

# RAMZ FIT



## WEEKLY PLAN





This isn't just an exercise  
It's YOU becoming a stronger version of yourself  
Every time you show up, you're telling yourself  
“ I CARE ABOUT ME ”  
You're not just training your body  
you're training your mind  
That's a big deal !  
It doesn't have to be perfect  
What matters is that you keep going  
Even a small step forward is still progress  
The more small wins you collect  
The stronger your confidence grows  
This isn't about pushing yourself as a punishment  
It's about lifting yourself up  
You're building a new habit  
A better mindset & a healthier life  
So when it feels hard,  
REMEMBER  
Every rep is proof that you're growing  
Keep going !

You've got this !

# DAY 1 - LEGS

Power Starts From Ground

- Goblet Squats – 2 sets x 8 reps
- Leg Press – 3 sets x 8 reps
- Leg Extensions – 3 sets x 10 reps
- Split Squats – 2 sets x 10 reps



# DAY 2 - CHEST/TRIS

Push Through Limits

- Incline Pushups – 2 sets x10 reps
- Bench Press – 3 sets x 8 reps
- V-Bar Pushdown – 2 sets x 10 reps
- Single-Arm Cable Crossover – 3 sets x 8 reps



# DAY 3 - BACK/BICEPS

Pull your Strength Forward

- Close-Grip Rows – 2 sets x 10 reps
- DB Hammer Curls – 2 sets x 8 reps
- Single-Arm Cable Row – 2 sets x 10 reps
- Incline DB Curl – 2 sets x 8 reps
- Pull-Ups or Assisted – 3 sets x 10 reps



CONQUER

# DAY 4 - LEGS [Again]

Resilience is Repetition

- Hack Squats – 2x8
- Romanian Deadlifts – 3x8
- Seated Hamstring Curl – 3x10
- Calf Raises – 2x10



# DAY 5 - CARDIO/ABS

Burn and Breathe

- 30 – 60 mins Cardio ( Your Choice )

# DAY 6 - ACTIVE RECOVERY

- Light stretching , yoga or walking
- Reflect on What went well? What challenged you? What can you improve?
- Write down one win – physical or mental.

# DAY 7 - SLEEP, REFUEL,VISUALIZE

- Focus on 8+ hours of sleep
- Eat nutrient-rich meals
- Hydrate! Aim for 3–4 liters
- Visualize your goal body and mindset.

# NUTRITION + SLEEP GUIDANCE

- Hydration – 1 Gallon/Day
- Protein – Every meal
- Sleep – 7–9 hrs
- Electrolytes – Recovery
- Colorful meals – Mood & energy

## FINAL WORDS

### Your Mission

YOU ARE NOT JUST BURNING **CALORIES**

YOUR ARE BURNING **FEAR**

EVERY REP PROVES YOUR **STRENGTH**

THIS PLAN IS YOUR PROMISE TO **POWER**