p>Chest and Back</p> <p>4 x 10 Push ups 4 x 10 flat bench (barbell) 4 x 10 flat bench (dumbbell) 3 x 8 incline bench (barbell) 4 x 10 incline bench (Dbell) 6 x 10 lat pull down 4 x 12 one arm row 4 x 10 rack pulls</p>	<p>Day-9</p> <p>Bicep &amp; Shoulders</p> <p>4 x 10 dumbbell curls 4 x 21's (ez curl bar) 4 x 10 pronated curl (ez bar) 6 x 12 preacher curl machine 4 x 10 dumbbell press 4 x 10 military barbell press 4 x 12 front raises (ez bar) 3 x 25 barbell shrugs</p>	<p>Day-10</p> <p>Tricep Claves &amp; Cardio</p> <p>6 x 12 tricep push down 4 x 10 over head extension 4 x 10 dips (on bench) 3 x 20 kick backs (dumbbell) 4 x 50 high knees 4 x 10 squat jumps 6 x 25 calve press machine</p>

<p>Day-11</p> <p>Chest &amp; Legs</p> <p>4 x 10 decline press (barbell)  4 x 8 decline press (dumbbell)  3 x 12 cross cable flies  3 x 12 peck deck machine  4 x 25 squats (body weight)  4 x 10 barbell squats  3 x 25 leg press  1 x 50 leg extension  1 x 50 leg curl</p>	<p>Day 12/13 Rest days</p> <p>Make sure to add rice into your diet from now on specially an hour before workout.</p> <p>Start taking 1 scoop of BCCA during workout.</p> <p>Drink 8-10 glass of water daily</p>	<p>Day-14</p> <p>Chest</p> <p>6 x 10 incline bench (barbell)  3 x 8 heavy incline (dumbbell)  6 x 10 flat bench (barbell)  3 x 8 heavy flat (dumbbell)  3 x 15 cross cable flies  4 x 10 peck deck  4 x 10 slow pushups</p>
<p>Day-15</p> <p>Back &amp; Forearms</p> <p>4 x 10 pull ups  4 x 10 lat pull down  6 x 10 wide grip row  6 x 10 wide grip rack pull  6 x 10 dead lift  2 x 25 seated row  4 x 25 reverse wrist curl  4 x 1 min farmers carry</p>	<p>Day-16</p> <p>Bicep Tricep</p> <p>Follow Routine BBRT#15 on our Youtube channel</p>	<p>Day-17</p> <p>Shoulder abs</p> <p>4 x 10 Military Barbell press  3 x 12 dumbbell press  3 x 15 side raises (lateral)  3 x 15 bend over flies  3 x 15 delt fly machine  3 x 15 face pulls  6 x 10 heavy Barbell shrugs</p> <p>20 leg raises  20 wipers  30 sec plank  x4 sets no break</p>
<p>Day-18</p> <p>Legs and Calves</p> <p>Follow Routine BBRT#12</p>	<p>Day 19/20 Rest days</p> <p>Start taking Protein twice a days, once with breakfast and once after workout.</p> <p>Walk 10 mins daily after dinner.</p>	<p>Day-21</p> <p>Back &amp; Abs</p> <p>Follow Routine BBRT#16</p> <p>4 x 25 Leg raises  4 x 25 oblique crunches  4 x 30 sec side plank each side</p>
<p>Day-22</p> <p>Chest</p> <p>Follow Routine BBRT#10</p>	<p>Day-23</p> <p>Bicep Tricep</p> <p>Follow Routine BBRT# 18</p>	<p>Day-24</p> <p>Shoulder</p> <p>Follow Routine BBRT#19</p>
<p>Day-25 Legs- Same as day 18</p>	<p>Day-26/27 Rest Days</p>	<p>Day-28 Chest -Same as day 14</p>

**Please follow this DIET plan for muscle building/ weight loss if you live outside of INDIA/PAKSITAN.**

### Daily Meal Plan (OVS-WTLS-1)

<b>Sample Breakfast</b>		<b>Timing: 7:30am</b>
Breakfast-1	2 Slice of Bread, 3 egg omelette (No yolk), 1 cup juice (No added sugar)	
Breakfast-2	1 cup oats/cornflakes with Almond milk, 2 egg omelette (No yolk), juice	
Breakfast-3	Fruit Salad with small serving of No fat Greek yogurt, green tea with lemon	
<b>Sample Snack #1</b>		<b>Timing: 9:00am</b>
Liquid	Protein shake with water	
Solid	10-12 Almonds	
<b>Sample Snack #2</b>		<b>Timing: 10:30am</b>
Solid	Small serving of NO FAT GREEK YOGURT	
<b>Sample Lunch</b>		<b>Timing: 12:30pm</b>
Lunch-1	1-2 fillets baked/grilled fish (Talapia /Basa/Salmon), light veg salad, water	
Lunch-2	3-4 pieces of baked/grilled chicken with light vegetable salad, water	
Lunch-3	Steamed/stir fried vegetables with quinoa, green tea with lemon	
Lunch-4	1 Roti with curry, lots of salad, green tea with lemon	
Lunch-5	Small serving of whole wheat pasta, light veg salad, green tea with lemon	
Lunch-6	Small serving of brown rice with lentil/curry, green tea with lemon	
<b>Sample Snack #3</b>		<b>Timing: 2:00pm</b>
Solid	3-4 strawberries with 4-5 almonds	
<b>Sample Snack #4</b>		<b>Timing: 4:00pm</b>
Solid	Small serving of baked sweet potato	
<b>Sample Snack #5</b>		<b>Timing: 6:00pm</b>
Solid	An apple or Banana	
<b>Sample Dinner</b>		<b>Timing: 8:00pm</b>
Dinner-1	2-3 pc's of grilled/baked chicken/fish, light vegetable salad, water	
Dinner-2	Steamed vegetables with quinoa, green tea with lemon	
Dinner-3	Lentil/Bean soup (250gm Max) , green tea with lemon	

- Drink 8-10 glass of water daily
- Walk 5-10 minutes after every meal.
- Keep a 2 hour gap between your last meal and bed time.
- Drink protein shake post workout with water.
- Take Multi Vitamins with breakfast

**Please follow this DIET plan for muscle building/ weight loss if you live in INDIA/PAKSITAN.**

### Daily Meal Plan (OVS-WTLS-2)

<b>Sample Breakfast</b>		<b>Timing: 7:30am</b>
Breakfast-1	2 Slice of Bread, 3 egg omelette (No yolk), 1 cup juice (No added sugar)	
Breakfast-2	1 cup oats/cornflakes with milk, 2 egg omelette (No yolk), juice	
Breakfast-3	1 Roti with curry, 1 Apple, water	
<b>Sample Snack #1</b>		<b>Timing: 9:00am</b>
Liquid	Protein shake with water	
Solid	10-12 Almonds	
<b>Sample Snack #2</b>		<b>Timing: 10:30am</b>
Solid	Small serving of yogurt	
<b>Sample Lunch</b>		<b>Timing: 12:30pm</b>
Lunch-1	3-4 pc s of baked fish with salad, water	
Lunch-2	3-4 pieces of baked/grilled chicken with light vegetable salad, water	
Lunch-3	Steamed/stir fried vegetables , green tea with lemon	
Lunch-4	1 Roti with curry, lots of salad, green tea with lemon	
Lunch-5	Small serving of whole wheat pasta, light veg salad, green tea with lemon	
Lunch-6	Small serving of brown rice with lentil/curry, green tea with lemon	
<b>Sample Snack #3</b>		<b>Timing: 2:00pm</b>
Solid	3-4 strawberries with 4-5 almonds	
<b>Sample Snack #4</b>		<b>Timing: 4:00pm</b>
Solid	Small serving of baked sweet potato	
<b>Sample Snack #5</b>		<b>Timing: 6:00pm</b>
Solid	An apple or Banana	
<b>Sample Dinner</b>		<b>Timing: 8:00pm</b>
Dinner-1	Small serving of white rice with lentil, water	
Dinner-2	Steamed vegetables with quinoa, green tea with lemon	
Dinner-3	Lentil/Bean soup (250gm Max) , green tea with lemon	

- Drink 8-10 glass of water daily
- Walk 5-10 minutes after every meal.
- Keep a 2 hour gap between your last meal and bed time.
- Drink casein protein shake 30 mins before bed time.
- Take Multi Vitamins with breakfast.