



GAURI CHOPRA

Trainer, Health & Lifestyle Coach, Gym owner aka Chops

TRAINING

My coaching program is not just a means of improving your body composition, but my methods aim to educate you on how to improve your overall health and wellbeing. To me, feeling great in your skin shouldn't be a temporary fix, the results and knowledge you gain from my online coaching service will leave you with realistic maintainable results.

LOCATION:
LONDON ROOF TOP GYM

WEBSITE:
GAURICHOPRA.COM

For the full low down on my online coaching or one-one personal training services, drop me an email with a little about yourself at [gc_fitness@live.com!](mailto:gc_fitness@live.com)

DAY 1: STRENGTH LOWER BODY

EXERCISE	SETS / REPS
Warm up and mobility	5-10 mins
Barbell Squats	4 sets of 8
Barbell Hip thrust	3 sets of 10-12
Kettle Bell Goblet squats	3 sets of 12
Romanian deadlift	3 sets of 12
Walking lunges	3 sets of 10 each leg
Box jumps	3 sets of 10
Wall sit	3 sets of 30-45 sec

DAY 2: REST

DAY 3: STRENGTH UPPER BODY

EXERCISE	SETS / REPS
Warm up and mobility	5-10 mins
Pull ups (band assisted if needed)	4 sets of 6
Barbell shoulder press	3 sets of 8-10
Reverse fly's	3 sets of 12
Bent over barbell row	3 sets of 10
Dumbbell side lateral raises	3 sets of 12
Dumbbell chest press	3 sets of 10
Dumbbell fly's	3 sets of 12
Battle ropes	3 sets of 30 sec
Walkouts	3 sets of 10

DAY 4: REST

DAY 5: FULL BODY CONDITIONING

EXERCISE	SETS / REPS
Dumbbell squats	3 sets of 30 sec
Alternating dumbbell reverse lunges	3 sets of 30 sec
Renegade rows	3 sets of 30 sec
Dumbbell shoulder press	3 sets of 30 sec
Press ups	3 sets of 30 sec
Dumbbell Squat thrust to stand	3 sets of 30 sec
Jump squats	3 sets of 30 sec
Mountain climbers	3 sets of 30 sec
Ab cycles	3 sets of 30 sec
Hanging leg raises	3 sets of 10
Dead hangs	3x to failure

DAY 6: CARDIO & CORE

EXERCISE	SETS / REPS
20 min HIIT protocol	20 x 20 sec max effort, 40 sec recovery
Core: Plank hold	3 sets of 45 sec
Side plank	3 sets of 30 sec each side
Inverse plank	3 sets of 30 sec

DAY 7: REST



NUTRITION

You've probably heard the saying 'one size doesn't fit all'... From experience in working with a wide variety of individuals, I couldn't agree with the saying more! From lifestyle, to exercise, to nutrition, everyone will respond differently to different protocols. That's why you will only find a sample of meal ideas below, no specific calories or macros as I set these to be bespoke to each individual when they join my online coaching programme.

Workout day

MORNING

Veggie omelette & a portion of berries.

AFTERNOON

Mexican nourish bowl (from my recipe ebook):

A protein source i.e. any meat, fish, or tofu for vegan/vegetarians, healthy fats such as avocado, olive oil, carbs such as beans and/or rice, micronutrients from salad.

EVENING

Roast Dinner: Lean protein source such as turkey or quorn for vegetarians, starchy carbs such as potato or butternut squash, micronutrients from baked or steamed veggies.

NIGHT TIME

Protein porridge (use one scoop of Micellar casein).

Rest day

MORNING

Protein smoothie (Use two scoops of Instant Whey Pro®)

AFTERNOON

Rainbow salad or an R-Bar.

EVENING

Meat/veggie stir fry.

NIGHT TIME

Creamy chocolate protein pudding (use one scoop of Micellar casein).

Top tip:

Throw any veggies you like into the omelette and get creative! The healthy fats, protein & fibre will keep you nice and full throughout the morning.

Top tip:

Ensure your salad is based around a lean source of protein, and at least three colours of veg!

Top tip:

For the night time pudding, use Greek yoghurt/cottage cheese or a dairy free yoghurt as the base, then mix in your protein powder before adding a sprinkle of 70% dark chocolate. Simple!

KEY PRODUCTS

I like to recommend certain products with my plans. If you have any special dietary requirements Reflex has a number of vegetarian or vegan friendly options to choose from.

CLICK ON A PRODUCT TO FIND OUT MORE



INSTANT WHEY PRO



MICELLAR CASEIN



R-BAR



OMEGA 3



DIGEZYME